



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC OCTOBER 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—Vacant
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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District 5

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NFAC Area 14

P. O. Box 567
Melbourne, FL 32902

I was born and raised in Thomasville, Georgia. Suffice to say, this did not suit me. I felt isolated, odd and alone, with the sneaking suspicion I was the only person in the world to ever feel this way, so this self centered nature was blatantly present long before I took my first drink. This first drink would happen on New Year's Eve, 2000. I was 16 years old, a late start maybe. If a sense of awareness or an understanding of myself had been at play, I may have realized that I was very much allergic to alcohol, but I know now that self knowledge alone would never have saved me, for that first drink was magic. I experienced a surreal and intensely pleasurable two and half minutes complete with fireworks and laughs, before screaming, yelling and passing out cold, ultimately winding up in the hospital for alcohol poisoning. The shame I felt the next morning was undeniable, intense and terrifying. I vowed to stay away from alcohol. This vow held up for over a year, but the time came when I drank again. It was more of the same, black outs and belligerent behavior.

Truth is, I never had a normal drink. I always drank to the point of oblivion, no matter what city, state or country I was in, (and I was a major fan of the geographic cure), I found escape and release in the bottle. With it, I was able to run from the fear I felt as life unfolded. I believed it was the cure, ignoring the fact that as time passed; I could barely stand to look at myself in the mirror. The self hate reigned supreme, showers no longer mattered, work no longer mattered. This culminated in a cry-for-help suicide attempt at a party. The thought flooded my being, I had only two options - to change or to die this way, drunk and depressed. It took a month before I managed to make my way to treatment, but I made it and I adopted an attitude that I hold dear today, one where nothing comes before my sobriety, absolutely nothing.

I had no clue how to stay sober and the people around me seemed to be laughing, living and doing the deal. I wanted it desperately. I attached to the program like a parasite. I drove twice a day to Tallahassee to sit in meetings, much too scared to attend meetings in the town of my youth. I must have cried at 90 percent of the meetings for the first two months; I still felt scared and alone, the odd little girl in the corner. As I worked through the steps with my sponsor, however,

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Experience, Strength and Hope

Step Ten

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

When I was asked to write something about Step 10, I felt honored and excited. You see, this is my favorite step. This is when the light came on - it all made perfect sense - I felt like something inside of me changed; I had my spiritual awakening! I can always remember someone in a meeting saying "don't quit until the miracle happens", it happened!

For me, this step is all about having a God conscious, which was something I didn't have for a lot of years. It was easy for me to think and act shamefully and never feel any remorse (thanks to the alcohol and drugs). As a result of working the AA steps of recovery, I now have a very strong God conscious (sometimes too strong, haha). I can no longer sit with negative thoughts or feelings, nor can I react or behave with anger or aggression, nor can I use hurtful words to harm others; for to do this hurts me. Unfortunately, I am not perfect. I make mistakes daily. Thank God I am now aware of my wrong doings. I can stop immediately, admit that I am wrong and ask for forgiveness. This is something I practice several times a day, most often I admit to God my wrong doings, occasionally I must apologize for my behavior to another person. Either way, I always feel better afterwards. This is very simple, but so important for emotional sobriety.

We must always remember that we are examples to other people; our behavior reflects our program of recovery. I want people to look at me and say "she works a good program, I want what she has". That is what I found when I entered the rooms of AA, people I wanted to be like.

BRENDA M.

Tradition Ten

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

That's the problem with an opinion. Once we form one, we are almost automatically opposed to the opposite opinion. Then again, has there ever been an A.A. member without an opinion? So what do we do? Keep our mouths shut? Any A.A. member who thinks that's the case has never been to a good old-fashioned group conscience meeting.

It's important to remember that we're talking about outside issues here. Not internal ones.

But what about those outside issues? Does that mean that an A.A. member can't lead a chapter of the local temperance society? Or send a letter to the editor chastising or praising a congressman? Of course they can. As long as the newspaper announcement doesn't read Geraldine Smith, a prominent member of Alcoholics Anonymous, has agreed to assume the responsibilities of PR for the Tallahassee Temperance Society. Or the letter to the editor isn't signed by Joe Brown, Concerned Citizen and Long Term Alcoholics Anonymous Member. Other than breaking our Tradition Eleven, the association with A.A. might give the reader the impression that the Fellowship actually supports Geraldine or Joe in their outside activities. And that could draw our Society into public controversy.

It's too bad there isn't space here to talk about **The Washingtonians**, a group that was very successful in finding a solution to alcoholism before A.A. ever began. (See www.silkworth.net for the rest of the story.)

JIM O.

(Cont. from page 1)

this feeling began to lift, and it continues to lift a bit each day. Slowly but surely, I am making my way into being part of, comfortable in the fellowship, in my own skin. For the first time in my life, I don't feel alone, what a gift! This sober journey I am on is beyond my wildest expectations; I am beyond grateful for what has been given to me in these rooms and through these people. My biggest drive now is the keep coming back, to help carry the message, to pass on the gifts that have been given so freely to me.

EMILY B.

Intergroup 5 News

INTERGROUP 5 MEETING MINUTES SEPTEMBER 2, 2009

Groups Represented: Happy Hour, Lloyd New Hope, Lake Jackson, Bradfordville, Central, Woodville, Open Door, Living Sober. 15 people attended; five IG5 representatives were present.

Secretary's Report: Approved and accepted.

Treasurer's Report: A deposit was inadvertently overlooked which resulted in a number of checks returned for non-sufficient funds. We were charged hefty NSF fees but still have a positive balance. Approved and accepted.

Office Report: Pete would like to see a mobile web page. Still need a complete list of phone volunteers. Does District have a volunteer list? Compile with Intergroup's list and name who is available for 12 Step calls. All volunteers need this list. Suggested the next *Where & When* have a date listed on it so we can identify when the meetings were updated last.

Literature Report: Pete is learning the process of how each group orders literature. He has ordered for Intergroup and we have plenty of books.

Activities Report: Tracy has had a difficult time communicating with the lodge to get our holiday party reserved. Other choices for location were mentioned (Armory and the American Legion Hall) for a back up plan. Holding off on asking a speaker until we can give the exact date and place. Approved \$200 allowance for the holiday party. Will ask each group for monetary donations and attendees to bring side dishes.

Web Committee Report: Debbie is going to send out the preview of the web calendar to those in Intergroup and if all looks good she will put it on the website. Much easier to view meetings.

District Report: Holly is getting Committee Chairs to provide a description of their position duties so future volunteers will know what the position entails.

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

New Business:

- 1) All Chair positions are open with a 2-year continuous sobriety requirement.
- 2) 1st Friday of the month the Crawfordville meeting needs speakers for their speaker meeting.
- 3) One of the returned check recipients was present and wanted to be reimbursed the fees his bank charged him for the returned check. Voted on and agreed to reimburse.
- 4) Voted and approved to contact bank and have overdraft protection put on the account.

One Day at a Time, Christy T.

NEW MEETINGS/CHANGES

Big Book Workshop
Townsend Recovery Center
2898 Mahan Drive, #6
Tallahassee, FL
Mondays @ 8:00 p.m.

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

Havana Sobriety Group
7th Avenue
Community Center across from Police Station
Havana, FL
Sundays @ 7:00 p.m.

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.

The 705 Meeting
Waukeelah United Methodist Church
81 Methodist Church Road
Hwy 27 & 259
Waukeelah, FL
Mondays @ 7:05 p.m.

Westside Group
Bethel Methodist Church Fellowship Hall
Tallahassee, FL
Tuesdays @ 7:00 p.m.

Pizza and Pepsi every 2nd Tuesday of the month

***Ed V. is starting another Big Book Workshop
Anyone interested should contact him at (850)
410-1886***

EVENTS AND HAPPENINGS

INTERGROUP 5 NEWS

Web stats: 5,314 pages were sent from the Intergroup 5 website. The following 76 calls were answered by volunteers:

12 Step	5
Al-Anon	4
AA info	22
Meeting Info	42
Misc.	3

SIGNIFICANT OCTOBER DATES IN A.A. HISTORY

Oct 1936 - Bill C. a Canadian alcoholic staying at Bill's house, committed suicide using a gas stove.
 Oct 1942 - 1st issue of Cleveland Central Bulletin is published.
 Oct 1944 - First non-American branch started in Sydney, Australia by Father T V Dunlea & Rex.
 Oct 1951 - Lasker Award given to AA by American Public Health Assoc.
 Oct 1951 - Sister Ignatia wrote "Care of Alcoholics - St.Thomas Hospital & A.A. Started Movement Which Swept Country" article in "Hospital Progress", the journal of Catholic Hospital Association.
 Oct 1958 - Playhouse 90 TV airs "The Days of Wine and Roses".
 Oct 1, 1941 - Local news reports 1st AA Group in New Haven, CT.
 Oct 1, 1957 - Book "A.A. Comes of Age" published.
 Oct 2, 1944 - Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.
 Oct 3, 1945 - AA Grapevine adopted as national publication of AA.
 Oct 5, 1988 - Lois Burnam Wilson passed away.
 Oct 6, 1941 - 900 dine at Cleveland dinner for Bill D, AA #3.
 Oct 8, 1988 - Memorial Service for Lois Wilson at Stepping Stones, NY.
 Oct. 9-11, 1969 - 1st World Service meeting held in New York with delegates from 14 countries.
 Oct 10, 1943 - 6 of 1st 9 AA's attend clubhouse anniv. in Toledo.
 Oct 10, 1970 - Lois reads "Bills Last Message" at annual dinner in NY.
 Oct 10, 1988 - Lois is buried next to Bill in East Dorsett, VT.
 Oct 14, 1939 - Journal of AMA gives BB unfavorable review
 Oct 15, 1904 - Marty M, early AA woman, born in Chicago.
 Oct 17, 1935 - Ebby T, Bills sponsor, moves in with Bill and Lois.
 Oct 20, 1928 - Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.
 Oct 22, 1963 - E M Jellinek, alcoholism educator and AA friend dies.
 Oct 24, 1943 - Wilsons start 1st major A.A. tour.
 Oct 28, 1994 - National Council on Alcoholism and Drug Dependence celebrates 50 years. **DIZ T.**

CONFERENCES AND OTHER EVENTS

12th Annual Celebration by the Sea

October 16-18, 2009
 Paradise Palms Hotel
 12907 Front Beach Road
 Panama City Beach, FL

Gratitude Dinner

November 14, 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 Antonion, TX

Happy A.A. September Anniversary

Bradfordville: Janet N.–3, Doug M.–6
Central : Annie–1, Jamie–1, Michael–2, Janet–3, Janice–3, Joan P.–3, Rebecca–6, Barry D.–7, Ronnie K.–9, James–13, Suki–19, Joe–22, Marybeth–24, Susan–24
Living Sober, Happy Hour & Conscious Contact: Michael L.–2, Mike G.–9, Lana S.–14, Liz W.–16, Angela S.–21, Becky C.–23
Lloyd New Hope: Thomas H.–6, Guenter M.–10, Kris D.–20, Tom G.–25
Monticello Serenity: Lou–14
Mustard Seed: Brenda M.–1, Kaye C.–9, Annette K.–25

