



THE MESSAGE

Service Work in Sobriety

JANUARY/FEBRUARY 2023

STEP ONE REFLECTION

“Powerlessness.” Is there a more frustrating, uncomfortable, confidence-crushing feeling?

For a long time, I didn’t think so. Looking back on my life, I have always felt powerless, be it from my parents’ expectations to unreasonable bosses to overreaching systematic injustices. This feeling led to resentment, which led to anger, which led to rage. Powerlessness certainly wasn’t something I wanted to embrace. Finding my power, my voice, and a sense of control was an ultimate goal.

While this can certainly be a positive thing, it isn’t always the case. I found this out the hard way.

Ironically, feeling as though I had no control over my life led me to seek it in ways that completely took control over me. While I may have been powerless over circumstances, I could have the power to change how I felt and responded to them. But my vehicle for this change was alcohol and drugs. And it worked, for a while.

The anxiety, anger, sadness and frustration melted away—or so I thought. It turned out that numbing my feelings didn’t do a thing to solve them, just pushed them down further.

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Once I sobered up, they were still there. So I had to repeat the cycle all over again. In seeking control, I had lost it. But I still could not, or would not, admit it to myself.

It wasn’t until I entered treatment and found AA that I learned that accepting my powerlessness was, actually, the most empowering step I could take. To quote a famous fictional character, “losing all hope was freedom.” The hope that I could one day regain control of my drinking, the belief that I had the power to do so, was the anchor weighing me down.

On a logical, intellectual level, I accepted this. But why was it so hard to truly believe it, deep down?

For a long time, I still heard that whisper in the back of my mind: “this time will be different.” As if I had suddenly gained the ability to drink normally if I just had the strength of will. It was with the help of the fellowship that I was able to look back at the wreckage of my life caused by

this lie and accept the truth. By admitting to God, to myself, and to other alcoholics that I was powerless over alcohol, I finally had the power to free myself from it.

Holly K.
Tallahassee, FL

Step 1

2 CRUCIAL WORDS

POWERLESS

That we have no control over alcohol

UNMANAGEABLE

That our drinking has had a negative effect on our lives



Service Rep
Does Your Group
Have One?

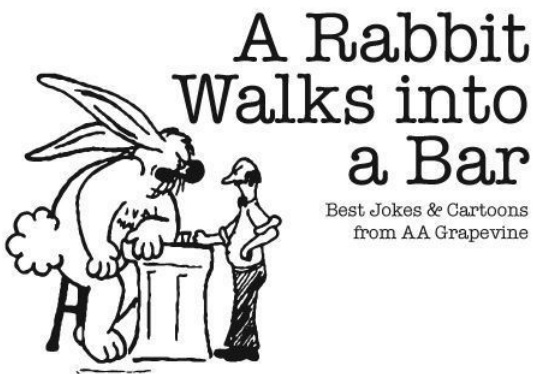


Step 2

This step is about **HOPE**.
Despite their alcoholism
recovery IS possible

If ego can be laid aside and
allow for someone or something
greater than you, it is possible to
be guided in the right direction.

"**CAME**
to believe
THAT **A POWER**
GREATER THAN
OURSELVES
could
restore
us to
sanity."



The **man chairing the meeting** called on a younger member to share.

She said, "Oh, I've had a terrible day. I wasn't centered. I felt alienated. My child within was deprived. I wasn't self-actualized at all!"

An old-timer who was hard of hearing leaned over and whispered to a friend, "What did she say?"

The friend replied, "She says she's hungry, angry, lonely and tired."

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!



Patty enjoyed a bit of the bubbly every now and then, buy mostly now. So Patty decided to "put the plug in the jug and he is feeling more like his old self."



Cora thought she would never have fun again when she joined the 12 step program. Today she realizes it is a cool way of life.

Intergroup5.org Corner



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 - Editor: message@intergroup5.org

Need 12th Step Work?

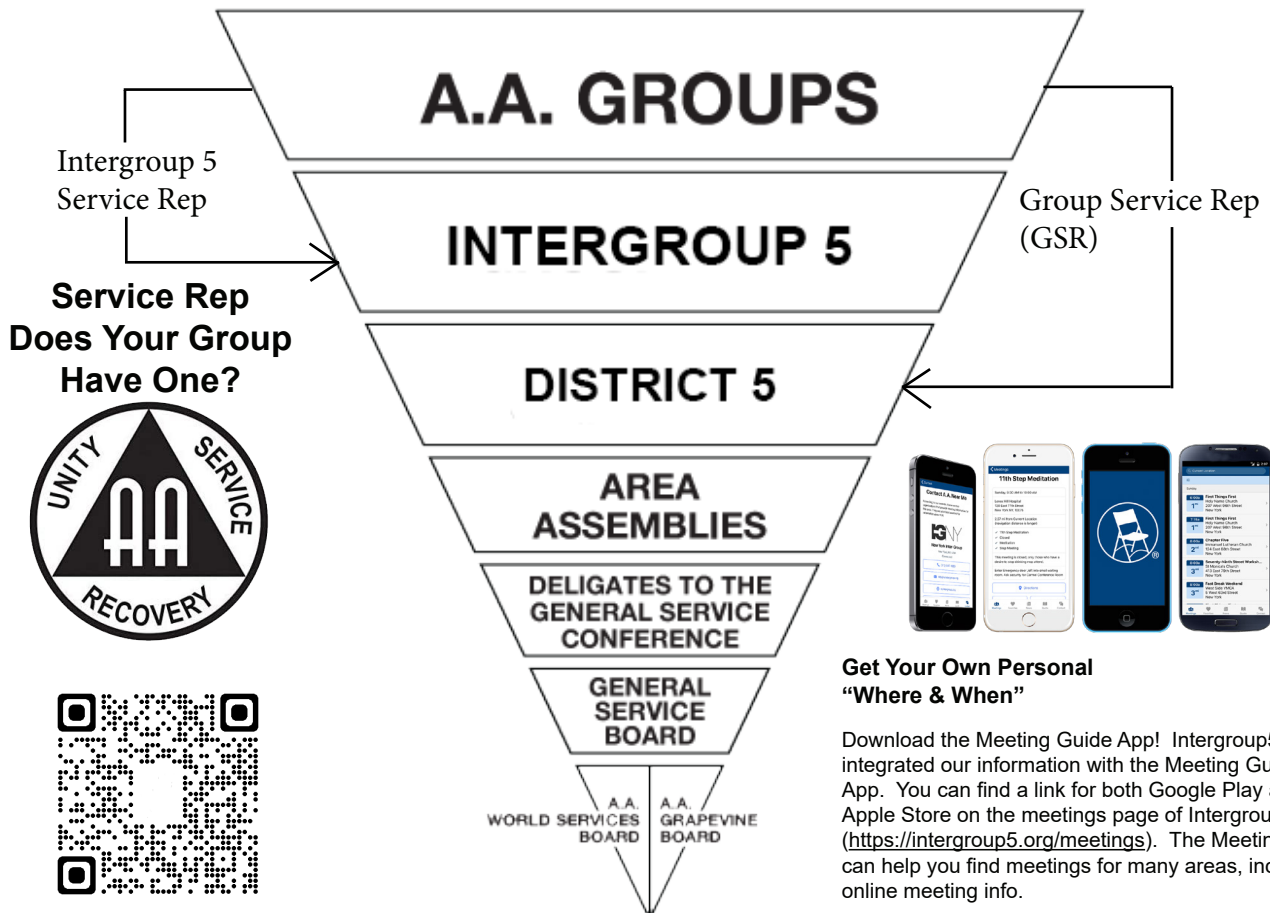
Intergroup5 Hotline has four openings. Interested in service work, contact Evelyn at helpline@intergroup5.org

Intergroup5’s business meeting is the first Wednesday every month, online at 7pm, via Zoom. The link to this online meeting is at the top of the intergroup5.org homepage. Intergroup5 service representative is an excellent way to perform recovery service work. Check with your A.A. group about being a representative. Please note everyone is welcome to attend these online meetings. Come see how it all happens.



“Newcomer Packets” are now available from the Literature Store free to each A.A. group, with up to 6 packets per month as long as funds permit. Order yours from the Intergroup5 Literature Store.

Contact Intergroup5 for further information regarding any of our activities.





FOUNDERS' DAY FLORIDA STYLE

Recovery-Unity-Service

June 9, 10, and 11, 2023

**TALLAHASSEE AUTOMOBILE MUSEUM
6800 MAHAN DRIVE, TALLAHASSEE, FL 32317**

SPEAKERS

**KATIE P - AUSTIN, TX (AA)
CHARLIE P - AUSTIN, TX (AA)
PAUL M - NY, NY (AA)
TIM H - LOUISVILLE, KY (AA)
CHIP B - DESTIN, FL (AA)
JOE J- TALLAHASSEE (AA)
CINDY H- CAMILLA, GA (AFG)**

WITH

**JANE D-L, and JAMES L as
our MC'S FOR THE WEEKEND**

REGISTRATION

**\$30.00 per person, in advance.
\$35.00 at the door.
Registration includes free
admission to the Car
Museum, and
complementary Saturday
Night Spaghetti dinner.
Doors open at 4:30 on
Friday, and the first
speaker begins at 5:30.
Please join us in our new
Ballroom location!**

**SATURDAY NIGHT WILL FEATURE OUR RAFFLE BASKET
DRAWING, 50/50, AND THE SOBRIETY COUNTDOWN**

Mail your registration form to:

FDFS 1700 N. Monroe Street, Suite 11221, Tallahassee, FL 32303

Or register online at [www.Foundersdayflorida.org](http://wwwFOUNDERSDAYFLORIDA.ORG)

Name #1 _____
Name #2 _____

Number of attendees _____ x \$30= \$ _____
Scholarship Donation = \$ _____