



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. November 2010 TALLAHASSEE, FL

Intergroup

Chairman—Debra N.—Happy Hour
Vice Chairman—Christy T.—Happy Hour
Secretary—David G.—Downtown Service Group
Treasurer—James R.—Mustard Seed
Literature Coordinator—Clay W.
Website—John P.—Happy Hour
Activities—Tracy G.—Happy Hour
Office Coordinator—Vacant
Membership—Vacant
Newsletter—Kayce M.—Powder No Puff &
Joe D.—Downtown Service Group
12 Step—Jim Mc—Downtown Service Group

District 5

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

Standing Committees

Public Info—Ron S.—Happy Hour
CPC—Bradfordville Group
Treatment—Kris C.—Central
Corrections—Rachel S.—Happy Hour
Grapevine—Michael L.—Happy Hour
Accessibilities—Vacant
Archives—Vacant
Bridging the Gap—Kris C.—Central

SHOULD THE “CAME TO BELIEVE” GROUP BE LISTED AS AN A.A. MEETING?

The Saturday morning “Came to Believe” group is registered with the A.A. General Service Office (GSO) and listed on our meeting schedule (website & print) as an Open A.A. meeting. As many of you know, recently the question was raised whether this group should be listed in our A.A. meeting schedule, as its membership appears to consist of both alcoholics and nonalcoholic Al-Anons. A brief review of the fourth and fifth traditions and A.A.’s “Singleness of Purpose” provides a clear answer to this question.

In the late 1800’s, a group called the Washingtonians formed to help alcoholics recover from alcoholism. This group had great success, however it wasn’t long before the group became involved in more than just dealing with alcoholism, which ultimately contributed to the group’s downfall (http://A.A..org/en_pdfs/f-151-markings_mar-april04.pdf). A.A.’s fifth tradition (short form) states “**Each group has but one primary purpose – to carry its message to the alcoholic who still suffers**” and is influenced by the lessons learned from the Washingtonians.

In 1958, this singleness of purpose was elaborated upon in A.A.’s pamphlet Problems Other Than Alcohol (http://www.A.A..org/pdf/products/p-35_ProOtherThanAlcohol1.pdf), where one of our founders, Bill Wilson, states “Our first duty as a society is to ensure our own survival. Sobriety, freedom from alcohol, is the sole purpose of an A.A. group... **We have to confine our membership to alcoholics and we have to confine our A.A. groups to a single purpose.** If we don’t stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone.”

In 1965, GSO issued the pamphlet The A.A. Group...Where It All Begins (http://A.A..org/pdf/products/p-16_theA.A.group.pdf). In this pamphlet, GSO clearly indicated that, while open meetings are “available to anyone interested in AA’s program of recovery from alcoholism, **non-alcoholics may attend open meetings as observers.**”

In 1969, the General Service Conference issued A.A. Guideline on the Relationship Between A.A. and Al-Anon (http://www.A.A..org/en_pdfs/mg-08_relationshipbet.pdf), and answered the following question: “Should a group be affiliated with both A.A. and Al-Anon? As the primary purpose of the A.A. group is to help the sick alcoholic to recover and the primary purpose of the Al-Anon Family Group is to help the Al-Anon live with herself or himself, **it is suggested that they not be combined, but remain separate groups.**” This guideline goes on to state “If A.A.s and their non-alcoholic mates wish to meet together on a **regular** basis, it is suggested they consider these gatherings ‘meetings’ and not A.A. groups.”

Al-Anon has issued a very similar guideline on the relationship between A.A. and Al-Anon (http://dallasal-anon.org/guidelines/guidelines_A.A.cooperation.php): “The fellowships of Al-Anon and A.A. have a unique relationship. They were closely allied in their origins and are naturally drawn together by their family ties. Yet the twelve traditions emphasize that **each works more effectively if it remains separate.** Tradition Six specifically states that Al-Anon is a separate entity. Therefore, in keeping with this tradition, **there can be no combining, joining, or uniting which would result in the loss of identity of either fellowship.**” Each fellowship has a specific and separate purpose, and to remain so and abide by their respective Twelve Traditions, **groups must either be A.A. or Al-Anon.**

The issue is not whether the “Came to Believe” group is helping people or should continue. **The issue is simply whether it should be listed as an A.A. meeting.** The traditions were created to ensure the survival of our fellowship. As with the steps, the traditions are but “suggestions”. Proponents of the “Came to Believe” group point to the right of autonomy as a justification for disregarding these “suggestions”. While our district certainly has the right to disregard these “suggestions”, it certainly seems a bit immature, and a lot like doing things our own way (and we know where that got us!)

CONTACT INFORMATION

Intergroup 5, Inc.

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

Website: www.intergroup5.org
****Office Hours****

Monday, Wednesday & Friday
4:00pm-7:00pm

Literature Hours also by appointment

Newsletter: Send info to
message@intergroup5.org

District 5

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

NFAC Area 14

P. O. Box 567
Melbourne, FL 32902

The Message

Step 11

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.

Let's face it, many of those who make it into the program come in from bars, jails, broken marriages, and a life in turmoil. Even those who have a background in church find that their experience has been more "religious" rather than [spiritual](#).

But if they are earnest in working the 12 steps, by the time they arrive at Step 11 they discover they have found a measure of spirituality at work in their lives. For the first time, many members discover their Higher Power and form a better understanding of that power.

Nothing happens by mistake

The approaches and methods of prayer and mediation suggested in Step 11 vary, but the **purpose** of the step is to make contact with that Higher Power, whether they refer to it as "God" or they use any means available to avoid the G-word. The point is they have discovered through participation in the program that there is a power greater than themselves and they have seen that power at work.

As members accept the principle from the oft-quoted [Page 449](#) from the book *Alcoholics Anonymous*, that "Nothing, absolutely nothing happens in God's world by mistake" they come to believe there is a Higher Power, and the God of their understanding **has a plan** for their lives. Through prayer and meditation members attempt to raise their consciousness of that power and draw on it to continue their personal journey of recovery.

Prayer and meditation? As it is suggested by the program, and is so typical of its members to do so, it is best to keep it simple. It doesn't have to be complicated. As one old-timer says, "Prayer is talking to God. Meditation is listening!"

Intergroup 5 (IG5) Representative Meeting Minutes *unapproved*

Date: October 6, 2010

Groups Represented:

Bradfordville, Central, Conscious Contact, Living Sober, Men's Faith, Mustard Seed, Powder-No-Puff

28 people total were in attendance. (Groups listed above come from attendees who identified themselves as IG5 representatives for their home group.)

Secretary's Report: (David G.)

Minutes from September 1, 2010 IG5 representative meeting approved and accepted with amendment:
Change from "meeting directories" to "Intergroup directories" in Literature Coordinator section.

Treasurer's Report: (James R.)

This month's report reflects the first of two free months rent for the office.

This month's report was approved & accepted.

Office Coordinator Report: (vacant, report given by Bobbi C., office volunteer)

Main volunteer activities include answering the office phone, referring people to the 12-step list, and helping people with literature. On Mondays, Wednesdays, and Fridays from 4pm to 7pm, the IG5 office is staffed by a volunteer.

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Other volunteer opportunities are available; if you would like to volunteer to man the office, send an email to exec-comm@intergroup5.org.

Literature Coordinator Report: (Clay W.)

Inventory & Sales reports approved & accepted.

Total sales this month: \$300.64

Value of on-hand inventory: \$3152.00

This month's report was approved & accepted.

Activities Report: (Tracy G.)

Next event is the IG5 Holiday Party; it will be December 11, 2010 at the Jackson Masonic Lodge. The format of the speakers will be an old timers panel.

Looking for volunteers to help; send an email to execcomm@intergroup5.org.

Activities chair will be rotating out at the end of the year.

Web Committee Report: (John P.)

Google Analytics IG5 website statistics

Highlights for September 1, 2010 – September 30, 2010:

947 total visits, 602 unique visitors

2165 page views, 1756 unique views

49.31% new visits, 36.75% bounce rate (bounce rate = percentage of single-page visits or visits in which the person left your site from the entrance (landing) page)

Most visited pages (top 5) Home Page (default.html) = 931, Tallahassee meetings = 794, Contact Page = 54, Links = 45, District 5 Info = 38

District 5 Report: (Donna W.)

There are a number of vacancies for District 5 committee chairs (Treatment, Treasurer, DCM, and Alternate DCM); District 5 meets the 3rd Wednesday of every month.

Reminder that the upcoming Gratitude Dinner is 'bring-a-covered-dish'.

The Message: (Kayce M. & Joe D.)

Copies of the Message are available on the website (<http://intergroup5.org/newsletters.html>)

Please send all info that you wished to be published to message@intergroup5.org by the last Wednesday of the month.

This month's expense is a little higher due to originally submitting September's Message to the printer by accident.

12 Step News: (Jim McC.)

Still need volunteers for people to be on the rotation to answer incoming calls to the IG5 Help Line (calls forwarded to home/cell phone) as well as people willing to be listed on the 12 Step Call List.

There is a new meeting on Thursdays at 7pm called the Downtown Service Group (meets at Trinity United Methodist Church, 120 W. Park Ave.). This group has "adopted" the IG5 Help Line and will be assisting the 12 Step Committee. All AA members are invited to attend.

12 Step Coordinator requested that an evergreen email address be setup for the committee: (HelpLine@intergroup5.org).

30 day stat: IG5 Help Line received 727 calls last month.

Old Business:

New insurance carrier has been found for the IG5 office; executive committee has reviewed and recommends approving; no objections, paperwork will be signed and submitted following meeting.

Election of officers for 2011:

Nominations were taken from the floor and voted on by IG5 group reps:

CHAIR: Larry H. (Central), 6 years, 0 nays – elected

VICE-CHAIR: vacant, no nominations

TREASURER: Debra N. (Happy Hour), 6 years, 0 nays – elected

SECRETARY: Sebrina A. (Central), 6 years, 0 nays - elected

New Business:

'Where & When' meeting schedule maintenance.

IG5 Chair apologized for changes made to 'Where & When' last month (removal of 2 meetings) before discussion with group reps.

There was discussion whether 2 meetings should continue to be listed in the 'Where & When'; the Came to Believe Group meeting and the Serenity Group meeting (formerly listed as Double Trouble (909) Dual Diagnosis).

Motion from Central group rep (2nd by Living Sober group rep):

"Motion to not remove the Serenity Group and the Came to Believe Group from the 'Where & When'."

Yeas – 5

Bradfordville

Central

Conscious Contact

Living Sober

Powder-No-Puff

Nays – 1

Men's Faith

Motion passed; the 2 meetings in question will continue to be listed in the 'Where & When' meeting schedule.

**In Service,
David G.**

The Message

Intergroup 5, Inc Monthly Report September 20,2010 thru 10/17/2010

General Fund

Checking -beginning balance	2843.61
<u>Contributions</u>	
Apalachicola Bay Serenity	
Bradfordville	
Brown Bag	
Came to Believe	
Central	200.
District 5	
Flint River Roundup	
Havana	35.
Happy Hour	
Home Group	
Lake Jackson	
Living Sober	28.
Lloyd New Hope	40.
Mens Faith	
Mustard Seed	167.40
New Hope	
Night Owl	
Northside	
Open Door	
Perry Group	30.
PR Transfer	
Quincy group	
Singleness of Purpose	25.
Waukena	40.
Total Contributions	565.40
TOTAL	\$3409.01

Disbursements

Century Link	188.50
Check order	
Faith Presbyterian	
GO Daddy.com	
Line 1 Communications	227.56
Message/Kayce M	166.76
Transfer to Reserves	
Talcor	771.03
Where and When	
Total Expense Disbursements	1353.85
Checking Ending Balance 10/17/10	-2055.16

Savings

Prudent Reserve Savings –	
Beginning Balance 09/20/2010	1500.47
Transfer From Checking	
P. R. Ending Balance 10/17/10	1500.47
Literature account	
Beginning Balance 10/01/10	1406.39
Deposits/credits	408.77
Checks/Debit	749.
Ending Balance 10/31/10 Total	\$1066.16

Conferences and Other Events

Gratitude Dinner
Saturday, November 20, 2010
Jackson Masonic Lodge
 2818 Apalachee Pkwy., Tallahassee, FL
 5pm-6pm Fellowship; 6pm-7pm
 Covered Dish Dinner
 7 pm. Chester P. (Orlando, FL)
 Questions or to volunteer: Rachel S.
 (850) 284 - 3476

Holiday Party
December 11, 2010
Jackson Masonic Lodge
 2818 Apalachee Pkwy., Tallahassee, FL

Downtown Service Group

Formerly Downtown YPG

For everyone that is a volunteer or is interested in being a volunteer for the Intergroup 5, AA Helpline there is a new format meeting every Thursday where the Night Owl Group meets (Trinity Methodist Church) 120 West Park Ave. That's Thursdays @ 7:00 PM. We will be discussing the Helpline and any questions about how to better serve Intergroup 5 as a whole. All of us, working together, to help the still suffering Alcoholic!!! Hope to see you all there!!!

PROMISES OF STEP ELEVEN

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. It works-it really does.

Alcoholics Anonymous p.88

October Anniversaries

CASA: Renee-1, MaLynda B.-2 Karen D.-6 Mark-6 Cheryl S.-9 April C.-11 Diane E.-15 Dianne-20 Hillary-25.

Central: Dan O. 1, Erin P. 1, Gallen 1, Ryan C. 1, Carly 2, Johnny F. 5, John C. 11, Dianne H. 20, Mike D. 21, Jimmy C. 27, Henry 30, Pam W. 30

Mustard Seed: Don W. 36 Erin P. 1 Carly R. 2