



TRUSTED SERVANTS

Intergroup

Chairman—Ron L—Northside
Co-chairman—Mike L—New Hope
Secretary—Craig F—Living Sober
Treasurer—Greg S—Home Group
Literature—Pat C—Crawfordville
Website—Andy E—Men's Faith
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—Matt N—Central

Standing Committees

Public Info—Jeff D—Central
CPC—Rita C—Central
Treatment—Kevin T—Happy Hour
Corrections—Mike L—Lloyd
Grapevine—Vern D—Northside
Bill S—Accessibilities—Northside
Archives—Rob K—Pathfinders
Bridging the Gap—Gail H—
Powder-No Puff

CONTACT INFORMATION

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(850) 224-1818

Website: 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

The Message

A MONTHLY NEWSLETTER

INTERGROUP 5, INC. SEPTEMBER, 2006 TALLAHASSEE, FL

Hello, my name is Russell P. and I am an alcoholic. July made the 18th year that I have not drank any alcohol. I've heard people say that every time they were put in jail, they'd been drinking, but that was not the case with me. My first jail trip, I was running away from home. I'd left for school late and just kept thinking about California. I had very little money and just the clothes on my back. Mom and Dad had divorced and things got worse after that.

The first time I drank alcohol, it was two beers for my brother and me. I drank all I could get but don't remember anything until later when I was standing at the top of the stairs feeling bad and vomiting. I used alcohol so as not to think or remember. The second drink was long and leisurely. I found a half pint of cheery flavored vodka and drank it. I was pleased not to share. That is the first time I drank alcoholically and reclusively.

The last time I was in the "attitude adjustment academy", i.e. JAIL, I'd been going to AA for a year and not drank. This was a fact I felt was deserving of respect and attention. My, then wife, was more inclined to go to a movie then go celebrate and hear me tell what it was like, what happened, and what it was like (then) a verbal conflict ensued and escalated into a physical one I can tell you I know what it is like to be beside oneself with anger) Violence for a violent act. She hit me and I hit her back but know now there was and is no excuse for what I did. It was over then. I went to jail, she left and in one episode several "yets" changed. I was left with no one to blame and nothing to do except go to work (which thankfully I had not been fired) and to meetings.

Meetings had become my only social outlet and even though they are not the "program" they (the meetings and the people in them) were and important step in my attempts to return to a life striving for self preservation.

Nineteen years ago, I stopped drinking because the sense of the reality of that behavior was inescapable (your misery) is returned when the program is not worked) I was on my way to jail and ran to a therapist to help sway the judge and wound up in AA.

Eighteen years ago (at this time) I was not drinking and miserable and inflicting that misery on my family and others. In just a short while I would be in jail but in jail I was able to work out my faith. I prayed right prayers and gave thanks for what was not yet received. I had recently quit smoking and prayer was required if I was to not fall into that again and I worked and so it was that I was with the help of God and program set forth in the Big Book. I did the best I could to do better than I knew how to do. I was beginning to learn how to truly "live" not what I had learned to call "living" in my teens and early twenties.

Coming to meetings for me goes beyond simply being a crutch I use to limp through life without drinking or being immersed in selfish self-centered behavior. Coming to meetings is coming back to life. I was spiritually dead and desired physical death thinking that would put an end to my struggles. I, in and of myself, could do nothing about my hopeless helplessness and worthlessness. The program is the path to worthiness through helpfulness born out of hopefulness with the knowledge that self preservation is coupled to preservation of other lives worthy of the same spiritual granted by the Grace of God.

The people who go to meetings are my friends they are my mentors, teachers, ministers and family. And they prove the program of AA works. Alcohol is but a symptom.

Hope is No Where !!!
 Or Hope is Now Here!!!
 You Must Decide?

Intergroup 5 News

General Fund Expenses										Year to date expenses
Rent	236.50	236.50	236.50	248.32	496.64	248.32	248.32	248.32	167.35	2,199.42
Answering service			137.03	127.25	162.85	360.11	181.75	131.80	374.75	1,268.14
Telephone	43.04	43.21	43.04	45.16	43.60	43.46	44.43	68.81	374.75	
Office coordinator travel		220.00	220.00	220.00	220.00	220.00	220.00	220.00	220.00	1,760.00
Supplies/Paper/Printing				36.51				109.75	149.68	295.94
Picnic expense (all)				100.00			369.00			469.00
Holiday party expense									125.00	125.00
State corp fee				61.25						61.25
Office Insurance							415.48			415.48
Expense totals	499.54	636.74	824.55	676.33	1,120.35	1,478.01	754.30	979.16		6,968.98
Paid & Due from Lit fund			334.60	(334.60)						
Literature fund activity:										Year to date expenses
Literature Sales	265.90	593.45	459.05	340.20	470.40	227.60	266.00	662.00		3,284.60
Sales tax collected	19.97	26.53	34.32	25.55	35.36	17.10	20.01	49.69		228.53
Literature Purchases	769.22			1,248.15				929.46		2,946.83
Anonymous contribution			61.25							61.25
Sales Tax penalty			50.00	15.08						65.08
Northside overpayment			19.57							19.57
2005 Sales Tax remission			295.85	4.10						299.95
Interest earned				6.46				13.11		19.57
										Year to date literature activities

DISTRICT 5 DCM Report – August 16, 2006

Brown Bag Serenity Group (Panacea), Captial City Group, Central Group, Crawfordville Group, Downtown Group, Happy Hour Group, Havana Sobriety Group, Lake Jackson Group, Living Sober Group, Monticello Serenity Group, Mustard Seed Group, Nightowl Group, Northside Group, Open Door Speaker's Group, Pathfinders Group, Powder-No-Puff Group, Quincy Group, Singleness of Purpose Group (Woodville), Sober Shores (Alligator Point), Southside Group, and the Willing Group. Welcome to newly elected General Service Representatives and/or their alternates: **Quincy Group** Jason T., GSR

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.

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(Short Form)

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

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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. 2005-2006 Edition, page 36, with permission of A.A. World Services, Inc.

(Continued from last Month) The value of the Herbert Spenser quote applies to every person I meet and every cultural convention of people in any locale -- in or out of AA.

My experience living sober & moving has been this in a nutshell: Where I have followed that guy's advice when I first left the place where I sobered up, my life has been really great even if presented with new challenges for a more grown-up version of me to deal with. When I have only used half-measures of that advice, I have been miserably dry – even if going to meetings, praying my rear off & reading great spiritual material. Where I have found a new local sponsor I have found encouragement, eaten occasional free meals, found friends for years, learned about other sober alcoholics' lives in person and, in turn, been asked for help by others. "Give folks time to get to know you", my Indiana sponsor suggested after I whined about unfriendliness. A great nudge to be myself & yet be patient.

That "instinctively know how to handle situations" from the 9th step promises has been a life-saver when meetings have been almost as sick as me. In another town, I had visited a group that didn't even hold hands for the Lord's Prayer and sent advertisements out to group members! I decided to drive in the opposite direction to find meetings. There I found a number of friends. After a poisoned hornet stung the hell out of my foot, I finally called a guy who I had been "thinking about" asking to be my sponsor. I learned that raw meat takes out a bee sting. The 6 sponsors I've had have all helped with the slings and arrows of work, the opposite sex & family. 5th steps with new sponsors are quicker, easier & non-dramatic (unlike the first couple). It helps if people know just how weird I can be. I never seem to choose guys who have 'graduated' from service work. Towns where I avoided getting a local sponsor have seen me with family & work traumas eating my lunch & a variety of self-destructive behaviors on my part. Blown deals, ill-will, etc., etc.

One non AA book that helped me was 'Clan of the Cave Bear'. It appealed to my arrogant sense of "I am the modern man; you are the Neanderthals!" Of course, I would experience some of what the main character in that book experiences. And whose job is it to be friendly anyway? After I got here, I realized that it is mine. Sometimes my actions speak so loudly folks can't hear what I'm sharing. I'm blessed that I no longer expect any group to be "Like the groups where I came from!" And I know groups back in Seattle are helping people stay sober today because I visited some last summer. I am grateful to God as I understand him and the Fellowship of Alcoholics Anonymous for my sobriety. Greg S.

Intergroup 5 News

Intergroup Minutes 2 August, '06
 Groups Represented: Home Group, Crawfordville, Lake Jackson, Northside, Happy Hour, Downtown, New Hope, Living Sober [There were 10 people in attendance, representing 9 Groups.]
 Secretary's Report was accepted as read from the current Message.
 Treasurer's Report was accepted as read and explicated
 Literature Report as accepted as offered.
 Office Report Report was accepted as presented.
 Activities Report: Matt requests \$125.00 to secure the Masonic Lodge for the Intergroup's Holiday Gathering – approved.
 The Message: Larry reports having acquired a helper but not a replacement for editing and publishing.
 District Report: by Mike: availability of digital recorders (x2) from Rob, now Archives Service Coordinator for Area(!); necessity of reserving rooms soon for the next Area Assembly.
 Old Business: 1) Matt reports having decided to personally assume responsibility for the Terry-donated audio, etc equipment; he has come to the conclusion that possession of this equipment by an AA entity would be questionable. Intergroup concurred.
 2) Shelving to hold books at the I/G Office had a mild cost overrun to \$63.62, which was approved to be paid to Larry.
 3) Ron will check on problems re: Answering Service reported by new-to-the-area Richard.
 New Business: 1) Peter reports the 6:00pm Wednesday Crawfordville Meeting's cancelled.
 2) Matt asks authorization to offer the speaker's role to a Larry-recommended person – approved
 3) Larry raises the issue of charging for **The Message**, as some other Districts do for their periodicals. Intergroup consensus is to monitor costs against available funds for several more months before making a decision in this regard.
 Respectfully, etc, submitted.
 Mike L, asap/pdq

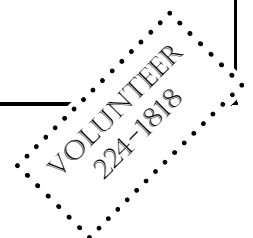
August 2006 Treasurer's Report General Fund

Checking:	
Beginning 7/31/2006 Balance	\$ 679.67
Contributions:	
Apalachicola Bay Serenity	20.00
Happy Hour	50.00
Nite Owl	153.00
North Side	546.62
Quincy	50.00
Anonymous	10.00
Total Contributions	829.62
Less:	
Disbursements:	
Answering Service	167.35
Holiday party room reservation	125.00
Office coordinator travel & related exp	220.00
Printing: newsletter	77.75
Printing: where & when	64.00
Rent	248.32
Supplies	7.93
Telephone	68.81
Total Expense Disbursements	979.16
Ending 8/31/2006 Balance	\$ 530.13
Prudent Reserve Savings:	
Ending 8/31/2006 Balance	2,003.06
Literature Fund	
Beginning 7/31/2006 Balance	\$2,423.50
add:	
Interest Earned	13.11
Literature sales	662.00
Sales Tax collected	49.69
Total receipts	724.80
less:	
Purchases	979.46
Total expenditures	979.46
Ending 8/31/2006 Balance	\$2,168.84
Total accrued 2006 sales tax liability	(228.53)

Do you remember when CASA had meetings on Wednesday seven days a week? Soon they will have meetings on Monday seven days a week!

2006 Treasurer Reports by Month

General Fund Activity	Jan	Feb	Mar	Apr	May	June	July	Aug	Year to date
Group Contributions									
Apalachicola Bay Serenity		20.00		20.00	20.00	20.00	20.00	20.00	
Came to Believe	132.62			115.17			60.50		
Carabelle	120.00								
Central Group		400.00	200.00	200.00	200.00	200.00	200.00		
Downtown	100.00								
Grateful (Detox)			100.00	100.00		500.00			
Happy Hour	434.13	123.00					50.00		
Lake Jackson				50.00			17.00		
Living Sober	236.00				146.00				
Men's Faith	272.00								
Miracle Sunday nite	34.32								
Mustard Seed							60.00		
Night Owl		100.00		65.00			153.00		
Northside	227.98						546.62		
Open Door					25.00				
Quincy							50.00		
Willing				86.81					
Contribution totals	558.94	1418.11	563.00	485.17	371.81	891.00	357.50	819.62	5465.15
Flint River Roundup				100.00					100.00
Anonymous						80.00	10.00		90.00
Alkanon		5.00							5.00
All fund sources totals	558.94	1,418.11	568.00	585.17	371.81	891.00	437.50	829.62	5,660.15
									Year to date receipts



Events and Happenings

Current Events

September 10— Corrections—Treatment —Bridging the Gap
3 PM At Central 909 N Gadsden St

October 13-16—Next Area Assembly: *{Motion to amend tradition Eleven to read as follows: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and new media technology such as the Internet. Postponed until the Oct 2006 meeting.}*

Location: Paramount Resort & Conference Center, 2900 SW 13th 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.” (\$64/night, register at least one month in advance!)

Overflow hotels:

Comfort Inn, 2435 SW 13th Street 352-373-6500
Econolodge, 2649 SW 13th Street 352-373-7816
Super 8, 2000 SW 13th Street 352-373-3654

September 20—District 5 monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

October 4—IG 5, Inc. monthly meeting, Faith Presbyterian Church, Meridian and John Knox Road, 7:00 pm.

Dec 1-3 Southeast Regional Forum Atlanta, GA register at:
http://www.aa.org/en_services_for_members.cfm PageID=96&SubPage=106

The Bradfordville Group (Bradfordville First Baptist Church, the older annex)
6494 Thomasville Rd. Mondays, Thursdays 6:15 pm,
Open, NS, Wheelchair Accessible, Discussion

You can be the Editor of the Message!
Have you seen something you'd like to change about this publication? It's your opportunity to correct and improve the monthly newsletter of IG5! Write to message@intergroup5.org call 224-1818 or come to the next IG5 meeting!

CASA has been given permission to remain in the current location through the month of September. Many are working to get the new location ready. Please help if you can.

The Saint Marks Group Open Discussion
Monday and Thursday Evenings 7:00 pm
Sunday Mornings
Location: First Baptist Church (Annex)
14 Shell Island Road
St. Marks, Florida
Contact: John B. 925-7735

August Phone Report

(57 Calls Received by Volunteers)



0—12th Step

2—AI-anon

7—AA Info

38—Meeting Information

2—Agency Info

8—Miscellaneous

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

Two churches in the area have expressed an interest in having AA meetings at there facilities. Contact Sandra Carter at 893-0893 Ext 201 or her cell phone 445-7594 at Bradfordville First Baptist. Also George Potter at Bethel United Methodist called about having an AA meeting. If your group needs space contact them. If you're tired of your group and want to start another group that will "Do it right"! Find some other people who agree with you, get a coffee pot, get some big books and literature; then you're ready to have a meeting. This will provide an enormous opportunity! The responsibility of starting a new meeting will be great!

Happy A.A. Anniversary

Central Group

Jason T 1, Anna J 2, Kenneth 2, Laura 2, Michelle 5,
Suzy W 12, James M 20, Larry H 22, Woody 21,
Jim G 23, Tony 24

Living Sober & Happy Hour

Ken S. - 1 year
Will - 1 year
Craig F. - 4 years
John W. - 4 years
Beth H. - 7 years
Dave D. - 20 years
Annie J. - 22 years



IF ANYONE ELSE IN
DISTRICT 5 MAKES IT FOR A YEAR
OR ANY MULTIPLE
PLEASE LET ME KNOW 224-1818!

Celebrate!