



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 S—Central
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—Vacant

CONTACT INFORMATION

InterGroup 5, Inc.

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

Website: www.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 NEWLETTER

INTERGROUP 5, INC.

SEPTEMBER, 2003

TALLAHASSEE, FL

Walking The Walk

As a newcomer to A.A., I was fortunate to be surrounded by old-timers who were actively carrying the message to alcoholics in institutions and had been doing so for many years. These wonderful people took me by the hand and guided me through the doors of many detoxs', jails, Bowery residences and rehabs. Wherever they went, I willingly tagged along, still shaky in my new-found sobriety.

My Higher Power put me in the right place from the beginning. The A.A.s who molded my sobriety and were my "powers of example" were continuously helping fellow drunks who had not yet found their way to our Fellowship, or had suffered relapses and were trying to recover from this disease that kills.

It was impressed upon me that commitment to "giving it away" is not just a "when I feel like it" thing. It means discipline; it means ongoing action; and it means showing up to chair an institution meeting when your speaker doesn't show, or when only one or two (or none) attend the meeting. I thank God for showing me early in sobriety that I can't talk this program. I must make the commitment to walk the walk if I am to stay sober.

During most of my sober years, I have tried to follow the path of the old-timers who taught me the ropes of institution work. It's kept me sober. My experiences in detoxs', prisons and rehabs and on the Bowery have been at the heart of my recovery.

I am not a crusader, but I am filled with despair when A.A. members refuse to speak in institutions. I realize that fear paralyzes them—I knew that fear too. When my sponsor asked me to examine that fear, I discovered that I was really afraid of drinking again. Active drunks brought out my own fear of relapsing. But I continued to go to institutions and share, and the fear dissipated as I grew stronger through the Steps and "giving it away." (I shudder to think what would happen to me if I let fear be my master.) Although I am still one drink away from a drunk, God has given me strength—the strength that comes from giving—and there is nothing to fear now as long as I have one hand in my Higher Power's and one hand in A.A.s.

Through the years of sharing in institutions, I have had the privilege of meeting wonderful, dedicated fellow A.A.s who go to any length to carry the message. They are true heroes—no positions, no popularity contests, and no applause for them—just willingness to continue to do God's work.

I thank them for being such powers of example and for walking the walk.

Today, I measure the quality of my sobriety by the willingness I have in my heart to reach out to the still suffering alcoholics who haven't made it to the meeting rooms yet, who are dying in the streets, and who need to know that A.A. works. God bless you, old-timers!

D.C., Manhattan, NY

The Grapevine...date unknown

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News Around Tallahassee

Group News

CASA —MOVED

As of July 4th, CASA-12 is moving to Cross Creek Square shopping center, 1208-H Capital Circle SE, in a storefront next to the Merita bread thrift store. This is at the corner of Appalachee Parkway and Capital Circle SE. The mailing address will remain: P.O. Box 12391, Tallahassee, FL 32317-2391. The phone number will still be: 850-422-2272.



Groups that meet at CASA-12

Monday thru Friday:

7:15 a.m. Conscious Contact - Open AA Meditation

12:30 p.m. Living Sober - Open AA, Discussion

6:15 p.m. Happy Hour - AA

(Mon.-Open Beginners Mtg.;

Wed.-Open Speaker Mtg.; Thurs.-Closed Discussion,
Tues. & Fri.-Open Discussion)

Saturday/Sunday:

11:00 a.m. Living Sober - Open AA Discussion

6:15 p.m. Happy Hour - Open AA Discussion

Last Friday of month:

6:00-7:30 p.m.: Happy Hour/Living Sober

Birthday Mtg. and Potluck dinner

Last Saturday of month:

7:30 p.m. Conscious Contact Anniversary Celebration
(bring a dessert)

Meeting day/time additions or corrections: Call Kris D. at
385-8358 or 556-5503

Faith

If Faith without
works is dead;
Then...
Willingness without
action is
fantasy



Replay

By: Gregg S.

Anger, resentment, injustice, self righteous rage
Anger and resentment help me rewrite the page.
Anger towards them is easier to feel than fear
Rage and resentment have brought me through the
years
When I do this, I have come to know
Fear of facing Truth, it's what runs my show

When I play the rerun they become the guilty one
When I play the rerun my own part becomes undone
So I run the replay I'm the only one who's right
When I run the replay it's their fault that I'm uptight

Anger, resentment, injustice, self righteous rage
Anger and resentment help me rewrite the page.

Each time I replay it I hear them say it over and over
again
I know for certain they should be hurting
Why can't I seem to keep friends?

When I play the rerun they become the guilty one
When I play the rerun my own part becomes undone
So I run the replay I'm the only one who's right
When I run the replay it's their fault that I'm uptight

So I ask myself each time I feel the rage
What part do I have in today's malaise?
Fear of judgment, isolation, death
Permeate my consciousness with every gasping
breath
Once I see that no one is to blame
Except of course my hidden sense of shame
I let go of feelings that I've had
Forgive and wish the best for every lad
Anger, resentment - will I let them run the show?
I think not now that I know.

Intergroup 5 News

The monthly Intergroup meeting was held on Wednesday, August 6, 2003, at 7:00 pm at the Faith Presbyterian Church. Don W., co-chair, opened the meeting with a moment of silence followed by the Serenity Prayer. Wanda H. read the Traditions. Minutes of the last meeting were read and approved. 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 received 161 calls answered by volunteers. See report. Tom also explained that the guidelines for volunteering to answer phones in the Intergroup Office is six months. However, there is a newcomer with four months of sobriety who wants to volunteer and asked permission from Intergroup to bring her in as a volunteer. Intergroup approved request.

Website: Rob S. reported that the website was up and running. Requested permission from Intergroup to post "The Message" on the website. Approved.

District 5 Liaison: Dawn K. reported that she attended a workshop at Area Assembly on Self Support. There will be a workshop in October on Sales Tax and other Taxing matters.

Old Business

Lease: A motion was made and approved to remain at the current site and renew the lease for two years.

Telephone Call Forwarding. Larry H. reported that he had checked into several services and found one for \$20 per month. Initial cost would be \$50. This system is computerized. He will experiment with this service in August and report back at the next meeting. Encouraged members to check out this service at www.packet8.com.

New Business

Website Committee: Rob S. requested permission to place a disclaimer on the website when leaving to go to another link. The disclaimer will be similar to the one used by the North Florida Area and A.A. General Service. Approved.

Other

New Intergroup Reps: Tom A. recognized Julie from the Quincy Group.

Activity Chair: Still need a chairman for this committee especially to chair the Holiday party in December. Ask around in your groups for volunteers.

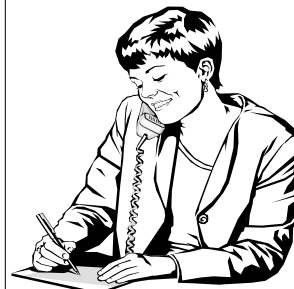
Phyllis K., Secretary

Intergroup 5, Inc. Finance Report - August, 2003

Beginning Balance			<u>\$ 352.79</u>
INCOME			
Contributions from Groups	\$	788.83	
Anonymous/Anniversary Donation		-	
Picnic		-	
Faithful Fivers		30.00	
IG5 Monthly Meeting/Seventh Traditor.		17.00	
		Total Income	<u>\$ 835.83</u>
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	<u>\$ 773.61</u>
Net After Expenses			<u>\$ 415.01</u>
Prudent Reserve (Interest@.45)	\$	734.00	

Literature Report - July, 2003

Beginning Balance			<u>\$ 879.70</u>
INCOME			
Interest Paid	\$	-	
Donations		-	
Literature Sales		132.80	
Sales Tax		9.97	
			<u>\$ 142.77</u>
EXPENSES			
Literature Purchase (Credit Card)	\$	460.10	\$ (460.10)
Ending Balance			<u>\$ 562.37</u>



July Phone Report (Calls Received by Volunteers)

102—Meeting Information
2—Twelve Step
1—Agency
2—Al-anon
15—Miscellaneous

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



District 5 News

The monthly district meeting was held on Wednesday, August 20, 2003, at 7:00 pm at the Faith Presbyterian Church.

Groups represented at meeting –Downtown, Happy Hour, Home Group, Lloyd New Hope, Living Sober, Northside, Pathfinders, Powder-No-Puff, Southside

District V

Welcome to new GSR, Mike and Alt-GSR Tracy (Living Sober)

DCM – District 5 is planning to host our Area Delegate's report. Date to be announced...Dawn O. attended Area Assembly...GSO notices a drop in overall contributions...ICYPAA will be held in Orlando, FL in June 2004...FL State Convention will be held in Jacksonville, FL in August 2004...Next Area Assembly will be in Gainesville Oct 10-12, 2004

CPC – Fran is resigning as CPC chair. She will finish the distribution of AA books to county libraries while the

District finds another chairperson to fill the position. District 5 thanks Fran for her service!

PI – Gerry M. has been doing follow-up on PSAs. Comcast will start running PSAs on their onscreen guide.

Corrections – Committee met on Saturday, August 9, 2003. Contact has been made with institutions in which we are not currently taking meetings. Great progress is being made! The next meeting will be held on Saturday, Sept 13, 2003 at 909 Gadsden Street at 4:00 PM. All are welcome to attend!

Accessibilities – Kayce M. attended the Area Assembly and will be sending a survey to GSRs for information on how groups are currently meeting accessibility needs.

Other — Brief discussion about annual District Gratitude Dinner which is usually held in November. November 1, 8 and 15 were discussed. Dawn K. will check to see if there are no other A.A. activities that conflict with these dates.

Lisa F. - Secretary

District 5 Finance Report - July, 2003

Beginning Balance		\$ 729.00
INCOME		
Contributions	\$ 141.00	
Transfer from Savings	-	
	Total Income	<u>\$ 141.00</u>
EXPENSES		
Photocopying/Where & When Directory	65.58	
	Total Expenses	<u>\$ 65.58</u>
Net After Expenses		<u>\$ 804.42</u>
Savings Account Balance as of 07/31/03		\$ 1,028.69
Dividend		-
Less Transfer to Checking		-
Balance in Savings Account		\$ 1,028.69
Check Book Balance		\$ 804.42
Savings Account Balance		1,028.69
Total District Funds		<u>\$ 1,833.11</u>

RENT-A-SPONSOR

- Are you tired of being told like it is?
 - Still looking for that easier, softer say?
 - Had enough of that same old time-tested direction?
No Reading! No Writing! No Deadlines!
- Yes, at Rent-A-Sponsor we know how unique you are and we do understand! Half Measures are our Specialty!

Call 1-900-O-POOR-ME or 1-900-POUR-ME-1

Self-Support:

Where Money and Spirituality Mix

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether the groups, clubs, hospitals, or other outside agencies, or the contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

Tradition Seven (Long Form)



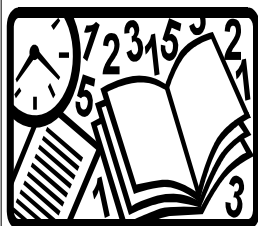
Discover the High in Corrections

***District V Committee Meeting
Second Saturday of the Month
4:00 pm
Central Group
909 Gadsden Street
Tallahassee, FL***

The Solution

Step 9 Made direct amends to such people wherever possible, except when to do so would injure them or others

Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps *Eight and Nine*. We have a list of all persons we have harmed and to who we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.* (*Alcoholics Anonymous, Page 76*)



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Steps Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our new found knowledge of ourselves, we may develop the best possible relations with every human being we know. (*Twelve Steps and Twelve Traditions, Page 77.*)

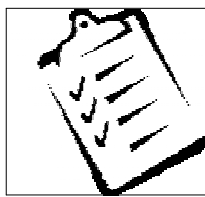
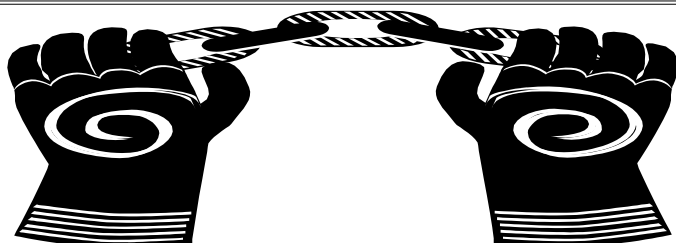
B Bill's Corner: Truth, the Liberator As Bill Sees It, Page 70

How truth makes us free is something that we A.A.'s can well understand. It cut the shackles that once bound us to alcohol. It continues to release us from conflicts and miseries beyond reckoning; it banishes fear and isolation. The unity of our Fellowship, the love we cherish for each other, the esteem in which the world holds us—all of these are products of the truth which, under God, we have been privileged to perceive.

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Just how and when we tell the truth—or keep silent—can often reveal the difference between genuine integrity and none at all.

Step Nine emphatically cautions us against misusing the truth when it states: "We made direct amends to such people wherever possible, except when to do so would injure them or others." Because it points up the fact that the truth can be used to injure as well as to heal, this valuable principle certainly has a wide-ranging application to the problem of developing integrity.



Tradition Nine

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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 Ninth Tradition Checklist:

1. Do I still try to boss things in A.A.?
2. Do I resist formal aspects of A.A. because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the A.A. program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patients and humility in any A.A. job I take?
5. Am I aware of all those to whom I am responsible in any A.A. job?
6. Why doesn't every A.A. group need a constitution and bylaws?
7. Have I learned to step out of an A.A. job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

Traditions Checklist from the A.A. Grapevine

Concept IX

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

"No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work. Good leadership cannot function well in a poorly designed structure...weak leadership can hardly function at all, even in the best of structures."

Due to A.A.'s principle of rotation, furnishing our service structure with able and willing workers has to be a continuous effort. The base of the service structure—and the source of our leadership—is the General Service Representative. The G.S.R. is the service leader for his or her group, the indispensable link between the group and A.A. as-a-whole. No society can function well without able leadership in all its levels, and A.A. can be no exception.

A leader in A.A. service is therefore a man or woman who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back them and help them with their job.

Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.

Good leadership never passes the buck. Once assured that it has, or can, obtain sufficient general backing, it freely takes decisions and puts them into action forthwith, provided of course that such actions be within the framework of its defined authority and responsibility.

Another qualification for leadership is 'give and take,' the ability to compromise.

Our leaders do not drive by mandate, the lead by example. We say to them, 'Act for us, but do not boss us.'

The Twelve Concepts for World Services Illustrated

Events and Happenings

Current Events

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

September 11-14—Area 1 48th Annual Convention... Edgewater Beach Resort & Conference Center, Panama City Beach, FL.

September 13—District Correctional Facilities Committee monthly meeting, 909 Gadsden Street, 4:00 pm.

September 17—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

September 25-28—8th Annual National Archives Workshop, The Westin Hotel, Fort Lauderdale.

September 28—North and South Florida Correctional Facilities Workshop, 1-4 pm, Sanford, FL.

Future 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 11—District Correctional Facilities Committee monthly meeting, 909 Gadsden Street, 4:00 pm.

October 15—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

October 31-November 2—17th Annual Caribbean Convention, St. Thomas, U.S. Virgin Islands.

info@promisesinparadise.com

November 1-8—7th Annual Convention on the Caribbean.

Contact: www.meetingsenroute.com

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 27-30—37th Annual Las Vegas Roundup, Riviera

New Meeting

Tuesday and Thursdays
12:30 til 1:30 pm
Advent Episcopal Church
815 W. Piedmont Drive
Tallahassee, FL
Contact Diz T.
385-2112

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

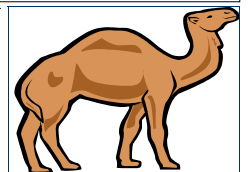


12 & 12 Step Meeting
Saturday—4:00 pm

Bring your own Book



**Keep
Coming Back
Without a
Drink!**



Happy A.A. Anniversary

August

Central Group
Katrina—3 yrs
Jerry W—5 yrs
Suzy W—9 yrs
Jae F—13 yrs
James M—17 yrs
Seagoing Charlie—18 yrs
Larry H—19 yrs
Jim G—20 yrs

Lloyd Group
Dan—18 yrs

Northside Group
Jeff—1 yr

September

Lloyd Group
Tom G—19 yrs

Northside Group
Liz C—13 yrs

One Day At A Time



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.

New Meeting

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