



MAY/JUNE 2022

# THE MESSAGE

## Service Work in Sobriety

Step 5 - "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs".

### Oxford House and Alcoholics Anonymous

My name is Josh W., and I am an alcoholic. My journey in A.A. and recovery began in 1987 when I was admitted into a 28-day treatment center where I was taken to my first A.A. meeting. I remember little of what was discussed in that first meeting but was taken by the fact that people in the room were smiling, laughing and seemed to be having a good time. It had been many years since I felt good about anything. I couldn't continue to drink, but neither could I stop. Something of a miracle happened that first day in that I became willing and open-minded to following a few suggestions, such as don't drink, come to meetings, read the Big Book, get a sponsor and start working the Steps.

Fast forward 3 years. I was sober, working the steps, chairing meetings and doing service work. I was pretty much agnostic when I came into A.A. but now I had a relationship with a Higher Power that was doing for me what I could not do for myself. I graduated from FSU with a degree in Psychology and Social Work, met my future wife in A.A. (not recommended), got married, had children and eventually took a good paying job in Georgia. My wife and I moved to Georgia where we bought our first house. Life was good, but trouble was brewing. The Big Book warns of complacency—resting on my laurels and letting up on my spiritual growth and that is exactly what happened to me. I had not gone to a meeting in years, quit praying and stopped working any kind of recovery program. I later developed some health problems for which I was prescribed pain medication. I started abusing this medication and then had the bright idea of adding alcohol to the mix. I had over 20 years clean and sober

at this point, but quickly lost everything—the job, the wife, the house, self-respect and the trust of family and friends.

For the next 5 years I bounced from halfway houses, treatment centers, detoxes and flop houses determined to drink myself to death. In March 2019 an old friend told me about a new kind of recovery house called Oxford House. I applied for admission to the first Oxford House that just opened in the State of Florida and was accepted. Apart from a slip in June of 2019, I have not had a drink or a drug since June 28, 2019. Oxford Houses are democratic, self-run, self-supporting recovery houses. We have no bosses or House Managers, but instead the members hold each other accountable for their behaviors and working a recovery program.

Being held responsible for my behaviors by fellow addicts/alcoholics was one of the best things that ever happened to me. I got reinvolved in A.A and service work—particularly working with other Oxford Houses and promoting the Oxford House model. In September of 2021 shortly after returning from the Oxford House World Convention in Washington, D.C. I was offered a paid position. It's not really work if you enjoy what you're doing. Yes, us alcoholics and addicts can get aggravating sometimes, but it is also immensely rewarding when you see someone start to rebuild their lives. I love my life and I love my job. I owe my life to Oxford House and A.A. and for that I am eternally grateful.



**Service Rep  
Does Your  
Group  
Have One?**

Service Rep's are welcome at the Intergroup5 monthly meeting - 1st Wednesday every month. Check [intergroup5.org](http://intergroup5.org) website for meeting details.

### 5th Step Promises

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator.

We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. AA p75

Were  
**ENTIRELY**  
**READY TO HAVE**  
**GOD**  
**remove**  
**ALL OF THESE**  
**DEFECTS**  
*of character*

### Step 6

This is where you let go of those behaviors and attitudes that are holding you back.

If positive behaviors and attitudes are learned, our interaction with the world will change for the better.

This **Step** is about getting better. You will find yourself repeating the 6th step many times

#### Get Your Own Personal "Where & When"

Download the Meeting Guide App! Intergroup5 has integrated our information with the Meeting Guide App. You can find a link for both Google Play and The Apple Store on the meetings page of Intergroup5.org (<https://intergroup5.org/meetings>). The Meeting Guide can help you find meetings for many areas, including online meeting info.

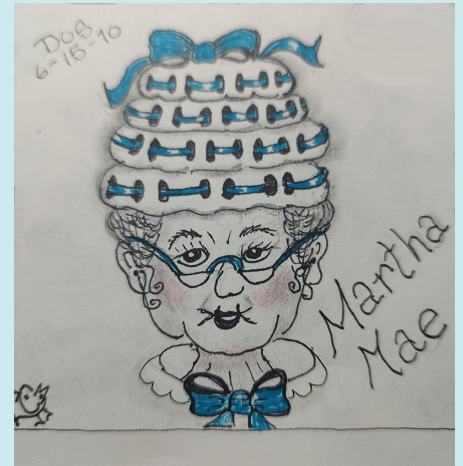


### Intergroup5.org

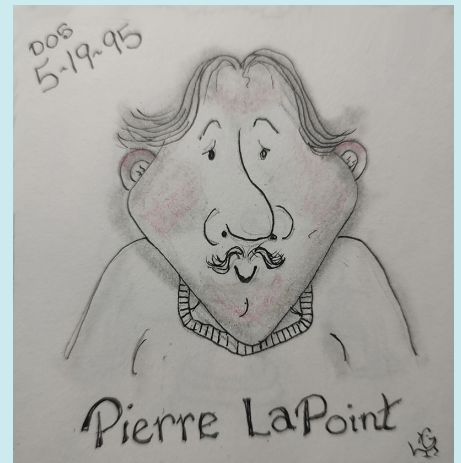


The "Primary Purpose" of Intergroup 5 is to assist AA groups in District 5 to carry the AA message to the alcoholic who still suffers. These functions are: (1) Providing a 24 hour "Hotline" service; (2) Making available [free pamphlets \(to individuals and groups\) and AA literature for purchase](#); (3) Maintaining a website that provides information on meetings, events, etc. related to AA; and (4) Publishing a newsletter for groups in the AA community. Please submit an article for this newsletter at [intergroup5.org](mailto:intergroup5.org) - Editor: [message@intergroup5.org](mailto:message@intergroup5.org)

When we join a 12 step program, where no one has a last name. We're often given a "handle" that becomes our claim to fame. So meet some of our new fellows, with "tongue in cheek" good fun. Because when we can laugh with each other, Recovery has begun!



For Martha Mae age is just a number. "Aging is a priviledge". She finds something positive each day. Today she is just grateful wrinkles don't hurt.



Pierre is very passionate about his sobriety and the program of AA and shares a "point" on it at EVERY meeting.