



TRUSTED SERVANTS

Intergroup

Chairman—Jim M—Crawfordville
Co-chairman—Don W—Northside
Secretary—Phyllis K—HomeGroup
Treasurer—Pat C—Crawfordville
Literature—Pat C—Crawfordville
Website—Rob K—Pathfinders
Activities—Vacant
Membership—Vacant
Newsletter—Wanda H—Northside

District 5

DCM—Ed V—Happy Hour
Alternate DCM—Dawn K—Northside
Secretary—Lisa F—Downtown
Treasurer—Kathy Lynn S—Pathfinders
Standing Committees
CPC—Vacant
PI—Gerry W—Happy Hour
Treatment—Tom M—Downtown
Corrections—Wanda H—Northside
Grapevine—Joe J—HomeGroup
Intergroup—Dawn K—Northside
Accessibilities—Kayce M—Downtown
Archives—Bob S—Southside

CONTACT INFORMATION

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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

The Message

A MONTHLY NEWSLETTER

INTERGROUP 5, INC.

OCTOBER, 2003

TALLAHASSEE, FL

The Home Group: Together We Can

Two months after I picked up my four-year chip, I decided I was tired of meetings and resentful that I had a disease that required meetings. I rationalized that I could stay sober without Alcoholics Anonymous; after all, weren't there many alcoholics who were sober without AA?

I attempted to examine my reasons for wanting to quit meetings. I still liked AA, although I had lost some of my original thrill for it. My basic reason related to the resentment I had against religion. I felt that as a child, I'd been sold a bill of goods based on fear; I was told if I didn't come to church every Sunday morning, I wouldn't be a good person and something bad would happen to me. And so, similarly, I didn't like the warnings of fellow alcoholics that I would get drunk if I didn't come to meetings. As an alcoholic I was full of the rebellious nature that Bill W. frequently talks about.

I heard the comment several times in meetings, "I come to meetings because I'm afraid if I don't, I'll get drunk." When I heard that comment, my automatic reaction was rebellion. I didn't want to come to meetings out of fear of getting drunk; I wanted to come not to avoid a painful consequence but to gain something positive, such as release from fear and rebellion and a better way to live. One thing I'd learned in my four years of meetings was that talking about what bothers me helps it lose its power over me. I chaired the discussion meeting of my home group and confessed that I had been debating in my mind whether I could stay sober without Alcoholics Anonymous. I believe that God speaks through people, and by the time the meeting was over, I had tears in my eyes, goosebumps on my arms, and the feeling of a Higher Power at work in the group. It took some courage for me to speak up in a group that I knew was going to let me have it with both barrels, but I try hard today not to hide my thoughts and feelings.

The discussion started on my right with Joan. My feelings on the subject were nothing new to her as she had already thought what I thought and tried it. She'd had five years' sobriety, quit going to meetings, and relapsed. It took inpatient treatment for her to get sober again and, she assured me, she doesn't want to test statistics again.

Next was one of my favorite alcoholics, Edward. With eighteen years' sobriety, he doesn't mince words. I'd really looked up to him when I came in with nothing much but a big mouth and chip on my shoulder. He was a big dose of hope for me when I had two weeks dry because I thought, "If this man still comes to meetings after all these years, then maybe it will work for me."

(continued on page 2)

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How It Works

The Home Group: Together We Can

(continued from page 1)

He believes in keeping it simple. He looked at me and said, "I can't believe you would think of something so stupid!"

Next, a chronic slipper, who'd never been able to stay sober more than three months. I bet he could stack his start-over chips to the ceiling. He explained to me that someone might come through the doors of AA who needs me to be there. Now this might not mean much to someone else, but to me, it touches my heart. Because when I came through the doors of AA, I didn't think I had anything anyone else could use or needed. What a miracle the Fellowship has wrought! I, who felt like a worthless, useless soul until I found AA, now have something that someone else may want. By the grace of God, I'm one of those people talked about in the Big Book who are "uniquely useful to their fellow man."

And the last person, the one who brought the tears to my eyes, was the newcomer at his first meeting. He trembled and shook, this big giant fellow. His voice quivered as he told about running from himself and his alcoholic demons so hard and so fast for so long. He had come to a standstill only two nights before and couldn't face life anymore. With tears in his eyes, he said he couldn't go on anymore. He'd tried everything he knew to stay sober, even church, and he was looking for someone he could talk to who would understand that he was "just a drunk." He said he felt something in this room, he didn't know what it was, but he knew that we were there for him and that somehow we understood.

With goosebumps on my arms, I thanked my Higher Power for my answers once again and for the privilege of being a part of the Fellowship of Alcoholics Anonymous. I realized that sitting there in that meeting had nothing to do with fear, but was about love and the sharing of experience, strength, and hope with one another.

S. R., Martinsville, VA
Grapevine, April, 1990

Step 10

"Continued to take personal inventory and when we were wrong promptly admitted it."

Step Ten suggest that we continue to take personal inventory and continue to set right any new mistakes as we go along. This is not an overnight matter. *It should continue for a lifetime.* Here are the tenth step promises:

1. We will cease fighting anything or anyone, even alcohol.
2. By this time sanity will have returned.
3. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame.
4. We react sanely and normally, and we will find that this automatically happened.
5. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the *miracle* of it!
6. We are not fighting it, neither are we avoiding temptation.
7. We feel as though we have been placed in a position of neutrality—safe and protected.
8. We have not even sworn off. Instead, the problem has been removed. It does not exist for us.
9. We are neither cocky nor are we afraid.

Alcoholics Anonymous, Pages 84 and 85

They come true, if we work for them!

Concept X

Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

Bill W. Stated that when delegated authority is operating well, it should not be constantly interfered with. "those charged with operating moralized." We should all have an abundance of final and ultimate authority to reorganize; but we must our trusted servants have a



Otherwise, he warns, responsibly will be de-mate authority to correct be equally sure that all of clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities.

The Twelve Concepts for World Service Illustrated

Tradition 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Our traditions are a guide to better ways of working and living," co-founder Bill W. said. "And they are to group survival what A.A.'s Twelve Steps are to each member's sobriety and peace of mind...Most individuals cannot recover unless there is a group. The group must survive or the individual will not." Let's take a look at the Tenth Tradition Checklist:

1. Do I ever give the impression that there really is an "A.A. opinion" on Antabuse? Tranquilizers? Doctors? Marijuana? Vitamins? Al-anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "A.A. opinion?"
3. What in A.A. history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own A.A. life?
5. What would A.A. be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside A.A.? Inside AA.?

Traditions Checklist from the A.A. Grapevine

Intergroup 5 News

The monthly Intergroup meeting was held on Wednesday, September 3, 2003, at 7:00 pm at the Faith Presbyterian Church. Jim M., Chairman, opened the meeting with a moment of silence followed by the Serenity Prayer. Annette T. read the Traditions. Minutes of the last meeting were read and approved with corrections. Pat C. presented the treasurer's report and a motion was carried to approve this report as read.

Reports

Literature: Pat C. presented the literature report. Currently have a good supply of books.

Intergroup 5: Tom A. reported that Intergroup 5 received 109 calls which were answered by volunteers. See report. Have five new volunteers, possibly six.

Website: Rob S. reported that Intergroup 5 newsletters are posted on the website. Requested to post announcements of A.A. events on the website. Received positive feedback on this topic, some visitors have found meetings from the web. A request was made to post the web address on the "Where and When."

District 5 Liaison: Dawn K. asked (for District 5) if there was a way to link PSA announcements with calls received by the IG5 office? No response.

Old Business

Lease: Jim M. has to sign the lease and return to landlord.

Telephone Call Forwarding. Larry H. reported that he was using the service and it is working good. However, he was not willing to make a recommendation to IG5 without other members testing the system. He asked for volunteer. Tad, Phyllis K., Annette T. and Ruth W. volunteer to test the system. Larry will report back at the October meeting.

Holiday Party. Since we do not have an Activity Chair, the chairman requested volunteers. Julie, Quincy Group, wanted to know what was involved in coordinating this celebration. She agreed to bring this to her home group for consideration and will report back at the next IG5 meeting. There are many options. Tom A. will forward Betty and Eric's (2002 coordinators) phone number to Julie.

New Business

Website Committee: Rob S. requested permission to post announcements of conventions, workshops, retreats, etc. on the website. Approved.

Other:

Website: Can we find out the number of website hits? Yes. The web committee will look into adding this feature to the IG5 home page.

Nominations: Intergroup Chairperson position will be open January, 2004. Intergroup will start to take nominations and hold elections in November.

Phyllis K., Secretary

Intergroup 5, Inc. Finance Report - August, 2003

Beginning Balance		\$	352.79
INCOME			
Contributions from Groups	\$	788.83	
Anonymous/Anniversary Donation		-	
Picnic		-	
Faithful Fivers		30.00	
IG5 Monthly Meeting/Seventh Traditor		17.00	
Total Income		\$	835.83
EXPENSES			
Rent	\$	222.79	
Office Supervision		220.00	
Office Supplies (Directory/A.A.W.S.)		18.00	
Answering Service		188.48	
Telephone		40.46	
Web Site/Domain Name		0.00	
Newsletter/Printing		83.88	
Liability Insurance		0.00	
Dept of State/Corporate Fee		0.00	
Total Expenses		\$	773.61
Net After Expenses		\$	415.01
Prudent Reserve (Interest@.45)	\$	734.00	
Literature Report - July, 2003			
Beginning Balance		\$	879.70
INCOME			
Interest Paid	\$	-	
Donations		-	
Literature Sales		132.80	
Sales Tax		9.97	
		\$	142.77
EXPENSES			
Literature Purchase (Credit Card)	\$	460.10	\$ (460.10)
Ending Balance		\$	562.37



August Phone Report

(Calls Received by Volunteers)

80—Meeting Information
 1—Twelve Step
 15—General
 3—Agency
 4—Al-anon

Faithful Fivers

Faithful Fivers are A.A. members who consistently contribute \$5.00 each month to Intergroup to help with expenses. Become a Faithful Fiver by dropping your "five" in the mail to Intergroup. If desired, we will publish your name in "The Message" as a Faithful Fiver.

Thank you for your generosity! Intergroup sincerely appreciates your help!

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It's Funny...how a \$5.00 bill looks so big in the basket at a meeting, but so small when you take it to any retail outlet...It's Funny



Events and Happenings

Current Events

October 1—Intergroup 5, Inc. monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.
October 10-12—Area 14 Assembly, Gainesville, FL.
October 15—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.
October 18—District Correctional Facilities Committee monthly meeting, 909 Gadsden Street, 4:00 pm.

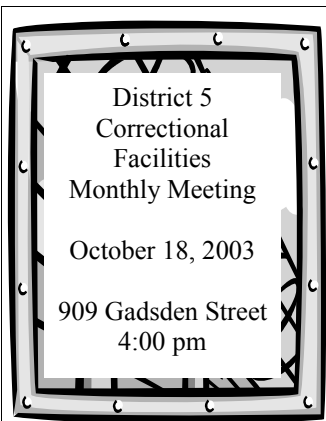
Happy

Halloween



Future Events

November 1-8—7th Annual Convention on the Caribbean. Contact: www.meetingsenroute.com
November 5—Intergroup 5, Inc. monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.
November 6-9—34th Gulf Coast Roundup, Fort Walton Beach Ramada Plaza Beach Resort, Ft. Walton Beach, FL. Write P.O. Box 397, Ft. Walton Beach, FL 32549 or see Diz T.
November 19—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.
November 22—District Correctional Facilities Committee monthly meeting, 909 Gadsden Street, 4:00 pm.
November 28-30—14th Annual Gratitude Roundup, Ramada Inn, Diamondhead, MS. Write P.O. Box 7851, Gulfport, MS 39507-7851.



Book Study Mtg

With Carl A.
 Sunday, 5—6 pm
 CASA—Small Room
 The 12 Steps of
 Alcoholics Anonymous
 will be Presented
 Starting 09/07/03

(Will continue until all twelve steps have been covered.)

WANTED INTERGROUP Office Volunteers

Sun—Afternoon
 Mon—10 am to 12 noon
 Mon—2 to 4 pm
 Tues—11 am to 12 noon
 Thurs—11 am to 12 noon
 Fri—12 to 3 pm
 Sat—All Day

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

New Meetings (Held at CASA)

Women's Open Mtg
 Big Book Study
 Wednesday—10:30 am



12 & 12 Step Meeting
 Saturday—4:00 pm

Bring your own Book

WANTED

Volunteers to chair the Intergroup Membership and Special Events committee. If you are willing to be of service, please notify Tom A., Office Coordinator, (850) 224-1818

NEWSLETTER

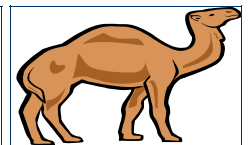
Please submit articles, anniversary notices or announcements for "The Message" to the Intergroup office or send email to wfhale@msn.com by the 28th of each month. If you have questions, please call (850) 656-3035.



The Downtown Group
 Grapevine Discussion Mtg
 Thursday—8:00 pm
 Trinity UMC
 120 W. Park Ave
 Tallahassee



Keep
 Coming Back
 Without a
 Drink!



Happy A.A. Anniversary

September

Central Group
 Will—1 yr
 Austin—2 yrs
 Brian—3 yrs
 Meredith—3 yrs
 Sue P—8 yrs
 Norman—11 yrs
 MaryBeth—18 yrs
 Susan—18 yrs
Living Sober Group
 Mike G—3 yrs
 Kay C—3 yrs
Northside Group
 Joe S—16 yrs
Quincy Group
 Bill B—1 yr

October

Home Group
 Phyllis K—23 yrs
Living Sober
 Bob C—1 yr
 Brenda G—3 yrs
 Kevin T—11 yrs
Lloyd
 Kris D—14 yrs
Monticello Serenity
 Teresa S—1 yr
Northside
 Günter—4 yrs
 Bill P—6 yrs
 Mark S—9 yrs
 Claire T—16 yrs
 Ron L—18 yrs
 Glenn T—19 yrs
 Donald W—29 yrs