



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—Men's Faith
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—Steve H—Central
Treatment—Kevin T—Happy Hour
Corrections—Mike L—Lloyd
Grapevine—Vern D—Northside
Accessibilities—Vacant
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. NOVEMBER, 2006 TALLAHASSEE, FL

I am an Alcoholic. I was once told that Religion is for people trying to avoid hell and spirituality is for people who have been there. I am a spiritual person and I thank god for that. The story of my life is not a story that I have always been proud of, but the different paths that I have taken throughout my life taught me that the past does not define whom I am and who I was meant to be.

This is my story: I was born and raised in Tallahassee, Florida in a quiet suburban neighborhood. I have one older brother and my parents are still healthy and married. But, of my immediate family, I am the only one who has contracted Alcoholism.

My first drink was around the age of 11, when my brother gave me a beer. I chugged it down and felt nothing, but the thrill of drinking subdued me. I remember throughout this point, being jealous when seeing my brother drink. I could not wait to get drunk for the first time. Around the age of 14, my parents went out of town, leaving my brother to watch me. He had a few friends over, so I took advantage of the situation, leaving this to be the first instance I ever got drunk. I immediately fell in love with alcohol.

By the time I was out of high school, I was a full-fledged alcoholic. I had to drink vodka in the morning to be able to maintain at work and at night I couldn't sleep without drinking my way to bed. I slowly but surely drank my friends and family away. In my eyes, I became the "loneliest person in the world."

At age 21, I reached a point to where life seemed impossible, where suicide seemed to be the only way out. So, I overdosed on prescription drugs and sleeping pills. I came to in the hospital, where my family surrounded me. I could not describe how much remorse I felt by looking in to their eyes. It was at that point, that I truly felt the pitiful and incomprehensible demoralization that the "Big Book" describes. After this attempt, I didn't drink for about a month. As I was out to dinner, I decided that one drink would not hurt. Leading me only back to where I had started. This continued for about two more years, until I had an awakening. My mother suggested that I go to an A.A. meeting. At that moment, I looked down into my glass of wine and decided that my life was going nowhere and would never get any better. I needed help.

My first A.A. meeting was at the Northside group of Tallahassee. I don't remember what they talked about, but I knew that I belonged. Shortly after, I went to a treatment center. After returning home, I relapsed.

On April 27th, 2001, I finally understood the first step. From that point on, I vigilantly worked the remaining eleven steps to the best of my ability. I have not had to take a drink since. Looking back at where I was and seeing what I have accomplished is an absolute miracle. A.A. has given me a life that I never knew existed. I can successfully face life without returning to alcohol. I would like to thank each and every one of you for my life. What I have accomplished was because of you.

-Anonymous

District 5 News

Bridging the Gap Workshop Weekend

Carrying the message of recovery from alcoholism through the twelve steps is the underlying purpose behind most all we do in Alcoholics Anonymous. Reaching out to the alcoholic who still suffers not only helps us stay sober, it vastly improves the quality of life we enjoy. But where do we find these suffering souls?

In the olden days, Bill W. tried singing them up out of gutters, or tackling them off of barstools, with little success. These prospects just didn't want what he had. When he approached a jittery Dr. Bob, one alcoholic helping another, AA was born. Their very next stop was to a detoxing patient in an Akron hospital, seeking to stay sober themselves. There they found AA #3. Times haven't really changed that much, have they?

Where do we find the drunk who is ready to hear our message? Same place they did in 1935: hospitals, treatment centers, and other institutions. How do we reach them? By taking and attending meetings there. But what do we do when their time inside is up, and the alcoholic is released into the outside world?

That's where Bridging the Gap comes in. Through Bridging the Gap we get the alcoholic, newly sober or newly released, to an AA meeting on the outside. Exactly what does that mean, and exactly what do we do? That was the topic of the Bridging the Gap Workshop Weekend (BTGWW) in Salt Lake City in September.

Panelists at the BTGWW included Shawn M., Director of First Step House in Salt Lake City, and Keith H., Chairman of the Utah Board of Pardons & Parole. Both are dedicated to the rehabilitation of the alcoholic who still suffers, and share many years of direct, hands-on experience in that field. As professionals in the field, they agree that they can provide the tools for recovery, but absolutely cannot provide the desire. Without the desire, all the tools in the world just lay idle.

That's where we come in. If we can reach out to the client/inmate as an example of a life in recovery that is happy, useful, and whole, that desire may take root. If we can tap into that desire and get them to a meeting on the outside, that desire may grow.

The professional panelists at BTGWW agreed that folks who surround themselves with a fellowship steeped in 12 step recovery have a much better chance of not reentering the System. As professionals, they can compile statistics with a completeness AA can't match. Alcoholics in treatment or in prison who complete the in-house program and, on release, join a fellowship such as AA, have a 19.7% recidivism rate. That means, according to years of professional experience dealing with the disease of alcoholism, nearly four out of five who want what we have can avoid a life involving hospitalization or incarceration.

What they were saying is: Meeting Makers Make It! We are saying: get them to a meeting, and there's hope. Bridging the Gap is our new 12th step call. To help the alcoholic who still suffers, to reach out to them in treatment or in prison, we need to go where they are. We need to be an example of what recovery is all about, and identify those who want what we have. Only we can hook them up with the fellowship that is such a vital part of our lives today. Don't just take them to a meeting; introduce them to your meeting.

"We can help when no one else can." Ed V. "It's amazing how well I feel when I'm not thinking about myself!"

DISTRICT 5 DCM Report – October 18, 2006

TRADITION ELEVEN (Long Form) Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

Reprinted from The Twelve Steps and Twelve Traditions, pages 192, with permission of A.A. World Services, Inc. (Short Form)

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Reprinted from Twelve Steps and Twelve Traditions, page 180, with permission of A.A. World Services, Inc.

In between planning and taking a trip to New York City to visit the General Service Office and Stepping Stones, the home of Bill and Lois W., and going out of town for the Area Assembly, I had fun visiting the following groups: Capital City Group, Central Group, Living Sober Group, Mustard Seed Group, Nightowl Group, Open Door Speaker's Group, Perry's Winners Group, Powder-No-Puff Group, Southside Group, (New) Westside Meeting, (New) A.A. Meeting on Appleyard Drive, (New) Westside Meeting
District 5 is looking A.A. members with at least two years of sobriety to serve as the district's secretary and Accessibilities chair. Any member with four or more years of sobriety is encouraged to step up to the plate and serve as the alternate DCM.

Welcome to these New GSR's – Bradley C. – Downtown Group & Susan E. – Central Group
with gratitude,
Kathy

Intergroup 5 News

Intergroup 5 Minutes 4 October 2006

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

Secretary's Report: Accepted **Treasurer's Report:** Accepted Balance is down to \$234.13 **Office Report:** None **Literature Report:** Accepted **Activities Report:** Matt has lined up 14 volunteers for the Holiday Party on Dec. 9th. We have a verbal agreement from Benson W. for him to come and be our speaker.

District report: Gratitude Dinner is Nov. 11th at Jackson Lodge. Joe is our new DCM. Mike S., our area delegate, who is speaking at the gratitude dinner, will also be giving the Area Delegate's Report at 10 am at the pumpkin church on Nov. 11.

The positions of Secretary and Treasurer are available to be filled at the District Level.

Old Business: Matt C. has taken the cabinet from the IG office to the Singleness of Purpose Group as discussed at the last meeting. Regarding the Holiday party budget: Matt got an estimate from the Golden Corral restaurant for 162 lbs. of meat (60 of roast, 52 of turkey, and 50 of ham) for \$766.40 before taxes, \$823.88 after taxes. **Motion Made:** that \$1000 dollars be used for the Holiday Party, the funds to be taken from the prudent reserve and to be replaced by funds gathered at the Holiday Party as possible.

Motion Passes. Matt will shop around to see what kind of deals he can get on the meat for the party. Our expected budget may exceed the allotted budget, but that will be addressed if needed at a future meeting. The expense for renting the Jackson Lodge has already been paid for.

Elections: Other nominations are asked for, none are presented. Mike L. is elected the Intergroup President for the 2007 calendar year. Craig F. is elected the Intergroup Vice-Chair for the 2007 calendar year. Nominations are still open for both the position of Secretary and of Treasurer. Nominations will remain open until the next meeting. Any interested party must be present to accept a nomination for either position.

New Business: Pat will be resigning from here position as IG Literature Chair at the end of December. Thank you Pat, for the years of wonderful service. Greg S. has been presented as a new Literature Rep for IG. The executive Committee (Ron L., Mike L., and Craig F.) recommend that Greg be elected. **Motion Made:** Greg S. to be the new IG Literature Chair. **Motion Passes.** Greg S. has received an invitation for IG to get a business credit card. **Motion Made:** Greg S. is authorized, as IG's Treasurer, to apply for the credit card. **Motion Passed.** Submitted in grateful service, Craig F.

Alcoholics Anonymous

Open Meeting

Wednesday Evenings

7:00pm—8:00pm

1002 Appleyard Drive

(New Life Ministries and Community Church)

(Located at the intersection of Appleyard Drive and Mission Road)

October 2006 Treasurer's Report

General Fund

Checking:		
Beginning 9/30/2006 Balance	\$	234.13
<u>Contributions:</u>		
Alligator Point		200.00
Apalachicola Bay Serenity		30.00
Downtown (Quincy)		157.50
Detox		500.00
Happy Hour		50.00
Lake Jackson		50.70
Total Contributions		988.20
Less:		
<u>Disbursements:</u>		
Answering Service		206.50
Office coordinator travel & related exp		220.00
Printing: newsletter		77.75
Rent		248.32
Telephone		43.05
Total Expense Disbursements		795.62
Ending 10/27/2006 Balance	\$	426.71
Prudent Reserve Savings:		2,003.06
Interest paid		0.50
Ending 10/27/2006 Balance		2,003.56

Literature Fund

Beginning 9/30/2006 Balance	\$	1,994.74
add:		
Literature sales		505.55
Sales Tax collected		37.99
donations		3.60
Total receipts		547.14
less:		
Purchases		1,664.20
Total expenditures		1,664.20
Ending 10/27/2006 Balance	\$	877.68
Total accrued 2006 sales tax liability		(327.03)

Intergroup 5 General Fund

Year to date receipts 7170.35

Year to date expenses 8582.62

¡Reuniones de Alcoholicos Anónimos en Español! ¿Donde? - La Iglesia de Calvary United Methodist 2145 W. Calle Pensacola Tallahassee, FL 32304 ¿Cuándo? - Todos los Lunes comenzado a las siete de la noche y terminando a las ocho de la noche. *Si necesitan mas información se pueden contactar con Randy al numero: 850-544-0907 ALCOHOLICOS ANÓNIMOS es una comunidad de hombres y mujeres que comparten su mutua experiencia, fortaleza y esperanza para resolver su problema común y ayudar a otros a recuperarse del alcoholismo. El único requisito para ser miembro de A.A. es el deseo de dejar la bebida. Para ser miembro de A.A. no se pagan honorarios ni cuotas; nos mantenemos con nuestras propias contribuciones. A.A. no está afiliada a ninguna secta, religión, partido político, organización o institución alguna; no desea intervenir en controversias; no respalda ni se opone a ninguna causa. Nuestro objetivo primario es mantenernos sobrios y ayudar a otros alcohólicos a alcanzar el estado de sobriedad.

Events and Happenings

Current Events

October 8— Corrections—Treatment —Bridging the Gap
3 PM At Central 909 N Gadsden St

October 13-16—Next Area Assembly: *{Motion to amend tradition Eleven to read as follows: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and new media technology such as the Internet. Postponed until the Oct 2006 meeting.}*

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

October 18—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

November 1—IG 5, Inc. monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

November 11—Delegate's Report to District 5 10-11:00 am Tallahassee Heights UMC 3004 Mahan Drive—Join us for coffee and donuts! Michael S., North Florida Area Delegate Reporting on the 2006 General Service Conference
2006 Gratitude Dinner & Speaker Meeting

Bring a covered dish to pass - \$5 suggested donation - Grapevine Raffle 2818 Apalachee Parkway, Tallahassee Jackson 1, F & AM Lodge 5:00pm-Fellowship 6:00pm-Dinner 7:00pm - Michael S., Speaker

Dec 1-3 Southeast Regional Forum Atlanta, GA register at: http://www.aa.org/en_services_for_members.cfm PageID=96&SubPage=106

Dec 9—Holiday Party

The Bradfordville Group (Bradfordville First Baptist Church, the older annex)
6494 Thomasville Rd. Mondays, Thursdays 6:15 pm, Open, NS, Wheelchair Accessible, Discussion

CASA is getting the new location ready. Please help if you can. Moving November 15?

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

October Phone Report

(44 Calls Received by Volunteers)



0—12th Step

4—AI-anon

6—AA Info

234—Meeting Information

1—Agency Info

4—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

Driving Directions: From Tennessee Street:

Take Ocala Rd., turn right onto Pensacola, take left onto Ausley Rd., take a right after the Animal Hospital Coming from Hwy 20, traveling East: Pass Appleyard Dr., turn right onto Ausley, take right after Animal Hospital Traveling West on Pensacola from Doak Campbell Stadium Pass Ocala Rd., take next left onto Ausley Rd., take a right after the Animal Hospital

Happy A.A. Anniversary

Central Group

Andy Q. 1, Johnny F. 1, Amy D. 2, Carolyn 2, Mike R. 2, Stepanie A. 2, Guenter 7, Scott 11, Mark S. 12, Kevin T. 14, Chis T. 21, Hillary 21, Henry 26,

Crawfordville Group

Home Group (September) Melanie P 18 years
(October) Phyllis K 26 years

Lake Jackson Margaret 1 (Sorry I missed you Oct.)

Living Sober & Happy Hour

Florence, Leesa 1, Rob B.2, Karen 2, April C. 7, Arleen 16, Phyllis

K. 26,

Monticello Serenity



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

Celebrate!