



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
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*

The Message

A MONTHLY NEWSLETTER

INTERGROUP 5, INC.

October, 2004

TALLAHASSEE, FL

When asked to write something for the newsletter my immediate response was to delay the assignment. I needed time to wrestle with my ego. Thoughts like how wonderful I am and that is why they asked me to do this, and thoughts like everyone will see how stupid I am if I write something. Then of course came prayer and asking for direction. It seems that all I have to offer is my experience, strength and hope. When I wrote this article it was close to my anniversary date in AA and I had been sharing with a friend that , that day is the one day of the year I feel happy from gratitude all day. My belly-button birthday's give me a much more trying experience because I have thoughts of what I will get and how much people love me (or don't). But my AA birthday is a day when I think about how much I love others and what I can give and I am so grateful to have been given the gift of sobriety. I remember where I was when I got sober and how God used just the right scenario to get me into AA. I remember what people at my first meetings said and when they helped me see myself for the first time. I remember how I made mistakes but still didn't drink, learning from my errors instead of trying to cover them up. I especially remember how I began to pray and was astonished when my prayers were answered, and not always in the way I thought they would be. Everything seemed new, it was indescribable to be one person one day and become someone else the next. When I look at my life now it is hard to recognize the person I used to be . My life is vastly different. Success and wealth aren't the things that have come to me , although my lifestyle is much more comfortable now. I just appreciate what I have more then before and my wants are so much less . My length of sobriety has been what I consider long but in comparison to folks with 40 years would be short . In the time I have been sober I have had many life experiences and none of them caused me to take a drink , thanks to AA. My mother passed and she was my best friend, I went through a divorce and am happy to say I am still friends with my Ex-husband. I have changed jobs more then once and had minor surgery, my family relationships have been most challenging and I have found truth always to be the solution. They don't always like my truth but I am learning to be true to myself so that sets us off balance some times. I am less likely to hit the suicide hot line when I get a flat tire but I do still ask AAA for help, they are almost like cousins because they have three A's . I love humor and have found myself to be a constant source of it. I even got a card from a girl I sponsored that said "Blessed are we who can laugh at ourselves, for we never cease to be amused". I have been able to help family when in need, and grieving and not avoid painful times and found it wonderful to be the source of help for a change instead of the source of trouble. Today I am practicing holding a job for longer then 3 years and not running when someone hurts my feelings. Staying in a feeling that is unpleasant is one of the most challenging things for me today. Just accepting that I have this feeling and not fighting it seems to help, but of course the book refers to this in the story Doctor Alcoholic Addict. I find laughter in the book saying we are sensitive people, this is a serious handicap...makes me want to apply for a handicap sticker for my car so I can park closer to the stores...but thoughts like this are one of the things I enjoy most about myself. Seems like all I ever did in my past was WANT, I was like a Want-n Woman. I don't mean to sound like I have arrived in any way, I am just as challenged to live the AA way of life and God keeps giving me situations that will foster growth spiritually and in my ability to be of service. My spiritual life was given a boost recently by a painful meltdown of sorts that led to a renewed relationship with God and motivation to read his Word daily. I have also enjoyed being part of a 12 step study that renews my love of AA and gives my sobriety a higher level of joy.

Well to sum up this rambling, I just would say I am Grateful to be sober and part of the fellowship. I never would have believed that my life would change in so many ways by just not drinking, coming to meetings and doing my best to work the steps and ask God for help and guidance. My comprehension of the word LOVE has changed most of all, now it is no longer a sexually transmitted experience but one that insists I be who and what I am and enjoy having others do just the same. My hope is that someone could benefit from my experiences and find what I have found.

God Bless you as you trudge the road of happy destiny with me.
Anonymous

District 5 News

Meeting opened with Serenity Prayer
7:00 PM

- Traditions read by Allison B.
- Concept IX read by Kathy Lynn

ROLL TAKEN –

Allison B. Central Treatment

Anne K. Happy Hour Secretary

Annette K. Mustard Seed GSR

Anthony A. Crawfordville GSR

Bob S. Southside GSR

Ed V. Happy Hour DCM

Greg S. Home Group Alt. GSR

Guenter M. Men's Group GSR

Jamie M. Downtown Visitor

JoAnne R. Crawfordville Visitor

Joe D. Downtown Corrections

Kathy Lynn S. Pathfinders Alt DCM

Kayce M. Downtown Accessibilities

Ron L. Northside Visitor

Tracy T. Happy Hour GSR

William M. Downtown Visitor

Groups Represented at Meeting –Central, Crawfordville, Downtown, Happy Hour, Home Group, Men's Group, Mustard Seed, Northside, Pathfinders, and Southside

Secretary Report –

Reviewed

**** accepted****

Treasury Report –

Over prudent reserve.

accepted

DCM –

· Ed discussed BTG and the handed out volunteer sign up sheets to the GSRs for them to take to their groups and return to ED V or Dilene S (Area Treatment Chair).

· Gratitude dinner Nov. 13, we need volunteers to help set up and take down.

· AA is in demand; TMH has requested an AA meeting be brought in to the psychiatric center, and the Drop in Center has requested that a meeting be taken there during the day.

The corrections facilities need people to bring the meetings to them as well.

CPC/PI –

· No report

Corrections –

Gadsden County Jail is requesting that a meeting be taken there.

Wakulla has a new "pod", and they have requested an AA meeting. Orientation is the 4th Thursday of the month FCI is having an orientation Oct. 7th at 5pm to 9pm in their training center.

Joe handed out fliers for the GSRs to take to their groups. (about corrections)

Treatment –

8 people were in attendance for the workshop including a representative from a treatment center. Went really well.

Grapevine –

Joe J. not in attendance.

IG5 –

· Still need volunteers to answer the phones, Monday pm and Friday am are the most needed slots to fill.

· Leisa, the activities chair is sending out a survey for feed back.

· IG is looking into forwarding the phones.

· Dec. 11th is the holiday party

· Kitty B. is looking into doing an alkathon/ eating meeting.

· IG needs a treasurer

Archives –

Terry is working on some tapes of District V speakers.

Accessibilities –

· Kayce is continuing to visit groups and will give a report when finished with her research.

Old Business

· So far we have had a Carrying the Message, Treatment, and BTG group sponsored workshops.

· Happy Hour and Living Sober will be doing a workshop on sponsorship.

· There is a 12 concepts/ service manual mtg on Sundays at 3pm, Central.

· Carl A is doing a Step Study at Casa on Sundays, 4:30

· Still need people to work on BTG

· Larry requests contributions for the Message.

· October is election month for District V!! Lots of people rotating out means lots of service opportunities!!

· Kayce brought up that there doesn't seem to be a huge demand for the accessibilities committee; each group has been very appreciative; however, the groups have been taking care of their own.

New Business

***** The Gulf Coast Roundup in Ft. Walton Beach, Fl. Has been canceled due to weather*****

Havana meeting is having a fish fry on Dec. 4th!!

Tracy mentioned the newcomer's packets that Happy Hour put together. They are to help the newcomer find his/her place, be it in AA, NA, or somewhere else. It includes a speaker cd, tokens, mini big book, etc!!!!!!

Meeting closed with Lord's Prayer at 8:05 PM

A drunk guy in Alaska decides to go ice fishing, so he packs up his stuff and goes out onto the ice.

He starts sawing a hole in the ice,

and a loud booming voice says,

"You will find no fish under the ice!"

The drunk looks up, ignores it, and continues on.

The voice repeats,

"You will find no fish under the ice!"

The drunk looks up and says,

"God? Is this God trying to warn me?"

The voice says,

"No. I'm the manager of this ice rink."

District 5

Intergroup 5

In keeping with our spirit of rotation, several service positions in the Tallahassee District of AA General Service are coming open at the end of the year.

Opening positions include:

*District Committee Member (DCM)—Chairs

District meetings and represents District V to North Florida Area

*Alternate DCM—Backup to DCM, Intergroup Liaison

*Corrections Committee Chair—Coordinates carrying the message to correctional institutions

*Accessibilities Committee Chair—Facilitates carrying the message to those with special needs

*Grapevine Committee Chair—Promotes the Grapevine and La Vina, our meetings in print
Elections will be held at the October 20th District V meeting. If you wish to stand for one of these positions, please attend the 7:00 PM meeting at Faith Presbyterian at the corner of Meridian and John Knox in Tallahassee.

If you want further details about these positions, please talk to your GSR, attend the next District meeting (10/20) or contact Ed V. (850-383-0879) with any questions, comments, or suggestions.

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In America, anybody can be president. That's one of the risks you take.

-Adlai Stevenson, statesman (1900-1965)

September 2004 Treasurer's Report

Beginning Balance \$2,205.62

Income

Contributions 458.38

Sub Total 2,664.00

Expenses

Rent \$236.50

Office Supv 220.00

Answering Svc 91.91

Printing Sup 11.75

Telephone 44.79

Total (604.95)

Ending Balance \$2,059.05

Prudent Reserve \$734.74

Contributions

Living Sober \$236.36

IG5 Meeting 13.00

Faithful Five 15.00

Open Door 50.00

Central 50.00

Downtown 94.02

Total \$458.38

September 2004 Literature Report

Beginning Balance \$626.47

Income

Sales 196.95

Taxes 14.80

Total 211.75

Expenses

None -0-

Ending Balance \$838.22

Service Work...

I've heard that getting into service will enrich my sobriety...Is it true?

Is it possible to find a life beyond going to meetings, sponsor contact and trudging through the steps?

Well, I'm happy to report that my recent leap of faith is turning out beyond my expectations! OK, I'm still new at this stuff, a little fearful of failure and my ego is receiving reality checks from my sponsor, but ya know, I'm really excited about this new phase of my recovery. I truly hope that my new friends and activities committee feel the same way.

This is going to be a great year to get involved with your recovery! We're currently working on an activities calendar to provide a new bridge for both new comers and long timers to fellowship together and develop friendships within the program.

Thank you Activities Committee!!! Your courage and participation is so appreciated!

Gary M. Chris S. Craig F. Paul W. Kathy J. Tiffany D. Jenny Kathy F. Rebecca Jamie Ed V. Peter W. Rob K. Laura G. Barbara Anne J. Melanie Stephanie G. ***Put Your name here**

Come Join Us Activity meetings will be held on the 1st and 3rd Saturdays about 1:15 after the noon meeting at 909 N Gadsden St. **GET INVOLVED, HAVE FUN, MAKE NEW FRIENDS! ISN'T THIS WHAT RECOVERY IS SUPPOSED TO BE?.....contact Leisa P 766-5889 or 224-9936!**

Events and Happenings

Current Events

October 20—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.
November 3—Intergroup 5, Inc. monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00

Future Events

**Halloween Dance at Southside
 October 30, 2004
 Dinner 7:00—Speaker 8:00
 Dance 9:00 PM**

Live Music!

*Food, Children Activities, Fun
 Fellowship!*

Costumes encouraged, but not required!!

District Gratitude Dinner
 When: Saturday, November 13th, 2004
 Where: F & 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

Writing In Recovery

An open informal forum for anyone of any recovery orientation who wishes to learn about writing. Join anytime. There is no beginning or end. Meet weekly at Casa on Mondays at 7:30 pm. Bring paper and pen. Initial focus is on journaling. Facilitators: Gary M and John W.
 Contact at Casa

*Get ready for the Holiday Season!
 Start your Big Book Study with Carl A.
 On September 12 at CASA from 4:30 until 5:30
 Didn't you always drink on the Holidays?
 You'll have no excuse after studying with Carl!*

DOUBLE-TEAM EFFORT DEFEATS CASA

By Gary M.
 Despite hurricane threatened skies, the annual Intergroup softball tournament went on with burgers and dogs for all. Neither the grizzled players from 909, nor the immature rookies from the Downtown group were able to muster teams to face the seasoned Casa team.

In the spirit of good sportsmanship, Casa agreed to take on the hastily fielded combined team from the two challengers. "We had to give them a fighting chance," stated 'Bad Boy' Rob, Casa's team captain. 'We gave them 4 outs to our 2 outs in the first inning. It seemed to encourage their flagging spirit. When it comes to getting a team together, they just couldn't get it up, but they probably used to hearing that", continued Casa's Captain Rob.

"It was like pitching to a bunch of girls", according to Richard "The Ranger". Casa's pitcher, "but they didn't have any on their co-ed team."

"Maybe next year we will have some competition", said an unidentified spectator, "but the food was great."

Happy AA Anniversary September

Central—Cross S—1, Claudia—1, Hiram—1, Rebecca R—1, Will—2, Meredith—4, Sue P—9, Norman—12, Rob L—13, Marianne—14, Suki—14, Marybeth—19, Susan E—19, Irving—27

Powder No Puff—Kay-cy—4, Susan A—13, Becky C—18

UNFORTUNATELY NO OTHER GROUPS REPORTED INDIVIDUALS ARE WELCOME TO ANNOUNCE

What's the difference between an Alcoholic and a puppy?

A puppy stops whining when you let him back in the house.

WANTED

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

**How can you tell when two alcoholics are on their second date?
 There's a U-Haul in the driveway.**

**"I guess I didn't get my birthday wish."
 "How do you know?"
 "You're still here!"**

September Phone Report

45—Meeting Information
 16—Miscellaneous
 11— General AA Info
 2—Agency
 8—Al-anon
(82 Calls Received by Volunteers)

