

Passing IT Along in Fellowship with Others?



PICNIC! - **Saturday, April 27th**, 2:30 - 4:30, Tom Brown Park, Pavilion 13. If you can, please bring a side dish! Suggested Donation - \$5.00.

More Fellowship!

Founders' Day - Florida Style - 2019 The biggest fellowship and outreach event in Tallahassee happens on **Friday - Sunday, June 7th - 9th**. This "MEETING" is timed to correspond with Founders' Day in Akron, Ohio, both events celebrate the beginning of our amazing organization! The location is The Tallahassee Automobile Museum, 6800 Mahan Drive, Tallahassee. **SPEAKERS:** This year's speakers are Ron W. from Los Angeles; Cyndi M. from Louisville, KY; Steve L. from Nashville, TN; Holly D. from Jacksonville, FL; and our AI-Anon speaker is Debi C. from Daleville, AL. Our MC, Chip B., will keep the party rolling along! The stories these speakers share will amaze you.

Last year, we had over 325 people in attendance and we were able to carry the message to 38 people from area treatment centers and half-way houses using scholarship money provided by local groups and individuals. We appreciate your support!

We will have Raffle Baskets provided by local groups, an impressive Hospitality Area, a Coffee Bar, as well as books, shirts, and mugs for sale. The admission fee (\$30.00 in advance and \$35.00 at the door) includes a tour of the Car Museum and lunch on Saturday, the 8th. Dinner is also available on Saturday night for \$12.00. Registration is available at: foundersdayflorida.org **Hope to see you there!**



The 11th Step

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

When I look at this step, I think of my spiritual connection with my Higher Power, who I call God, and how it has changed over the years. When I first came in, my prayers were for help and lots of prayers I knew as a child. I equated spirituality to religion. WOW, that was going to change. My sponsor had me pray the 3rd Step prayer every night until he told me to stop. He never did. He's passed now, but I continue. The prayers evolved into praying for God's will in things instead of how I thought things should be. The one constant I have always found about me in AA is change. This is especially true with my spirituality. I had no idea what a conscious contact was early on, but found over the years Step 11 helped me build a relationship with God. I was told early on that prayer is talking to God, and meditation is listening to God. Improving my conscious contact with God is building a stronger relationship with Him. To do that I must have good "two-way", listening and talking, communication with God.

I was taught to read many books on spirituality and to be open-minded to all things. I have read many, many books regarding AA, spirituality, and personal growth. I also read from several AA, AI-Anon, and religious meditation books. Due to time constraints, I alternate my readings. I pray and meditate every morning, every night, and... whenever I need to. Sometimes at work, I will shut my door and set my alarm for 5-10 minutes and pray and meditate. Even that short

amount of time, centers me and brings me a lot of peace. Keeping it simple, I have found that a moment of silence and the Serenity Prayer are also a great form of prayer and meditation for me.

Praying for the knowledge of God's will for me has always been a difficult task. I was taught that if there is unrest or anxiety around my decision or my actions, it is probably not God's will for me. (Practicing patience comes in here for me!) But, if I keep praying, God's will comes and my decisions and actions will have peace surrounding them. It will feel right, and I will believe I am doing the right thing. Looking back at some decisions over the last few years, there was a lot of stress around them. However... I forged ahead, ignoring the signs God (Continued)

At my *lowest*:
 God is my *hope*
 At my *Darkest*:
 God is my *light*
 At my *Weakest*:
 God is my *strength*
 At my *saddest*:
 God is my *comforter*

We are not CURED of alcoholism.
 What we really have is a
the sobriety god
DAILY
 reprieve contingent on the
MAINTENANCE
 of our spiritual condition.
Big Book page 85

was showing me. Life is not about upset, unrest, anxiety, and stress. God's will for me is to live in peace, joy, happiness, and the ability to love myself and others. However, this is a daily discipline with some moments better than others. God wants me to have a good "24", and, if I don't get in the way, I will, with God's help. Life is too short to not enjoy each moment.

In February, I went on a retreat that has a labyrinth. I did a slow walking meditation through it for about an hour. I then sat on a bench and prayed and meditated for another hour. I felt amazing! I wish I could feel like that, so peaceful and serene, all the time. I can! That experience showed me that I need to meditate more than 15 minutes a day. Al A.

Before you speak:

THINK

T~ Is it True?

H~ Is it Helpful?

I~ Is it Inspiring?

N~ Is it Necessary?

K~ Is it Kind?

You talk too much." He did it in a gentle way, believe it or not.

I remembered the slogan sign and took it to heart at about the one-year mark. It wasn't an all of a sudden moment, but, when I shared I began to tell people about the "real me". It was affirming to open up and share honestly about my character defects. But, I noticed a pattern. More often than not, I was thinking about me the whole time and really adding to the group discussions. I was thinking, but I wasn't re-thinking. Then someone suggested an acronym to use before speaking. Is it true, helpful, important, necessary, and kind? I had to admit, usually not. So, there is a reason the slogan is THINK THINK THINK, instead of just THINK. Especially when others' feelings are concerned. Maybe I need to listen, to learn, and learn to listen. Joe G.

SOUTHSIDE: This group has been around for approximately 35 years. It started out at a moving company warehouse, and then, in 1987, moved to Brown's Refrigerator Company, both on S. Monroe. One old-timer spoke of walking down a scary alley to get to the meeting. She said, the joke was, "If you found Southside, you really wanted to get sober." The meeting spaces were large, so people got to share as a microphone was passed around. In approximately 2009, membership at Southside dwindled over a smoking/non-smoking issue and the group moved to CASA. The group eventually dissipated. Until... in 2010, Stan W. purchased a house that was to become the home of Southside. I joined Southside in 2012 and found a wonderful group of people with great recovery. Members spent a lot of time together before and after the meetings. It felt, and, still feels, like a family. Southside has historically been a socially active fellowship. A few of our ongoing activities are: Thanksgiving and Christmas Dinners; Saturday game nights following the speaker meetings; a low country boil in May; a 4th of July barbecue (with fireworks); and, out in the yard, regular campfire gatherings, horseshoes, and picnics. Our weekly meeting schedule includes: Saturday night speaker and dinner, and Thursday night Big Book - 8pm and Sunday night meditation - 7pm. We celebrate anniversaries on the last Saturday of the month. Members range from their 20's - 60's, many with decades of sobriety. Most members are involved in service and are always willing to share their experiences with newcomers. Come join us! Al A.

**"Good morning,
This is God.
I will be handling
All of your
Problems today.
I will not need
Your help, so have
A miraculous day."**

* We will be highlighting a group in every issue of this newsletter. Please submit an article on YOUR HOME GROUP!

* Favorite Slogan? Write about it and send it in!

* Suggestions/Comments:
message@intergroup5.org



Budget Report for 2018

TOTAL Expenses - \$ 7,777.71

Group Contributions - \$ 5,367.92

Picnic & Holiday Party:

Income - \$ 1,048.00

Transfer - \$ 500.00

TOTAL Income - \$ 6,915.92

Prudent Reserve - \$3,888.86

For more detailed information on

Budget Items go to: Intergroup5.org

Jim S.



Literature Store Report

2018 was another busy year! We filled **115 orders** from **15 different groups**. We also filled orders for District 5 Outreach Programs, including Corrections, Treatment, and Public Information.

The Literature Store **sold 1,184 books**, including 466 to District 5 entities. That is an **18% increase in book sales** over last year.

We **provided 2,723 pamphlets to Groups** in our area. An additional **1,425 went to District 5 Outreach Programs**, for a **total of 4,148 pamphlets**. In one year, we increased our pamphlet distribution from 2,408 to 4,148, **an increase of 72%**. We were able to provide **pamphlets free of charge to groups** for the first time in 2018. Many thanks to contributions to Intergroup5 from our local groups.

We continue to expand our inventory, adding more pamphlets in Spanish, and we now stock "The 'God' Word", a pamphlet aimed at Atheists and Agnostics. We have many pamphlets and books in large print formats, so our message can be carried to our aging population. The store also carries pamphlet racks and wallet cards. If we can be of help to your group, please contact us at: literature@intergroup5.org

Rebecca H.