



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC NOVEMBER 2009 TALLAHASSEE, FL

Intergroup

Chairman—Craig F.—Living Sober
 Vice Chairman—Mike F.—New Hope
 Secretary—Christy T.—Happy Hour
 Treasurer—Carol H.—New Hope
 Literature Coordinator—Pete S.
 Website—Debbie C.—Open Door
 Activities—Tracy G.—Happy Hour
 Office Coordinator—Pete S.
 Membership—Vacant
 Newsletter—Sandy M & Emily B -Mustard Seed
 12 Step--Jeff D--Central

District 5

DCM—Holly H.—Bradfordville
 Alt. DCM—Donna W.—Happy Hour
 Secretary—Matt N.—Central
 Treasurer—Tracy I.—Bradfordville

Standing Committees

Public Info—Julia K.—Living Sober
 CPC—Bradfordville Group
 Treatment/BTG—Kris C.—Central
 Corrections—David G—Happy Hour
 Grapevine—Michael L.—Happy Hour
 Accessibilities—Vacant
 Archives—Vacant

CONTACT INFORMATION

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While I never drank at an early age, alcohol was always present in my life. Holidays, brunches, weddings, parties hosted by my parents, you name it. It was as normal as brushing your teeth. When I entered college, I promptly joined a sorority because it was the proper thing to do. I “dabbled” in drinking, but didn’t care for it much, and was often chosen as the designated driver. The few times I did drink I would usually get deathly ill and wonder why in the world I ever drank in the first place. But, I didn’t have a problem.

After graduating from college, I was hired as a marketing representative which involved endless hours of socializing and cocktail parties. Again, alcohol was ever present, and of course, I had to indulge to be polite. I also noticed that a few drinks helped with my uneasiness around people - I never quite felt like I fit in. Just a few cocktails and my confidence was boosted. This was a good thing.

My first marriage was, from the looks of it, close to picture perfect. My husband and I both had promising careers, a beautiful home, a country club membership, wonderful friends, and a beautiful baby boy. We drank like “normal” people or so I thought. Cocktails before dinner, with friends, on vacation, on the weekends, celebrating special occasions, that’s all. And then things changed. After 7 years of marriage, my husband checked himself into a treatment facility for alcohol addiction and we were divorced a few months later. I found myself scared, alone, and wondering if I might have a problem with alcohol as well. This feeling terrified me, so I promptly swept it under the rug and forgot about it.

I eventually remarried for reasons that I now know were only to suit my alcohol addiction. I had two more children, became a stay at home mom, and my addiction was off to the races. It was a perfect life for a pathetic alcoholic housewife. I was able to drink as I pleased, “clean up” when I needed to, and nobody would ever know. This grand plan of mine worked only a short time until my alcoholism had spiraled out of control. Cunning, baffling, powerful.

By sheer accident, I eventually found my way to AA. I sat, listened, and went to meetings for a short time, but then tried to get a handle on things my way. This led me to heavier drinking and heavier consequences. I quickly found my way back to AA and by some miracle my sponsor found me. I still wasn’t working a good, honest program of recovery, and was a train wreck waiting to happen. As a result, I relapsed for one day and drove drunk with my children in the car. I was charged with a DUI and am now dealing with the consequences of my actions. I am grateful every day that I was spared jail time, but more importantly that I didn’t kill anyone.

I have been sober since my relapse and continue to go meetings regularly and diligently work the steps of AA. But just as important, I have learned to depend on the strength and guidance of my Higher Power to direct my life, not me.

AA has become my sanctuary. To be a part of this amazing fellowship isn’t a chore for me, but a gift.

Claire Z.

Experience, Strength and Hope

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.

A newcomer might look at step 11 and think—"That's a long way off and probably not very important; steps 4 and 9 will kill me or cure me." Even some of those long in these rooms may dismiss this step as either esoteric or of minimal importance. In "How It Works", we read, "At some of these we balked..." and "some of us held on to our old ideas and the result was nil."

Let's pause and remember the powerlessness that brought us to our knees and into the rooms. "No human power could have relieved our alcoholism (but) God could and would if he were sought." Sober now, is our need for that power greater than ourselves dissolved in abstinence? A dangerous notion, to say the least. Step 11 continues our seeking of God and, perhaps, speaks with gratitude to the power that restored our lives and our sanity. In my experience it also helps me listen to that "voice", and to allow myself to be guided by it as I ask God to direct my thinking each day when I petition Him to release me from bondage.

Remember the prayers of our drinking days? Mine went something like this: "God, if you'll get me out of this, I promise..." Well, He did. God brought me to A.A. A small minority of us came into the program with some knowledge and experience with forms of prayer and meditation. Though I meditated and prayed daily, I could not find sobriety and peace on my own. Not until I was ready to work these 12 steps "fearlessly and thoroughly from the start" did this begin to happen.

One method which (for me) has been enriched and energized through recovery has been called Lectio Divina—essentially "holiness in words". It entails reading a passage of the Big Book, 12 & 12, Daily Reflection, the 11th Step prayer (The Saint Francis Prayer). It's our own choice. We slowly and quietly read aloud until something in what we are reading/speaking touches us. We ponder and savor the passage in its many meanings and as it seems to apply to our lives, staying with that into and through quietness. I've heard it described as "read, reflect and run with it."

Whatever your meditative process, it is vital to decide to build this into your daily time of study and 12 step work. Find your own method, borrow someone's, but please add and develop this way into a peace that passes all understanding. Then, perhaps, remembering to pray "Thy will be done".

Richard

Tradition Eleven

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.

I've never approved of shouting as an advertising campaign. Whether it's the local ads for car dealerships or the late pitchman for OxyClean, it's always felt like a desperate way to get people to listen. Raising the volume of your voice does not substantiate the value of your claims. When I hear people shouting, I usually don't see much in the way of acting. They are talking the talk, but not walking the walk.

When I listen to people share about how they decided upon the sponsor of their choice, it's invariably as the result of intuition that these people were quietly leading happy, joyous, and free lives. Something in their eyes signaled dignity and contentedness. They weren't shouting about how great their lives were, they were just living them.

It's only been in the past couple years I've learned how to incorporate the Traditions into my step work. It started with the 7th Tradition when I was going through a divorce and learning to be self-supporting. It's continued with the other traditions, and recently I've been observing the difference between attraction and promotion. In my personal relationships, the more I self-promote, the less interested people are. When I quietly go about my life, striving to improve myself and helping others, people are drawn to me. Rather than redoubling my efforts to prove how great I am and why you should want to hang out with me, I redouble my efforts at living a principled life and the payoff is much richer.

Exercising self-restraint is a feature of the 11th Tradition, and it's a discipline this lazy alcoholic struggles with on a daily basis. A leveling of pride results in a check of my personal ambition and a kernel of humility that can be nurtured into a blossom of integrity. My personal ambition has ruined many efforts. I've struggled to the top of the heap or desperately sought shelter beneath it.

Today, I am just one of many who are so grateful for the Traditions of AA that keep us together and keep the program running for future members. I seek to protect this program and put the needs of the group ahead of my own. AA gives me lots of practice to live a life of quiet dignity, including signing this "Anonymous." There was a time I wanted my name to be known, but today I just want to be known as a sober and happy alcoholic for whom AA has worked.

Anonymous

Intergroup 5 News

INTERGROUP 5 MEETING MINUTES OCTOBER 7, 2009

Groups Represented: Happy Hour, Lloyd New Hope, Lake Jackson, Bradfordville, Central, Woodville, Open Door, Mustard Seed, Downtown Group. 16 people attended; Five IG5 representatives were present.

Secretary's Report: Approved and accepted.

Treasurer's Report: Overdraft protection and online banking has been set up for account. Had to transfer money from reserves due to lack of funding from area groups. Approved \$200 budget for Holiday Party.

Office Report: Pete mentioned that the receipts turned into the Intergroup Office from book sales and deposits are not legible. Please help by writing clearer.

Literature Report: Matt C. will continue to stay on the literature account and Pete will continue the work. He will let Matt know when he needs money for orders.

Activities Report: The Jackson Masonic Lodge has been reserved for the Holiday Party on December 12th. Tracy is trying to find out when each group has their business meeting so she can attend and ask for donations (monetary or meat) for the party.

* **Need volunteers to help set up/clean up*** Please contact tracytulip@gmail.com if interested.

Web Committee Report: Google calendar looks good and is easier to use/change information.

District Report: Holly wants Debbie R. to post the District positions on the website.

12 Step News: Rep Absent. Need a contact list for phone volunteers of the 12 Step Call people.

New Business:

1) Chair nominations are as follows: Chair-Christy T., Vice-Chair- Logan T., Treasurer- James R., Secretary- David G. Please contact Christy T. (frog0128@gmail.com) to nominate someone. Voting will be November 4th !!!

2) Group Reps please try to get volunteers for a *12 Step Call List* and bring to next meeting.

**Happy, Joyous & Free,
Christy T.**

NEW MEETINGS/CHANGES

Big Book Workshop

United Church of Tallahassee
Mahan Drive
Tallahassee, FL
BEGINS November 11
Wednesdays @ 6:00 p.m.
Contact Beth H. @ 445-3532

Double Trouble

For those who are dually diagnosed
909 Gadsden Street
Tallahassee, FL
Thursdays @ 6:45 p.m.

The Grateful Group

TMH Behavioral Health Center
1616 Physicians Drive
Cafeteria on 1st Floor
Tallahassee, FL
Wednesdays, Fridays & Sundays @ 8:00 p.m.
Contact: Trey McN. 591-1877

Mustard Seed

Timberlane Church of Christ
3569 Timberlane School Road
Tallahassee, FL
***Monday night meeting time changed from
6:00 p.m. to 6:15 p.m.***

RESILIENCE

By Joe Ann Vangelder

Resilience, what does that imply?
Swirling chaos, pain, fear, anxiety,
Yet, underneath all this
Lies a core of certainty,
A heart of quiet knowingness
That all this "botheration"
Is a passing phase,
A learning,
A growing experience out of which
My central core of Strength will emerge
triumphant
Because it is there;
Because I *am* resilient.

EVENTS AND HAPPENINGS

INTERGROUP 5 NEWS

Web stats: 4,487 pages were sent from the Intergroup 5 website. The following 68 calls were answered by volunteers:

12 Step	2
AI-Anon	3
AA info	22
Meeting Info	34
Misc.	7

SIGNIFICANT NOVEMBER DATES IN A.A. HISTORY

Nov 1934 - Ebby T. carries message to Bill.
Nov 1936 - Fitz M leaves Towns Hospital to become 'AA #3 in NY', with Bill W and Hank P.
Nov 1937 - Bill & Dr. Bob compare notes in Akron. Count 40 cases staying sober. Akron Group to consider Bill's ideas for how to expand the movement ... a book, AA hospitals, paid missionaries, passed by a majority of 2.
Nov/Dec 1939 - Akron group withdraws from association with Oxford Group. Meetings moved from T Henry & Clarence Williams to Dr Bob and other members' homes.
Nov 1941 - "First Mass AA Meeting" in Oklahoma City, 8 present, 1 was drunk.
Nov 1945 - Bill's article, 'Those Goof Balls' published in Grapevine.
Nov 1986 - Big Book published in paperback.
Nov 1, 1947 - 1st AA Group in Anchorage, Alaska.
Nov 1, 1963 - Reverend Sam Shoemaker dies.
Nov 3, 2001 - J P Miller who wrote screenplay for "The Days of Wine and Roses" died.
Nov 9, 1966 - President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism.
Nov 10, 2001 - 1st of 400,000 4th Edition Big Books arrives.
Nov 11, 1934 - Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.
Nov 12, 1940 - 1st AA meeting is held in Boston.
Nov 13, 1939 - Bill wants to go to work at Towns Hsp, NY drunks want him to stay on as head of the movement.
Nov 14, 1940 - Alcoholic Foundation publishes 1st AA Bulletin.
Nov 15, 1949 - Bill W suggests that groups devote Thanksgiving week to discussion of the 12 Traditions.
Nov 16, 1950 - Dr. Bob died.
Nov 18, 1946 - 1st Dublin, Ireland group met.
Nov 21, 1939 - AA's in San Francisco hold 1st California AA meeting in the Clift Hotel.
Nov 21, 1952 - Willard Richardson, past Treasurer/ Chairman of Alcoholic Foundation, dies.
Nov 26, 1895 - Bill W born in East Dorsett, VT.
Nov 26, 1939 - Dilworth Lupton gave sermon "Mr. X and Alcoholics Anonymous". Became 1 of 1st pamphlets on AA.
Nov 28, 1939 - Hank P writes Bill advocating autonomy for all AA groups.
Nov 28, 1943 - Bill guest speaker San Quentin Penitentiary.

DIZ T.

CONFERENCES AND OTHER EVENTS

Gratitude Dinner
 November 14, 2009
 Jackson Masonic Lodge
 Tallahassee, FL

Holiday Dinner
 December 12, 2009
 Jackson Masonic Lodge
 Tallahassee, FL

46th Women's International Conference
 February 11-14, 2010
 Doubletree Hotel
 5780 Major Boulevard
 Orlando, FL 32819

2010 Flint River Roundup
 March 12-14, 2010
 Albany, GA

A. A. International Convention
 July 1-4, 2010
 San Antonio, TX

54th Florida State Conference
 August 11-14, 2010
 Doral Golf Resort & Spa
 Miami, FL

Happy A.A. October Anniversary

Bradfordville: Toni P.-1
Central : Austin-1, Carly-1, Debbie G.-2, Lucille-3, Johnny-4, Mike R.-5, Marianne-19, Mike D.-20, James-28, Henry-29, Anne W.-30
Living Sober, Happy Hour & Conscious Contact:
 Jeff M.-1, MyLynda-1, Todd-1, Frankie-4, Karen-5, April-10, Diane E.-14, Diane H.-19, Greg W.-22, Hillary-24
Lloyd New Hope: Thomas H.-6, Guenter M.-10, Kris D.-20
Monticello Serenity: Lou-14
Mustard Seed: Don W.-35

