



The Message

A MONTHLY NEWSLETTER

TRUSTED SERVANTS

INTERGROUP 5, INC. September 2010 TALLAHASSEE, FL

Intergroup

Chairman—Debra N.—Happy Hour
 Vice Chairman—Christy T.—Happy Hour
 Secretary—David G.—Central
 Treasurer—James R.—Mustard Seed
 Literature Coordinator—Clay W.
 Website—Debbie R.—Open Door
 Activities—Tracy G.—Happy Hour
 Office Coordinator—Vacant
 Membership—Vacant
 Newsletter—Kayce M.—Powder No Puff &
 Joe D.—World Famous Downtown Group
 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—Ron S.—Happy Hour
 CPC—Bradfordville Group
 Treatment—Kris C.—Central
 Corrections—Rachel S.—Happy Hour
 Grapevine—Michael L.—Happy Hour
 Accessibilities—Vacant
 Archives—Vacant
 Bridging the Gap—Kris C.—Central

Step Nine

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

"Direct" is the key word in this Step. There are times when many of us are hopeful that indirect amends will suffice, sparing us the pain and supposed humiliation of approaching people in person and telling them of our wrongs. This is evasion and will never give us a true sense of breaking with the wrongdoings of the past. It indicates that we are still trying to defend something that isn't worth defending, hanging on to conduct that we ought to abandon. And the usual reasons for sidestepping direct amends are pride and fear.

The questions arise: "What harmful actions should I have in mind when I take the Ninth Step? Which persons should I approach?" We should include here--if we have completed the Eighth Step--any action where we were wrong even in part and any persons who were harmed by this action.

What about "except when to do so would injure them or others"? The AA principle to follow would always be in the direction of being hard and uncompromising in dealing with ourselves, but considerate and discreet where others are involved. There is a great deal of common sense in the AA program, despite the fact that we often seem to be swimming against the tide of general behavior in our principles and actions.

Perhaps we can make up for the limitation through a more subtle method of making amends, one that seems to be accepted by a large number of AA members. This is the method of making amends by living in the right way and meeting one's own obligations and responsibilities. Quite often, this can be more important to certain people than any amount of personal apologies or expressions of regret. Such amends are actually direct, because they have a direct effect on the lives of others.

Finally, there is always the thought of what might have been if only we had not neglected a responsibility or failed to take advantage of an opportunity. In more than a few cases, alcoholics ought to make amends to themselves, for they were the chief victims of their own harmful thoughts and actions. Even here, direct amends are often possible. If any alcoholic feels that sins of omission or commission denied him some supposed good in life, he should ask himself whether it really is too late to make it up to himself, within reason.

By taking the Ninth Step in all its various forms, we pay off any debt we may have to the past. Alcoholics Anonymous is a program of renewal and rebirth, and we have no business hanging on to things that are going to mar today's happiness. If fear is keeping us from making amends, we should destroy fear long enough to do the job. If pride is the deterrent, we should rise above it for the occasion. If laziness is involved, we should gather all the energy we can find and deliberately order laziness to stand aside while we do what needs to be done.

When we have paid the great price--taken "the bull by the horns" as Doctor Bob did--we will find that the action has opened up a whole new world for us. And while we make amends directly to others, the real, lasting benefits come to us. This should certainly be reason enough for facing up to the Ninth Step.

CONTACT INFORMATION

Intergroup 5, Inc.

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

Website: www.intergroup5.org

****Office Hours****

Monday & Wednesday 4:00pm-7:00pm
 Saturday 8:30am-11:30am
 Literature Hours also by appointment

Newsletter: Send info to
message@intergroup5.org

District 5

P. O. Box 12352
 Tallahassee, FL 32317-2352

NFAC Area 14

P. O. Box 567
 Melbourne, FL 32902

The Message

Intergroup 5, Inc Monthly Report July 20,2010 through August 17, 2010

General Fund

Checking	beginning balance		\$1,443.45
	Contributions		
	Anonymous Donation/Claire B.		21.00
	Came to Believe		164.80
	Central		400.00
	Flint River Roundup		
	Fund raiser		1,103.00
	Mustard Seed		67.45
	Northside		140.00
	PR Transfer		
	Singleness		
		Total Contributions	\$1,896.25
	Disbursements	TOTAL	\$3,339.70
	Century Link		46.55
	Check order		
	Faith Presbyterian		210.00
	GO Daddy.com		
	Line 1 Communications		
	Message/Joe D and Kayce M		57.88
	Transfer to		
	Talcor		514.02
	Where and		
		Total Expense Disbursements	828.45
		Checking Ending Balance 8/17/2010	\$2,511.25
Savings	Prudent Reserve Savings -	Beginning Balance 07/20/2010	\$1,500.47
		Transfer From Checking	
		P. R. Ending Balance 08/19/10	\$1,500.47
Literature Account	Beginning Balance 8/1/2010		\$3,552.61
	Deposits/credits		52.28
	Checks/Debits		1042.09
	Ending Balance 09/1/2010	Total	\$2,562.80

The Message

Intergroup 5 (IG5) Representative Meeting Minutes *unapproved* **Date: August 4, 2010**

Groups Represented:

Bradfordville, Central, Happy Hour, Mustard Seed
14 people total were in attendance. (Groups listed above come from attendees who identified themselves as IG5 representatives for their home group.)

Secretary's Report: (David G.)

Minutes from July 7, 2010 IG5 representative meeting approved and accepted.

Treasurer's Report: (James R.)

The payment to GoDaddy.com for website services covers the next 3 years.

The IG5 insurance renewal was never received; a call to the insurer revealed that insurance was cancelled by them in April 2009; they declined to renew. Insurance options are being researched; the treasurer will have an update at this month's exec committee meeting.

This month's report was approved & accepted.

Office Coordinator Report: (vacant)

Office Coordinator (OC) position is still vacant. On Mondays, Wednesdays, and Fridays from 4pm to 7pm, the IG5 office is staffed by a volunteer.

Other volunteer opportunities are available; if you would like to volunteer to man the office, send an email to execcomm@intergroup5.org.

Literature Coordinator Report: (Clay W.)

Inventory & Sales reports approved & accepted.
Total sales this month: \$186.89
Value of on-hand inventory: \$2896.70
Relatively slow month, there were only 7 transactions.

Activities Report: (Tracy G.)

IG5 fair was a success, total amount raised after expenses: **\$1103.00**. Nicely done, Tracy, and thanks to all who helped!!!
Next event is the IG5 Holiday Party; it will be December 11, 2010 at the Jackson Masonic Lodge. The format of the speakers will be an old timers panel.

There was a suggestion that the current Activities chair start putting together a "tips" document for turnover for the next Activities chair.

Web Committee Report: (John P.)

Submitted to IG5 reps, some highlights from report are below:

John P. from Happy Hour was volunteered to be the new Webmaster; approved by IG5 reps present, appointment by IG5 chair is effective immediately.

Google Analytics IG5 website statistics

Highlights for July 1, 2010 – July 31, 2010:

967 total visits, 516 unique visitors
2173 page views, 1790 unique views
44.05% new visits, 40.64% bounce rate (bounce rate = percentage of single-page visits or visits in which the person left your site from the entrance (landing) page)

Most visited pages (top 5) à Home Page

(default.html) = 885, Tallahassee meetings = 771, Contact Page = 56, Crawfordville meetings = 46, Links = 40

District 5 Report: (Donna W.)

There are a number of vacancies for District 5 committee chairs; District 5 meets the 3rd Wednesday of every month.

Please contact the Treatment Chair at treatment@intergroup5.org if you can volunteer to share your story at a treatment center in Quincy.

IG5 is invited to have a presence at the Gratitude Dinner in November.

From the last area assembly: Area 14 is looking at boundary changes; accessibility of literature was discussed; there are 2 surveys from GSO that need to be turned in at the next assembly (ask your GSR for more info on any these topics).

The Message: (Kayce M. & Joe D.)

Copies of the Message are available on the website (<http://intergroup5.org/newsletters.html>)

Please send all info that you wished to be published to message@intergroup5.org by the last Wednesday of the month.

The printed versions of this month's Message have the wrong month listed in the header, but the information is correct for August.

12 Step News: (Jim McC.)

New chairperson is working with the prior 12 Step coordinator to transition into position. Still need volunteers for the phone army.

The Message

Executive Committee meeting highlights:

Did not meet in July.

Next month's report will have highlights from the exec committee meeting on Aug. 25, 2010.

Old Business:

None.

New Business:

Activities chair will start preparations this month and begin planning the Holiday Party.

District 5 Public Information chair is working on finding the literature racks that are placed around the District; he is looking for help with getting them restocked.

If anyone is interested in maintaining the Where & When, please contact the exec committee: exccomm@intergroup5.org.

**In Service,
David G.**

"Where and When"

Check the "Where and When" on the website for the latest information. There have been some changes lately that are included there.

IG minutes and The Message are also posted at this one-stop-shopping site for IG 5 AA info.

www.intergroup5.org

Step Nine Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

BB, pp. 83-84

Conferences and Other Events

Fundraiser for Founders Day Florida Style BINGO night

September 24, 2010

6pm to 10pm

3333 W. Pensacola St., Tallahassee, FL

\$5 entry fee

Gratitude Dinner

Saturday, November 20, 2010

Jackson Masonic Lodge

2818 Apalachee Pkwy., Tallahassee, FL

5pm-6pm Fellowship; 6pm-7pm Covered Dish Dinner;

7 pm. Chester P. (Orlando, FL)

Questions or to volunteer: Rachel Scharlepp

(850) 284 - 3476

Holiday Party

December 11, 2010

Jackson Masonic Lodge

2818 Apalachee Pkwy., Tallahassee, FL

!! Happy AA August Anniversaries !!

CASA: Ken S. 5 and Beth 11.

Central: Anne G. 1, Bradley 1, Burt C. 1, Kim C. 1, Emily B. 2, Dara K. 2, Lynne F. 2, Sandy M. 3, Laura A. 6, Steve B. 7, Jack I. 9, Charlie B. 10, Jimmy C. 12, Regena 12, James M. 24, Larry H. 26; Jim G. 27, Tommy D. 29, Paul L. 32, John H. 36

Bradfordville: Tracy M. 1, Mark F. 3, Jeanette 25

!!Happy AA July Birthdays to CASA members!!

CASA July Birthdays

(yep, July. ...progress, not perfection)

Ann L. 1; Dan C. 1; Denise S. 1; Ann H. 2; Chip L. 2; Julia K. 2; Kelli L. 3; Peace 3; Linda B. 16; Ed V. 17, Melanie B. 26.

