



# The Message

## A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. SEPTEMBER, 2005 TALLAHASSEE, FL

### Intergroup

Chairman—Don W—Northside  
Co-chairman—Ron L—Northside  
Secretary—Craig F—Living Sober  
Treasurer—Greg S—Home Group  
Literature—Pat C—Crawfordville  
Website—Rob K—Pathfinders  
Activities—Matt—Lake Jackson  
Membership—Vacant  
Newsletter—Larry H—Central

### District 5

DCM—Kathy Lynn S—Pathfinders  
Alternate DCM—Joe D—Downtown  
Secretary—Earl W—Living Sober  
Treasurer—Lisa F—Downtown

### Standing Committees

PI-CPC—Kevin K—Central  
Treatment—Vacant  
Corrections—Vacant  
Grapevine—Tracy T—HappyHour  
Bill S—Accessibilities—Northside  
Archives—Rob K—Pathfinders  
Bridging the Gap—Gail H—  
Powder-No Puff

### CONTACT INFORMATION

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**Website:** [www.intergroup5.org](http://www.intergroup5.org)  
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**District 5**  
P.O. Box 12352  
Tallahassee, FL 32317-2352

**NFACAA—Area 14**  
Area Treasurer  
C/O Rick B.  
PO Box 4933  
Winter Park, FL 32793

*Letter to the Editor: "Behind The Walls"—Don't Ever Give Up—* was one of the first statements I remember hearing at AA meetings. That was what I needed to hear! One day I may be happy, joyous, and free as some are who have followed the suggestions of the Big Book. Because I did not follow the suggestions I am in a maximum security prison. All because of the decisions I made. I AM RESPONSIBLE!

After a number of years of being around the program but not ever able to stay sober, I was in a hopeless state of mind and body. God intervened! At this time I am serving a 4 1/2 year sentence. Prison allows me the opportunity to start my recovery. Patience, tolerance and love have been freely given to me. I realize the program can work for me too if I work the steps with my sponsor.

I am grateful for where I am this moment. For the first time in 18 years I feel free and peaceful. There are many benefits to sobriety and living the AA life. I can tell you first hand about the consequences when you don't.....Charles A.—1 year sober behind bars—  
P.S. Would love to hear from all willing to write—*Contact Message Ed for address—*

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*"The law of self-fulfilling prophecy says that you get what you expect."  
"We are under no absolute intellectual obligation to suspend belief in God just because, to date, God's existence has not been certified by any of the sciences.*

*-it is a matter of which set of interests we choose to take priority regarding the hypothesis that there is a God:*

*(a) our fear of being mistaken or (b) our hope of being right.*

*-"It is not intellect against all passions, then; it is only intellect with one passion [interest] laying down its law."*

*"-The person who gives in to his/her hope that there is a God is just as reasonable as the person who gives in to their fear that there may not be a God after all." William James (See appendix 2 Spiritual Experiences)*

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*"Action eradicates fear. No matter what you fear, positive, self-affirming action can diminish or completely cancel that which you are fearful of."*

A drunk goes in a bar and asks for a shot of Jim Beam. The bartender pours it and the drunk pushes it aside and asks for another shot of Jim Beam. The bartender pours it and the drunk drinks it. The bartender says, "I watched what you did and I don't understand why you pushed the first one away and drank the second one!" The drunk stated, "I've been going to those AA Meetings, and they said WHATEVER YOU DO, DON'T TAKE THAT FIRST DRINK!!!".

# District 5 News

*The Minutes and Treasurer's Report were not received for the Sept. Message. The following was sent by the DCM.* The North Florida Area chair, Tom Haber, informed me this evening that the 2003 Florida State Convention debt has been settled. Please pass the word in your groups.

## TRADITION NINE (Long Form)

Each A. A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A. A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

Reprinted from *The Twelve Steps and Twelve Traditions*, pages 191-192, with permission of A.A. World Services, Inc.

## TRADITION NINE Q&As

Q: Can fellow A.A. members demand that other members follow the suggested Twelve Steps of recovery or conform to A.A.'s Twelve Traditions in their groups?

A: No, A.A. members and groups need only two disciplinarians: Great suffering with the bottle or great love as a result of obeying spiritual principles. Drunkenness or sobriety? Unity or deterioration?

Q: Why do A.A. committees "get organized?"

A: We organize service committees for the purpose of carrying the A.A. message and reaching more alcoholics who have not found a way out of the deep, dark pit of alcoholism.

Q: How can an unorganized society continue to function and grow?

A: It remains animated by the spirit of service.

## CONCEPT IX

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

Reprinted from *The A.A. Service Manual Combined With Twelve Concepts for World Service* by Bill W. 2004-2005 Edition, page 36, with permission of A.A. World Services, Inc.



From Rob K. Archives Chair—any one interested in contributing to, donating to, loaning to or working on the archives committee, all inquiries are welcome. the archives is seeking old pamphlets, meeting schedules, old timers books, pictures of meeting places and any thing that chronicles AA or this area's AA in particular. one item I have heard a rumor about is Bill M's first edition big book - if the inheritee of that book would like to loan it to the archives, it would not only display AA history but tie that history directly to our immediate district. I already have a line on 2 of Jack B's books and possibly a second edition signed by Bill W.! the archives is looking for some lockable display cases in which to display these rare items. if you

Being Convinced  
Thursday evenings at 7:00pm  
Woodville Methodist Church  
Open Discussion  
Non-Smoking  
Contacts: Chris and Tamara (850) 656-5595  
(Call Chris or Tamara if you plan to attend on the 15th, 22nd, or 29th of September.)

have any interest or items or just want info, contact Rob K. @ 228-3868

*Everything we want is  
right at our fingertips.  
All we have  
to do is ask!*

Rule 62 Group  
St. Teresa Episcopal Church  
1255 Rehwinkel Rd  
Crawfordville FL 32327  
Tues night 7:30 12/Traditions  
& Big Book NS O W  
Fri night 7:30 Open Discussion  
NS O W  
Contact person Chris 545-1853

The Willing Group  
Tuesday Evenings  
6:00pm—7:00pm  
Big Book Study  
Thursday Evenings  
6:00pm—7:00pm  
Open Discussion  
Community Day Center  
466 West Tennessee Street  
Tallahassee, FL  
The Community Day Center is the  
small building to the east of The  
Shelter. Parking located behind the  
Community Center.

# Intergroup 5 News

## August 3, 2005 Intergroup 5 Minutes

**Groups Represented:** Central, Crawfordville, Happy Hour, Lake Jackson, Living Sober, Northside, Pathfinders [There were seven people present representing seven groups]. Ron L. called the meeting to order 7:00. Rob K. read the 12 traditions. Secretary's report was accepted. Treasurer's report was accepted. Office report is in *The Message*. Literature report was accepted. Web report: Still working to get the downloadable forms available. Lisa is going to add an email link to Larry for *The Message*. The current web chair, Rob K., will be resigning his post. A new chair needs to be found. Rob has someone in mind, but we must also put out the word to find out if there is anyone else interested in the position. Anyone who does have an interest in being the chair of the Web Committee should contact their IG representative or come to the IG meeting on the first Wednesday of the month. District Report is in *The Message*, as are the minutes from the July 17<sup>th</sup> meeting regarding current practices. **Old Business:** The answering service still needs volunteers. We will need approximately 40 sign-up volunteers to move forward with remote call forwarding.. Is the web server—GoDaddy—charging us for web hosting? Tabled until next month. The \$500 bequeathment from Isabelle M has been received by IG. **New Business:** IG still needs a Membership chair to drum up involvement at IG meetings, etc. The Membership chair should visit groups in the area to encourage involvement at the IG level—to allow all groups a voice. Anyone interested in becoming the Membership Chair for IG should contact their representative or come to the IG meeting the first Wednesday of the month. Matt C. has been appointed IG Activities Chair. So moved by the group. Congrats!! Larry said he was approached about potential liability issues associated with the answering machine message at the office. The exact nature of the problem was unclear to Larry. He will ask for clarification and report back. Are we charged for hang-ups with the answering service, when the original caller hangs-up? Larry will find out and report back. Would it be possible to add a section for new meetings to the *Where and When*? **Motion made:** Provide an indication for new meetings in the *Where and When* to account for all meetings if possible at Lisa's discretion. **Motion Passes.** Closed with the Lord's Prayer. Submitted by Craig F., IG Secretary

## August, 2005 Treasurer's Report

General Fund	
Beginning 7/29/2005 Balance	\$2,880.50
<u>Contributions:</u>	
Apalachicola Serenity	40.00
Central Group	300.00
Happy Hour	133.76
IG5 meeting	11.00
Living Sober	176.00
Mustard Seed	60.00
Open Door	60.00
Pathfinders	14.00
Willing	53.10
Total	\$847.86
Less:	
<u>Disbursements:</u>	
Rent	236.50
Answering service	162.44
Telephone	2.35
Office coordinator	
travel & related exp	220.00
Total	\$621.29
Ending 8/31/2005 Balance	\$3,107.07
Prudent Reserve Savings	
Balance (begin & end)	\$735.29
no activity	
Literature Fund	
Beginning 7/29/2005 Balance	\$1,536.88
add:	
Literature sales	364.58
Sales Tax collected	27.27
Total	391.85
Ending 8/31/2005 Balance	\$1,928.73
Total accrued sales tax liability	(155.36)
(paid at year end)	

From Rob K. Website Chair—I will be stepping down as chair of the web site committee as of the next election due over commitments in service and to give some one else a chance to serve.

Nominations for the Executive Committee are scheduled for September IG5 meeting. Elections are held at the October meeting. New officers will hold office from January 1 until December 31. All who are interested should attend the meetings. The Executive Committee appoints the chairpersons for the standing committees. All interested in serving should come to the meeting and let their interest be known. *There will always be a need for volunteers!*

# Events and Happenings

## Current Events

### MUSTARD SEED GROUP

The Mustard seed group passed unanimously to end all chanting after the saying of the Lord' Prayer. feeling it is distasteful to AA.

The Lord's Prayer leaves us all in a spiritual mood.

**September 21**—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

**October 5**—IG 5, Inc. monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

**October 14, 15, and 16**—Next Area Assembly:

Location: Paramount Resort & Conference Center, 2900 SW 13<sup>th</sup> St. Gainesville, FL 32608. (352) 377-4000 or 877-992-9229 When making reservations, be sure to say you want a room in the "North Florida Area block." (\$61/night, register at least one month in advance!)

**October 21**—Next Alk-a-non will be held at the Advent Episcopal church on Piedmont RD. Rita K. from 909 is the chairperson. We need volunteers. If you would like to volunteer to help out, call Jim O. at 656-5586

Did you hear about the new AA group? They started a nudist group and the only requirement is a desire to stop drinking! It was working for a while but then they disbanded. The reason - they began to COMPARE rather than IDENTIFY.

*If government is going to put health warning labels on beer, wine and liquor, let's at least have a little truthfulness about the matter!*

*WARNING: Consumption of alcohol may lead you to believe that ex-girlfriends are really dying for you to telephone them at four in the morning.*

*WARNING: Consumption of alcohol may leave you wondering what the hell ever happened to your pants (panties) anyway.*

*WARNING: Consumption of alcohol may cause you to roll over in the morning and see something really scary (whose species and/or name you can't remember).*

*WARNING: Consumption of alcohol may create the illusion that you are tougher, more handsome, and smarter than some really, really, really big biker guy named "Big Al."*

*WARNING: Consumption of alcohol may lead you to think people are laughing WITH you.*

*WARNING: Consumption of alcohol may make you think you can logically converse with opposite sex.*

## August Phone Report

(46 Calls Received by Volunteers)



2—12th Step

4—Al-anon

10—AA Info

25—Meeting Information

4—Miscellaneous

1—Speakers

We need more Volunteers!  
Please call Larry H 567-8407

## Happy A.A. Anniversary August 2005

### Central Group

Kenneth M. 1, Laura 1, Hazel 3, Suzy W. 11, James 19, Lydia V. 21, Larry H. 21, Jim G. 22

### Living Sober & Happy Hour

Jay H. - 1 year

Suzie K. - 1 year

Daphne- 1 year

Larry- 1 year

Craig F. - 3 years

John W. - 3 years

Beth H. - 6 years

*IF ANYONE ELSE IN DISTRICT 5 MAKES IT FOR A YEAR OR ANY MULTIPLE PLEASE LET ME KNOW!*

## **CELEBRATE!!!!**

*Some don't say the Lord's Prayer at the end of meetings. If you don't know the words here they are!*

**"Our Father, who art in heaven,  
Hallowed be thy Name.**

**Thy kingdom come.**

**Thy will be done,**

**On earth as it is in heaven.**

**Give us this day our daily bread.**

**And forgive us our trespasses,**

**As we forgive those who trespass against us.**

**And lead us not into temptation,**

**But deliver us from evil.**

**For thine is the kingdom,**

**and the power,**

**and the glory,**

**for ever and ever.**

**Amen."**