



**INTERGROUP5.ORG**  
SERVING DISTRICT 5, NORTH FLORIDA AREA OF ALCOHOLICS ANONYMOUS

Intergroup 5  
Quarterly Newsletter

October 2017  
One day at a time

## The Message

“The Shared Gift”

AA is more than a set of principles; it is a society of alcoholics in action. We carry the message.

From: As Bills Sees It, p. 13



The Circle and Triangle symbol has long been connected to the AA Fellowship. It was adopted as an official AA symbol at the International Convention in St. Louis in 1955, and from that point on was widely used in the Fellowship.

*“Above us floats a banner on which is inscribed the new symbol for AA, a circle enclosing a triangle. The circle stands for the whole world of AA, and the triangle stands for AA’s Three Legacies: Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession. That we have chosen this particular symbol is perhaps no accident. The priests and seers of antiquity regarded the circle enclosing the triangle as a means of warding off the spirits of evil, and AA’s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to us and much more.”* In *Alcoholics Anonymous Comes of Age*, Bill W.’s 1955 speech, in which he describes the adoption of the symbol.

Nevertheless, in the early 1990’s, AA World Services decided to phase out the use of the Circle and Triangle symbol. In 1994 the General Service Conference resolved that the logo be discontinued on all Conference-approved literature. However, the symbol is still associated with Alcoholics Anonymous and has a **special meaning** for AA members all over the world.

**CALENDAR OF EVENTS:** **Gratitude Dinner** - November 19, 5pm Fellowship, 6pm Speaker, Jackson Masonic Lodge, Apalachee Parkway. **Holiday Brunch** - Dec. 17, 1:30-3:30, American Legion at Lake Ella. Families & friends welcome. Please bring covered dish. Suggested donation - \$5.00.

## Do Your Personal Checklists for Step 10 and Tradition 10

<p style="text-align: center;"><u>Step Ten:</u></p> <p>“Continued to take personal inventory and when we were wrong promptly admitted it”</p> <p style="text-align: center;"><u>Checklist</u></p> <ol style="list-style-type: none"><li>1. Have I ceased fighting anything or anyone - even alcohol?</li><li>2. Do I believe that all I have is a daily reprieve contingent on the maintenance of our spiritual condition?</li><li>3. Do I continue to watch for selfishness, dishonesty, resentment, and fear? And when they crop up, do I ask God at once to remove them?</li><li>4. Do I discuss them with someone immediately and make amends quickly?</li><li>5. Next, do I turn my thoughts to someone I can help?</li><li>6. Do I remember to pray: How can I best serve Thee? – Thy will (not mine) be done.</li></ol>	<p style="text-align: center;"><u>Tradition Ten:</u></p> <p>“Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.”</p> <p style="text-align: center;"><u>Checklist</u></p> <ol style="list-style-type: none"><li>1. Do I ever give the impression that there is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-alon? Alateen?</li><li>2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?</li><li>3. What would AA be without this Tradition? Where would I be?</li><li>4. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?</li></ol> <p style="text-align: right;">From: “Grapevine” 1969 – 1971</p>
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## Experience, Strength, and Hope

I get plenty of practice working the 10th Step! My character defects act up and I hurt others. Recognizing my behavior related to these character defects is a daily opportunity for spiritual growth. If I am willing! It is important for me to identify where I was wrong or “my part”. Once I have done that I am ready to take action. Promptly admitting my mistake gets me back to a place of serenity and acceptance. I’ve noticed that I don’t act on my defects as often when I am spiritually fit.

The 10th Tradition lets me be involved with other alcoholics and work on our common solution, without fear of confrontation or prejudice based on outside issues. This freedom from fear makes me more valuable to my Higher Power and to other alcoholics.

By: Rebecca H.

Remember! “The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.”