

EDITOR'S CORNER

First, a word of explanation about the comic. I'm a huge fan of Bob D. and I'm super stoked that our anniversary committee has invited him to come speak in February. I'm so excited that it's comical, so this, like most of the comics, is directed at myself and my own silly idolizing of people. It is not directed at anyone else in particular, except Justin D., Colby W., and Josh H. But isn't it cool that Bob D. is coming to Montgomery?

Before that happens we are going to have a stellar New Year's party! Bennet E. is coming from Tuscaloosa to speak and then we're having a dance and ball drop! Bring some food and your dancing shoes, we're starting early this year at 2pm at the old Mary B's in the Forest Hills shopping center. If you want to help out, there is still time. The Alcathon Committee will be meeting Thursday the 30th. Email post.editor@centralalaa.org for more information.

But before that happens, there is going to be a gratitude meeting at Fellow-

ship on Saturday November 18th. It's open to anyone in A.A. who is grateful, and that is everyone. I love the saying, "show me a grateful alcoholic and I'll show you a recovered alcoholic." There is certainly a lot to be thankful for if we have taken the steps and "recovered from a seemingly hopeless state of mind and body" (Big Book, pg. xiii).

There are a lot of opportunities for service. Our local District 8 website, centralalaa.org, is working on creating a page to announce service opportunities. A few opportunities are the meetings in both men's and women's correctional facilities and treatment centers. The County Hope Group in Hope Hull has asked for help. They meet on Tuesdays and Thursdays, all you need to do is show up.

This issue features a fantastic article on Step 11 by our Editor Emeritus, Allison K. There are also some musings about Tradition 11 and Concept 11.

Blessings,
Mike D.



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Suggestions? Contact us at Post.Editor@centralalaa.org

WOULD YOU LIKE TO VOLUNTEER OR CONTRIBUTE TO THE POST?

TO GET INVOLVED, CONTACT US AT Post.Editor@centralalaa.org

THE POST is published to improve communication between local A.A.® groups and encourage the participation of A.A. members in services and activities that promote sobriety. Opinions expressed in letters and articles are those of the authors and do not indicate endorsement by Montgomery Area Intergroup Central Office or Alcoholics Anonymous®.

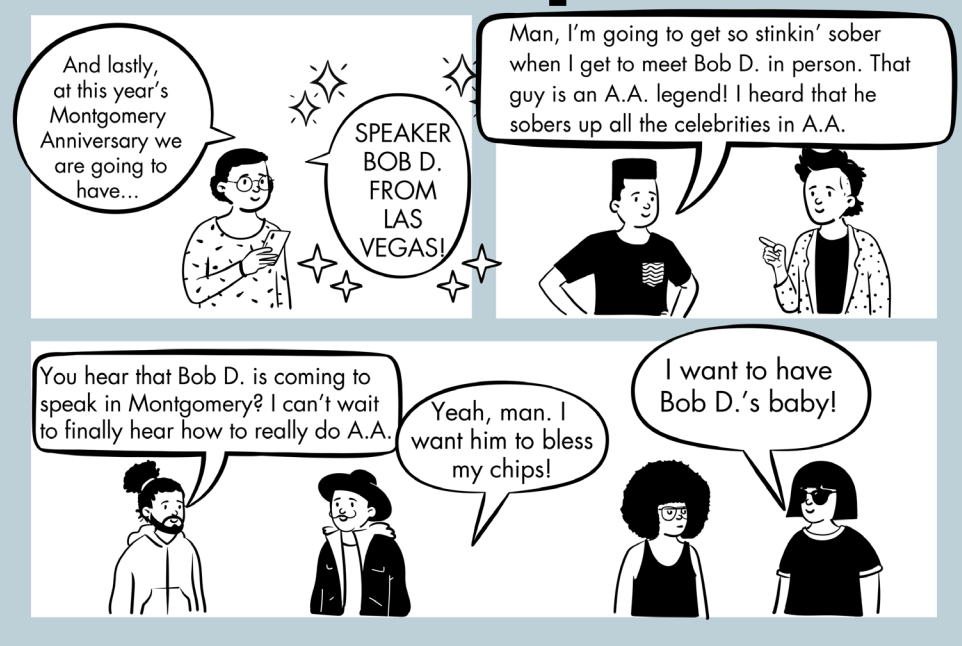
CONTACT US

Montgomery Area
Intergroup Central Office
Office Hours:
Monday 10 A.M. - 2 P.M.
828 Forest Avenue
Montgomery, AL 36106
24/7 Answering Service
(334) 264-4122

E-MAIL ADDRESS

Intergroup@centralalaa.org
Contributions for print subscriptions are encouraged.
For email subscriptions contact:
Post.Subscription@centralalaa.org

Personalities b4 Principles





MARK YOUR CALENDAR



SERVICE ALERT

Intergroup Monthly Meeting
Saturday, December 2, 2023
 8:00 a.m. @ Legacies Group (via Zoom)
 3412 Atlanta Hwy, Montgomery, AL 36109

District 8 Service Meeting
Saturday, December 2, 2023
 9:30 a.m. @ Legacies and via Zoom

Intergroup is in need of a chairperson. Requires 12 months of sobriety and can't be serving on the board. To keep the website calendar updated please email webchair@centralalaa.org with events. If you would like to write an article for the P.O.S.T. please email post.editor@centralalaa.org

 Please contact
Intergroup@centralalaa.org if willing and able to serve!

Intergroup Monthly Meeting Sat, Dec 2nd, 8:00 am - 9:00 am at Legacies and on Zoom.

District 8 Monthly Meeting Sat, Dec 2nd, 9:30-10:30 am at Legacies and on Zoom.

Combined Monthly committee meeting for Corrections and Treatment Sat, November 18th, 10:30 am at Legacies

Archives Meeting Sat, Nov 18th, 10:30 am at Happy Hour

Fellowship Group Gratitude Eat and Meet. Sat, November 18th at Grace Church. Doors open at 4pm, food at 5pm, all gratitudes shared at 6pm. Barbecue and Ribs with Beverages will be served. Please bring a side or dessert if possible.

PI Committee Meeting Mon, Nov 20th at 6:00 pm - 7:00 pm at Strange Camels

Alcathon Committee Meeting Thurs, Nov 30th at 8pm. Location TBD

See Centralalaa.org Calendar for Zoom links

MORE EVENTS & INFO:
WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/

*** SUBJECT TO CHANGE. Please check website.**

**FOR THE MOST UP TO MEETING SCHEDULE,
 PLEASE VISIT**

www.centralalaa.org/meetings

The Post

POWER OF SOBER THOUGHT

THE POST COMMITTEE

Editor/coordinator: Mike D.
 Copy Editor: Jill Z.
 Composer: James A.
 Distribution: Vacant

DEPARTMENTS

Various

**WE WELCOME YOUR ASSISTANCE!
 SUGGESTIONS ON TOPICS YOU WANT
 EXPLORED?**

**TO GET INVOLVED, CONTACT US AT
POST.EDITOR@CENTRALALAA.ORG**

The initials A.A. and the name Alcoholics Anonymous are registered trademarks and should be followed by the ® mark, to comply fully with trademark law.

A.A. World Services and the Grapevine have registered a number of trademarks and logos, and the guidelines for using them are based partly on legal considerations and partly on the nature of A.A.

The following is a complete list of registered trademarks and service marks that symbolize Alcoholics Anonymous, its work and its purpose: A.A.; Alcoholics Anonymous; The Big Book; Box 4-5-9; The Grapevine; A.A. Grapevine; GV; Box 180; LaVina.

MONTGOMERY INTERGROUP DIRECTORY OF A.A.[®] GROUP MEETINGS

Meeting Schedule: September 8, 2023

Montgomery Intergroup Central Office 24/7 Hotline 334-264-4122

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY							
A Vision for You Group of AA R.O.S.S. Recovery Center 925 Forest Ave Montgomery, AL 36106			O-D 7:30 p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Boulevard						O-D 1:30 p Temporary Inactive	O-D 1:30 p Temporary Inactive
Chisholm Group of AA I-409 Federal Dr. Montgomery, AL 36107 in back of strip mall	C-D-SM 12p C-ST-SM 6p	C-D-SM 12p C-D-SM 6p	C-D-SM 12p C-L-SM 6p	C-D-SM 12p C-D-SM 6p	C-D-SM 12p C-D-SM 6p	C-D-SM 6p	O-SP 6p
Fellowship Group of AA Grace Church at Bell Road 5 Bell Road (Corner of Bell Rd & Atlanta Hwy)	C-L & BG * 6 p	C-D & BG * 6 p		C-D & BG * 6 p	C-L & BG * 6 p	O-SP 6p	C-D* 2p C-D-W 6p
Happy Hour Group of AA 3466 Eastdale Circle (Next to Fortis College)	C-D 6:30 am 12p & 6p	C-D 6:30 am & 12p C-L (12x12) 6p	C-D 6:30 am C-L/BB 12p C-D 6p	C-D 6:30 am & 12p O-D/BG 6p	C-D 6:30 am 12p & 6p O-SP 7p 1st Friday	C-D 12p	C-D 12p O-D/BG 6p
The Legacies Group of AA 3412 Atlanta Highway (Enter on Forrest Hills) Zoom ID 798-727-9234 PC Awakening	C-D 12P C-D 6 pm Zoom	C-L BB 12p	C-D 12p O-SP 8p Hybrid (in person and on-line)	C-L (12X12) 12p	C-D 12p C-D-CI 8p C-D-CI 8p Zoom	C-D 12p	C-D 9am C-D 9am Zoom
Grupo Ayudate a Ti Mismo 3412 Atlanta Highway (Enter on Forrest Hills)	O-D 7:30-9p HISP	O-D 7:30-9p HISP				O-D 7:30-9:30p HISP	O-D 11a-1p HISP
Living Sober Group of AA Church of the Ascension 315 Clanton Ave. 36104 meeting in the Joshua house	C-D 6p		C-L 6p				
Sole Purpose Group of AA 22 North California Street		C-D 7:30p		C-L BB 7:30p			
Strange Camels Group of AA Immanuel Presbyterian Church 8790 Vaughn Road	C-L 7p	C-D 7p		C-D 7p			
Tradition Three Group of AA First Christian Church 1705 Taylor Montgomery, AL 36117	O-D 11a	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
We Stopped in Time Group of AA Eastern Hills Baptist Church 3604 Pleasant Ridge Road		O-S/D 8pm YP Temporary Inactive				O-SP/D 8pm YP	
CLANTON							
Clanton Group of AA Church of Christ 111 Lay Dam Rd. Clanton, AL 35045	O-D 7p			O-L 12p		O-D 7p	
GREENVILLE							
Camellia City Group of AA Greenville Housing Authority 601 Beelant St, 30637 334-437-2015	C-D 7p			C-D 7p			

<https://www.centralalaa.org/meetings>

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HOPE HULL							
County Hope Group of AA Hope Hull United Methodist Church 305 Wasden Road (Silver trailer behind Church)		O-D 6p		O-BB 6p			
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene Fellowship Hall 3251 Brown Road		O-D 6p		O-D 6p		O-SP 6p	
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 E 4th Street	O-L/BB 12p	C-D 12p		C-D 12p	O-L(12x12) 12p	C-D-W 9a	
Prattville Downtown Group of AA 326 West 5th Street	O-SP 6:30p	O-BG 6:30p	O-D 12p C-D 6:30p	C-L 6:30p	O-SP 6:30p	C-D 12p O-D-CI 6:30p	O-D 12p C-L /12x12 6:30p
SELMA							
Selma Group of AA Courthouse, Alabama Ave & Lauderdale St	O-D 12:30p	O-D 6p	O-D 12:30p	O-D 6p	O-D 12:30p		O-D 6p
Braveheart Group St. Paul's Episcopal Church 210 Lauderdale St	C-D 6p		C-D 6p			C-D 6p	
TALLASSEE							
Tallassee 12 & 12 East Tallassee Church of Christ 101 Central Blvd.		O-D 7p					
THORSBY							
Thorsby Group of AA 20466 US-31 Thorsby, AL 35171			O-D 7:30p				O-D 8a
WETUMPKA							
Wetumpka Group of AA 103 Tuskeena St	C-D * 7p			C-D 7:30 p			

Legend

O = Open Meeting (for anyone interested in the AA Program)
C = Closed Meeting (attendance limited to those with a desire to stop drinking)

D = Discussion	HISP = Spanish Speaking	Literature Study (BB, 12/12 or Other)
SP = Speaker	YP = Young People & Young at Heart	LGBT = Lesbian, Gay, Bi Transgenderly
SM = Smoking	ST = Step Study	* Al-Anon meets Simultaneously
CI = Candlelight Meeting	BG = Beginners	** Alateen meets Simultaneously
W = Women	L = Literature	

Montgomery Intergroup provides this schedule of A.A. group meetings in this area to member groups, individual A.A. members, and appropriate interested parties. A listing in this schedule does not imply approval of endorsement of any group's approach to or practice of the traditional AA program.

**Montgomery Intergroup 334-264-4122 * montgomeryintergroup@yahoo.com * www.centralalaa.org
 828 Forest Avenue, Suite A * Montgomery, AL 36106 * Open Mondays 10 am to 2 pm**

**STEP ELEVEN
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.**

Before I came to A.A., I don't think I ever asked God what I should do in a given situation. I certainly never asked how I could be of service to Him or others. I was like Veruca Salt from Willy Wonka, demanding one thing after another, or I was a desperate damsel in distress pleading for God to provide me with a knight in shining armor to save me from "a self-imposed crisis."

I have learned that to stay sober, I must stay in a fit spiritual condition. And to stay in a fit spiritual condition, I must seek a relationship with my Higher Power daily. This looks like asking His guidance every morning on how I can be of maximum service to Him and others. This looks like

reminding myself often that He is my employer, and that I am here to do His will. This also looks like going to AA meetings, calling my sponsor (my spiritual advisor), and seeking to help the next suffering alcoholic.

As I continue to grow in my sobriety, the way I pray and meditate changes, but I must continue to keep "first things first" if I want to keep growing spiritually- the Big Book tells me that this is vital to my sobriety. On days when I'm not on the beam with my morning meditation routine, I always try to at least take an extra minute in my car before I go into work to say the St. Francis Prayer. This is a quick way to remind myself of who I am now and what my purpose is. The prayer tells me exactly what God wants me to do, and by repeating those words, I am asking Him to give me the power to carry those orders out.

Allison K.
S.O.S. Group

HOME
GROWN

**TRADITION ELEVEN
OUR PUBLIC RELATIONS POLICY IS BASED ON AT-
TRACTION RATHER THAN PROMOTION; WE NEED
ALWAYS MAINTAIN PERSONAL ANONYMITY AT
THE LEVEL OF PRESS, RADIO, AND FILMS.**

Tradition 11 long form: "Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us."

The 12 Traditions are not laws. I often hear A.A. members say that some action breaks this or that tradition, as if the 12 traditions were the 12 commandments. There are no A.A. police, only self-appointed guardians of A.A., and they have no real authority over anyone else. Any delusion of authority I think I have in A.A. is like my other delusions, it's all in my head. Paradoxically, Bill writes in the 12 and 12 about tradition 11 that, "each member becomes an active guardian of our Fellowship" (pg. 183). Do we do that by policing each other? Nope, we can't because that wouldn't be in line with our third and ninth traditions. We cannot ban anyone from A.A. (tradition 3) and we have no membership rules (tradition 9). We can only guard the fellowship by guarding against our own personal excesses, and one of those is our desire for personal promotion.

When I first came into A.A. I was not thinking about personal promotion within A.A. I was very concerned about my personal anonymity. I didn't want anyone who wasn't in A.A. knowing I was there. I have to admit that I was embarrassed of my A.A. membership. I also work in a field where it would not be good practice to let everyone I work with know that I was in A.A. I've even heard some horror stories about other people in my profession getting fired when their higher ups found out about them being in recovery.

Since staying sober for a while and finding more people that I work with in recovery, I have gotten a lot more comfortable letting people know I'm in recovery. I have even

gotten so excited at times that I wanted to tell everyone. A.A. has given me such a great gift that I want to help out others, and of course I love the attention that I get when people find out I'm in recovery and I get to tell them my story.

My first experience with this tradition was my sponsor telling me not to post my A.A. activities online. I saw some other AA members posting their sobriety chips online so I asked him about it and he pointed me to this tradition. I don't need to worry about what other members are doing, but I don't need to be doing any self promotion about my recovery, even if it's just letting everyone know I'm still sober. Bill writes, "that being in the public eye is hazardous, especially for us" (12 and 12, pg. 181). The reason for this is that publicity inflates my ego. Even if it's just a harmless post on social media or a flyer handed out within A.A. with my name on it. Bill gives three reasons for public anonymity:

First, it's our public relations policy. We use "attraction rather than promotion" to protect the anonymity of our members, guard against getting a bad reputation if a member relapses, and protect the fellowship from anyone thinking they are in charge of A.A.

Second, it is a denial of self-seeking. If I refuse publicity for my A.A. membership, then I am protected against thinking I am more important than I really am, which is a pretty common thought pattern for me.

Third, "this tradition is a constant reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our Fellowship" (12 and 12, pg. 183).

As the long form of this tradition states, "There is never need to praise ourselves." I might think that some situation calls for me to let the public know how I have remained sober and how I'm helping others, but that is delusional thinking. I might skip over this tradition thinking that it doesn't apply to me since no reporters are beating down my door asking me about my sobriety, but today we all have access to publicity through the internet and need to be careful to protect our fellowship from our own egos.

Mike D.

HOME
GROWN

**CONCEPT ELEVEN
THE TRUSTEES SHOULD ALWAYS HAVE THE BEST
POSSIBLE COMMITTEES, CORPORATE SERVICE
DIRECTORS, EXECUTIVES, STAFFS, AND CONSUL-
TANTS. COMPOSITION, QUALIFICATIONS, INDUC-
TION PROCEDURES, AND RIGHTS AND DUTIES
WILL ALWAYS BE MATTERS OF SERIOUS CON-
CERN.**

As Colby W. said at our last District 8 meeting when he gave a riveting and eloquent exposition of this concept, "it takes a lot of moving parts for A.A. to work."

We must always remember that "we" is the first word of the first step. Nothing would get done if we don't work together. This includes some paid employees. A.A. has about 100 paid employees who work under the Trustees in order to get everything done at the General Service Office, A.A. World Services, and the Grapevine. There are a lot of other people that volunteer their time for the various service arms to function. All the people that work with the Trustees need to be capable of performing whatever tasks are delegated to them, so it's a big part of the Trustees role to make sure that "the aces are in their places," as my dad used to say.

This can also be applied at the local group level. There are a lot of service positions and opportunities available, but local groups often make qualifications for these positions. For example, at my home group someone needs to have three months of continuous sobriety and a sponsor in order to chair a meeting. That is a pretty common practice in most groups and the reason is to ensure that whoever

is facilitating the meeting has some idea of how an A.A. meeting works and that procedure is being followed however the group has decided.

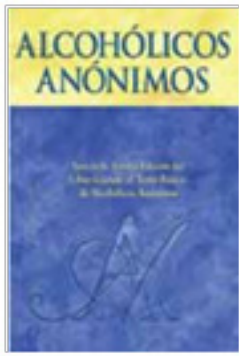
Most groups have either just had elections for the upcoming year, or are about to, and this concept also applies to elected positions. The reason we have elections is so the group can decide who is best qualified for the positions. This should not be a popularity contest, and there is usually no reason why both candidates can't work together to fulfill a position. My home group has recently made an effort to create some new alternate positions so that there are at least two people working together for each position.

On a personal level, I can apply this concept to myself by being informed about what the service jobs entail at my home group, district, or area so when and if the time comes I am not only willing, but able to perform the service needed. Reading the Service Manual is an important way to be informed about service roles, another is showing up to business meetings for my home group, district and area, and probably most important is talking to members that have served in various roles about their service. If they're anything like some of the A.A. members I've talked to, they will probably tell you more than you wanted to know, but I always learn a lot when I ask other members about their service responsibilities.

- An A.A. member

**HOME
GROWN**

**Have a burning desire to share your
experience, strength and hope? Send your
article to post.editor@centralalaa.org.**



¿QUÉ ES A.A.?

Alcohólicos Anónimos es una comunidad internacional de hombres y mujeres que ha tenido un problema con la bebida. Es no profesional, automantenida, multiracial, no política y disponible en casi todo el mundo. No hay requisitos referentes a edad ni nivel de educación. Puede hacerse miembro cualquier persona que desee hacer algo para solucionar su problema con la bebida.

Desde su publicación en 1939, este texto básico ha ayudado a millones de hombres a recuperarse del alcoholismo.

Actualmente disponible en la Tercera Edición aprobada por la Conferencia de Servicios Generales, el Libro Grande contiene las historias de los cofundadores, y de muchos miembros de diversa procedencia que han encontrado la recuperación en la Comunidad mundial.

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Nuestra oficina Central, localizada en Montgomery, AL, tiene recursos en Español como literatura y folletos.



Abierto los Lunes de
10:00 - 2:00pm.

828 Forest Avenue, Suite A
Montgomery, AL 36106

Tel: (334) 264-4122

Intergroup@centralalaa.org

<https://www.aa.org>

>> para mas informacion y recursos en Espanol

Si usted o alguien que usted conoce tiene una experiencia o historia para compartir acerca de la recuperación en las reuniones de Alcohólicos Anónimos por favor póngase en contacto conmigo Oni S., a través de Post.Editor@centralalaa.org.

Have a burning desire to share your experience, strength and hope? Send your article to post.editor@centralalaa.org.

GROUPS PRESENT | No record.

OPENING | WELCOME | Becky P. | The meeting was called to order at 9:33 a.m. and opened with the Serenity Prayer.

READING OF THE TRADITION(S) & EXPLANATION OF THE CONCEPT(S)

John W. | Read Long Form Tradition 10 Jeremy T. | Read and explained Long Form Concept 10

READINGS SCHEDULED for November 4th, 2023

Kent Q. | Read Long Form Tradition 11 Colby W. | Read and explain Long Form Concept 11

OFFICER REPORTS:

SECRETARY'S REPORT | Ashley B. | SECRETARY@CENTRALALAA.ORG | Not Present
Minutes were sent via email. No paper copies available. Motion made to approve minutes and passed.

TREASURER'S REPORT | Alex T. | TREASURER@CENTRALALAA.ORG | Not Present
Treasurer report presented by DCM. MOTION to approve Treasurer's report was made and passed.

DCM | Becky P. | DCM@CENTRALALAA.ORG | Present

Becky attended Area Assembly in Auburn October 6-8. Becky received the 2023 Final Conference Report booklet from the delegate. If you are a GSR and have NOT received the report, please see Becky for your copy. At the Area meeting on October 8, 2023, our District was represented by GSRs from the Clanton Group, Prattville Downtown Group, Strange Camels, Legacies, Millbrook Primary Purpose and We Stopped In Time. At the Assembly, a committee from District 14 stood to serve and host the 2024 Area Convention. District 14 is in Fort Walton, Florida so hopefully we will have an Area Convention there sometime late next year.

DCM plans to attend SSAASA 7 next month in Orlando along with our district Secretary.

Next district will be regularly scheduled on November 4, 2023.

ALTERNATE DCM | Jay W. | ADCM@CENTRALALAA.ORG | No Report.

COMMITTEE REPORTS:

PROGRAM CHAIR | Vicki S. | Program@centralalaa.org | No Report.

ARCHIVES CHAIR | Jill Z. | ARCHIVES@CENTRALALAA.ORG | Not present. Report sent by email.
Archives has no group representatives showing up at meetings. Next meeting will be Sat Oct 21 at 8:30. Jill will be resigning at the end of the year.

CORRECTIONS CHAIR | Jeremy T. | CORRECTIONS@CENTRALALAA.ORG | Present.

Attended area assembly last week. We had a corrections workshop on Saturday. It went well. District 8 corrections were discussed a lot at that workshop. Nothing new with Mt Meigs, waiting to hear back from them to set up a time for us to start and make a schedule.

Montgomery co jail continuing to take meetings to the men's and women's side Wednesday evenings. We are still looking for AAs willing to help with the men's part.

Elmore we should be bumping it up to weekly meetings now. We have a great response there. We have a good relationship with the staff and the inmates look forward to us coming. There is a need for women and men to help with this. Sponsors have a good opportunity to introduce service work to sponsees here if they're eligible.

Montgomery correctional (women's work release) is in the works. Hopefully we will have more info soon. Our next committee meeting is next Saturday (10/21) at legacies and zoom. Hope to see you there.

CPC CHAIR | Les H. | CPC@CENTRALALAA.ORG | Present.

Thank you for the opportunity to serve as your District 8 CPC Chair • CPC has lost one of our Group Liaisons, Matt M from Strange Camels (?) moved back to Huntsville.

• Attended Area Assembly in Auburn on the 6th- 8th of October. • I was able to hangout and share a couple of

meals with the weekends guest Speaker, Paola M, Editor of the La Vina - very cool of AA • Participated in the CPC Committee Meeting, Chaired by Josh S ■ Several Districts gave their reports - nothing unusual or groundbreaking

■ Shared with the Committee our District 8 CPC Postcard ■ Despite discussion(s) on the differences between Cooperation with The Professional Community and Public Information, there seems to be a "blind spot" among AA's in general and some CPC District / Grp Chairs. With most people defaulting to more of a "P.I." when talking about CPC. ■ CPC Binders and Workbooks appear to be readily available from GSO now, quick turn-around from order to delivery. • Next Steps • When possible, create the awareness of CPC Service opportunities within District 8 and its Groups

GRAPEVINE CHAIR | Natalie M. | GRAPEVINE@CENTRALALAA.ORG | Present.

Monthly Meeting: will now be in collaboration with the Literature Committee. This will take place on the last Saturday of every month at 10:00am. As of right now it is a Zoom Meeting

If you have any questions or concerns, please contact me at 270-929-0205 or at grapevine@centralalaa.org

Key Points:

- Learned a lot from the Area Grapevine Committee about what other districts are doing as well as many great suggestions on basically what I should be doing.
- Hoping to collaborate with Treatment, Corrections, and Accessibility about getting them copies of Grapevine to use for their meetings
- Will soon be reaching out to Archives about how I can help Archive old editions of the Grapevine and be able to use older additions to help carry the message.
- This October's issue is "Mid-Sobriety Challenges" featuring stories from those with longer term sobriety, and learning to practice these principles in all affairs even those we don't know about yet. There was a brilliant story about being diagnosed with Cancer and fighting against slipping into self-pity.

- PLEASE contribute to Grapevine.

- Submit a Story

- Submit a Caption for the Cartoons in the Magazine

- Ask a Question in the Podcast's Digital Ask It Basket It

- Submit a photo to the "If Walls Could Talk" project. (A photo journal of AA meeting places)

- Ask me about additional opportunities.

- Grapevine Subscriptions

- It is a free to download app but you can subscribe to digital grapevine for 2.99 a month or 29.99 a year. Grapevine Print is 4.99 a month and 28.97 a year.

- Highly encourage each group to subscribe to Grapevine as a Home Group and have the magazine out each month for members to read before or after meetings.

INTERGROUP/CENTRAL OFFICE | Parker M | INTERGROUP@CENTRALALAA.ORG | Not Present.

David H. will now be the chairperson for Intergroup meetings.

LITERATURE CHAIR | Craig W. | LITERATURE@CENTRALALAA.ORG | Present.

Attempting to get the committee up and running.

PI COMMITTEE CHAIR | Nick P. | PI@CENTRALALAA.ORG | Present

Provided PSA materials to radio station. Waiting to hear back from Billboard People about Ad.

Still trying to place QR Code Cards in various places for potential alkies to see.

Meeting 10/16 @ 6pm - Strange Camels

TREATMENT CHAIR | Colby W. | TREATMENT@CENTRALALAA.ORG | Present

Every Tuesday at 7:00pm we carry a meeting to the Renaissance House in downtown Montgomery, every Tuesday at 7:00pm Alex T takes a book study to the Lifehouse in Bridal Brook on Pike Road as well Thursday at 6:30pm a

regular open discussion meeting is being held. Sundays at 6:00pm a meeting gets taken to the Alethia House off Airbase Blvd. Always looking for help with all of these and all of them are for only men volunteers.

Colby has been working with John on getting all these opportunities to be of service on the website. ALR in Prattville had reached out to me again as well and are looking for men in the area to come lead the study at their house meetings which are at 6:00pm on Sundays at their location in Prattville. Topics are going to consist of a chapter from the Big Book each week starting at The Doctor's Opinion and ending with Dr. Bob's Nightmare.

The meeting will last an hour and the volunteer will go through whatever chapter that week with the guys.

Still working on Bradford to get the Bridge Group started back. We have groups in our district agreeing to make the commitment which will be Tuesdays at 6:00pm and have 2-3 folks sharing their story like it previously was. We are just waiting for clearance from their corporate people to start going but have several people reaching out to them so hopefully it will happen sooner than later.

And lastly, Angel who is the new co-chair for our Area Treatment Committee has reached out and is interested in getting a panel together to do a workshop in our district. We've discussed possibly a Treatment, Accessibilities, and Corrections workshop and are looking at a time in January after the holidays. Angel sounds very eager to make this happen, and Colby believes it would be helpful to anyone involved in these committees, Colby is excited to get it started and will have more information to come. If anyone has any thoughts or suggestions on that topic it would be appreciated. Next Treatment/Corrections Committee meeting is Saturday, 10/21/23 at 10:30am at Legacies and on zoom. Please contact Colby for any assistance or questions.

WEBSITE CHAIR | John W. | WEBCHAIR@CENTRALALAA.ORG | Present

In September we added a link to Daily Reflections at the top of the page.

September 8 -10 I attended the NAATW (National Alcoholics Anonymous Workshop) virtually which was held in Winchester Virginia. Over 100 participants attended with 30% in person and the remainder attending virtually.

Point of Interest: NAATC (National Alcoholics Anonymous Technology Committee) was established in 2019 with Clorinda V as GSO Director. GSO is reacting to needs expressed by groups and the GSC. Technology growth is an important messaging platform utilized to reach the still suffering alcoholic. Computers, cell phones and other mobile devices have become a major source of information.

The focus of the workshop is to share ideas, suggestions, equipment, software and concepts used to develop websites to support the Traditions of Alcoholics Anonymous. Specifically, the 5th Tradition. Evidence of the Traditions compliance can be seen on the newly revised AA.org website. The site has been downsized to focus on support of first contact either by a still suffering alcoholic, an interested professional or as a portal for AA members. It has been redesigned for ease of use and the search engine tuned up for more accurate search results.

AI in AA was a popular topic. The NAATC considers AI a useful tool but must be properly managed. AI is frequently incorrect, and all work products must be checked for accuracy. AI is not being looked at to replace the alcoholic-to-alcoholic contact necessary to carry the message of AA.

Virtual/Hybrid meetings were also discussed. During Covid thousands of meetings and groups were started. Thousands remain and issues of representation are being discussed and developed. OIAA (AA Online Inter-group) was developed and is now maintained by the committee. Over 7000 meetings can be found online.

** The screens used to evaluate an AA website were discussed. Our founding members who set up the District 8 website did an excellent job keeping the focus on reaching the still suffering alcoholic. We will continue to follow their lead.

In September we were able to activate Google Metrics software and will have the results of our website activity next month.

** Next Website Committee Meeting October 19th, 6pm, Hybrid Meeting at
3428 Atlanta Hwy, Montgomery AL 36109
Topics: Anonymity Online Intergroup Learn to add an EVENT

OTC CHAIR | Chris| OTP@CENTRALALAA.ORG | Present.

OTC had a great turn out and was able to return to District 8 \$755.00 of the \$800.00 seed money. Patti A. of the Happy Hour Group will chair the event in 2024.

GSR SHARING & ANNOUNCEMENTS: none

OLD BUSINESS: none.

NEW BUSINESS: none.

OPEN SHARING: Natalie M. shared about upcoming ALCYPAA event on 10/27/23- Fun, Spooky Celebration. ALCYPAA Conference will be held 11/10/23 in Orange Beach.

Craig W. shared that there will be an Area 1 Literature Workshop on Zoom with Cushing P. being the presenter. Les H. shared that Area Assembly Ad Hoc committee will be researching other venues for Area Assembly to be held. Encouraged GSR's to share with groups as there will be a price change of 1,000-1,500 per Assembly and there will be a vote at July's Assembly.

CLOSING | Becky P.| There being no further business, the meeting was adjourned at 10:30 am with the Responsibility Statement.

NEXT DISTRICT 8 MEETING: | November 4, 2023 9:30am- in person and on Zoom.

NEXT AREA ASSEMBLY: January 12-14, 2024 Clarion Inn and Suites- Auburn AL.

24-HOUR HOTLINE: (334) 264-4122

MONTGOMERY INTERGROUP

CENTRAL OFFICE AT: 828 FOREST AVENUE, SUITE A MONTGOMERY, AL 36106 TEL: (334) 264-4122

Intergroup@centralalaa.org

DISTRICT 8

DISTRICT 8 TREASURE P.O. BOX 6094 MONTGOMERY, AL 36106

ALABAMA / NW FLORIDA AREA 1

ALABAMA/NW FLORIDA AREA ASSEMBLY ATTN: AREA 1 TREASURER, 2135 INTERSTATE DR. BOX 209, OPELIKA, AL 36801

AAarea1.org

WRITE YOUR ARTICLE FOR THE POST!

CONTACT THE EDITOR TO SUBMIT MATERIAL, MAKE SUGGESTIONS, AND JOIN THE EFFORT TO CARRY THE MESSAGE THROUGH THE POWER OF SOBER THOUGHT. SUBMIT YOUR QUESTIONS AND ARTICLES TO: Post.Editor@centralalaa.org

October 14, 23 Intergroup meeting minutes

Serenity prayer & introductions

Long form tradition 10- Dave H.

Parker C.O manager-Out of town this month

Emily treasurer- Verbally gave treasurer report and will email out later today. \$799.38 closing balance. Needs to pay taxes last quarter and this quarter, will get with Cushing to get it handled.

Mary Joyce secretary- Emily read minutes and minutes were accepted.

Board report-Tim p. - Meeting at legacies 10/21 @9am to induct 3 members.

Post Mike D. - No report

24hr hotline Michael B.- No report

Website Cushing- No report

12step Lisa-
No report

Anniversary- Committee meeting@1pm @HH.

Guy advoc committee- No report

Old business- Still in need of a chair person. David H. Will be willing to serve as chairperson in January.

New business- Dave H. Nominated Josh H. To serve on the board.

Group announcements- PDG eating meeting October 21st @4. Millbrook PPG anniversary October 28th

Alcathon meeting next Saturday on zoom.

Next Intergroup November 4th @8

ALCATHON 2023

OLD MARY B'S

**SUNDAY DECEMBER 31ST 2023 -
MONDAY JANUARY 1ST 2024
2:00PM - 2:00AM**

2:00pm - Meeting Hosted by Legacies

4:00pm - Meeting Hosted by Fellowship

6:00pm - Meeting Hosted by Happy Hour

8:00pm - Meeting Hosted by Prattville Downtown Group

10:00pm - Speaker Meeting featuring Bennett E.

11:00pm - 1:00am - GUMPYAA Hosted Dance Party
and Countdown

1:00am - Meeting Hosted by We Stopped in Time

Fellowship, Potluck, and Games between every meeting!

Montgomery Area
Intergroup Central Office
828 Forest Avenue
Montgomery, AL 36106