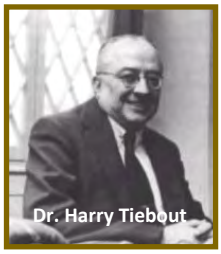
The Post

POWER OF SOBER THOUGHT

February 2016 **Volume 12 Issue 2**

Dr. Harry Tiebout, Marty M., and Alcoholics Anonymous

In February of 1939 Dr. Harry Tiebout endorsed Alcoholics Anonymous and used A.A. in his practice. He was the first psychologist known to do either. Let us take a brief look at Dr. Tiebout, his first patient to sober up in A.A., and his long association with A.A.[1]


Dr. Harry Tiebout

Early in 1939 Dr. Tiebout received a multilith, or cheap pre-publication, copy of the book *Alcoholics Anonymous* as the medical director of Blythewood Sanitarium in Greenwich, Connecticut. After reading the multilith copy himself, he then urged an alcoholic patient of his by the name of Marty M. to read it. She refused for a couple of months, as "I didn't believe in God. I didn't want to read a book all about God."[2] She finally consented to read the book, but constantly argued with Tiebout that A.A.s were fanatics.

That went on until Marty encountered a crisis of resentment prompting her to read the following words in the open multilith copy of *Alcoholics Anonymous* on her bed. "We cannot live with anger." She went to her knees, and as she recalled, "I had been there quite a while, because the bedspread had a big wet spot on it from my tears. I felt something in that room, and the main feeling I had was that I'm free. I'm free!"[3] Shortly thereafter Marty attended her first A.A. meeting at 182 Clinton Street, where she not only met Bill W., but learned three very important facts. The first was that she had to overcome her fear and come down from upstairs and be a part of the group, the second was that she heard from Bill what a resentment actually was, and the third and most important was that on returning to the sanitarium she stated to another patient, "Grennie, we are no longer alone."[4]


Marty M.

Thus began Marty's journey in A.A. Dr. Tiebout's journey in A. A. continued as well. As a non- alcoholic psychologist he provided great service to Alcoholics Anonymous. For example, Dr. Tiebout was instrumental in Bill W. getting to speak at the American Psychological Association meeting in 1949 as a layman. Tiebout spoke at AA's International Convention in St. Louis in July of 1955[5], served as a trustee for Alcoholics Anonymous from 1957 until his death in 1966, and wrote a number of papers regarding Alcoholics Anonymous.

But how about Dr. Tiebout as a person. As Bill W. put it, "His gifts of courageous example, deep perception of our needs, and constant labor in our behalf have been – and always will be -- values quite beyond our reckoning . . . I could tell stories of my own delightful friendship with him, especially remembering his great good humor and infectious laugh."[6]

Mike B., Prattville Downtown Group

HOME GROWN

[1] See also the following A.A. sources: AAWS, *Pass It On*, 211-212, 295-297, 326, 336, 358; AAWS. *Alcoholics Anonymous Comes of Age*, 2-4, 244-251, 309-319; Bill W., *The Language of the Heart*, 99, 156, 369-370. For his first paper on A.A., read to the American Psychiatric Association in 1943 and published in 1944, and an index of Dr. Tiebout's papers, see *Alcoholics Anonymous Comes of Age*, pages 209-319.

[2] *Pass It On*, 211; *Alcoholics Anonymous Comes of Age*, 3.

[3] *Pass It On*, 211.

[4] *Pass It On*, 213.

[5] The entire text of Dr. Tiebout's 1955 talk is in *AA Comes of Age*, 245-251.

[6] Bill W., *The Language of the Heart*, 369 and 371.

Photo located at http://silkworth.net/tiebout/tiebout_papers.html

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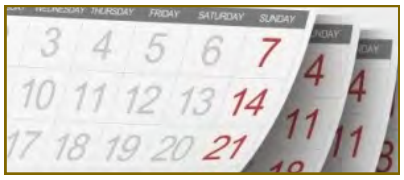
THE POST is published to improve communication between local A.A.® groups and encourage the participation of A.A. members in services and activities that promote sobriety. Opinions expressed in letters and articles are those of the authors and do not indicate endorsement by Montgomery Area Intergroup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

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Contributions for print subscriptions are encouraged.

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Post.Subscription@centralalaa.org

MARK YOUR CALENDAR



INTERGROUP MONTHLY MEETING
SATURDAY, MARCH 5, 2016
7:45am @ Legacies Group
Coliseum Blvd, Montgomery, AL

DISTRICT 8 MONTHLY MEETING
SATURDAY, MARCH 5, 2016
9am @ Legacies
Coliseum Blvd, Montgomery, AL

WE STOPPED IN TIME GROUP ANNIVERSARY CELEBRATING 1 YEAR!
SATURDAY, MARCH 5, 2016
Unitarian Universalist Fellowship Church
(rear entrance, downstairs)
2810 Atlanta Hwy, Montgomery, AL
6pm Fellowship, Eat @ 7pm,
AA speaker Diana R. (Maryland) 8pm

EAT & MEET @ THE FELLOWSHIP GROUP
SATURDAY, MARCH 12, 2016
5 Bell Rd, Montgomery, AL
4pm Fellowship, Eat @ 5pm,
Alanon & AA speakers start @6pm

72ND MONTGOMERY AA ANNIVERSARY
SATURDAY, MARCH 19, 2016
Whitfield United Methodist Church
2763 Fisk Road, Montgomery 36111
2:00 Fellowship
2:30 Al-Anon Speaker – Catherine W.
3:45 AA History and Sobriety Countdown
4:30 AA Speaker - Whitt L. Dothan, AL
5:30 Chili Cook-Off Dinner & Fixings (Area Groups)
6:00 Silent Auction (Baskets) and Raffle

ALABAMA/NW FLORIDA AREA ASSEMBLY
APRIL 1, 2016 – APRIL 3, 2016
More Info HERE Agenda HERE
Clarion Inn & Suites Hotel
1577 S. College Street, Auburn, AL 3683
View Map CLICK HERE

The Post Committee

Editor/Coordinator—Keith P.
Editorial Advisor—Roxanne M.
Copy Editor—Oni S.
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Behind the Bars— *Service Opportunity*
Birthdays—*Service Opportunity*
Español Spoken Here—Oni S.
Events Recap— *Service Opportunity*
History—Mike B.
Literature—*Service Opportunity*
Mark Your Calendar— *Service Opportunity*
Newcomer Obstacles—Suguna Z.
Sober Parenting— Jane H.
Photography—*Service Opportunity*
Step Reflections— Vicki B.
and the GSRs of District 8.
We welcome your assistance!
To get involved, contact us at
mgmicc.posteditor@gmail.com

www.centralalaa.org
Your District 8 online!

www.aaarea1.org
Your Area 1 online!

www.centralalaa.org/unity/intergroup/the-post/
Get The POST online!

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 1980, LaVina.

HAVE YOU AND YOUR GROUP PARTICIPATED IN THE DISTRICT 8 INVENTORY?

1. What, do you think, is the basic purpose of the District Committee?_____
_____
_____
_____Do you think we are achieving this purpose? YES NO

2. What additional activities can we engage in, to carry the message?_____
_____
_____
_____

3. Considering the number of alcoholics in our district, are we reaching enough people?_____
_____

4. What has the District done lately to bring the AA message to the attention of professionals who can be helpful in reaching those who are in need of A.A.?_____
_____
_____
_____

5. Do we try to illustrate a good cross section of A.A. in our message carrying?_____
_____

6. Do new G.S.R.'s, committee chairs, officers, and members stick with us, or does our turnover and missed meetings seem excessive?
_____
_____
Do we treat all the officers, GSRs, and committee chairs equally or do we treat some differently than others?_____
_____
_____
_____

7. How effective are we in communicating with all our groups?_____
_____
_____
_____

8. Do all AA's know about district meetings and have the opportunity to attend? YES NO How could we do better?_____
_____
_____

9. Has enough effort been made to explain to all, the value and purpose of a G.S.R.? YES NO
_____
_____
_____

10. Do all GSRs have adequate opportunity to serve on committees? YES NO
_____
_____
_____

Continued on page 7

11. Are district officers and committee chairs elected with the appropriate care and consideration? YES NO

Are district officers and committee chairs well-informed of the scope of their service authority and service responsibility by specific job descriptions or guidelines? YES NO

12. Do our groups carry their fair share of supporting the district, Area 1, and the General Service Office(GSO)? YES NO

13. How well are our groups informed about what is happening in A.A. Worldwide?

14. Are our District Service Meetings informative and enthusiastic? YES NO

15. Do we have an effective system for the accounting and reporting of funds? YES NO

Do we have sufficient operating funds and apply prudent financial principles to their use? YES NO

16. Are the issues brought to district made clear so all know what they are voting for or against? YES NO

17. A) Are all important decisions reached by discussion, vote, and, whenever possible, substantial unanimity? YES NO

B) is adequate opportunity given to all members to participate and speak, in order to arrive at the actual voice and effective conscience of our District? YES NO

18. How do we treat the "Right of Appeal", thus assuring that the minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered?

Other thoughts or questions for consideration:

TALK TO YOUR G.S.R. TODAY!



JANUARY BIRTHDAYS

HomeGroup	D.O.S.	Year(s)
Chisholm		
Darlene P.	1/22/2015	1 year
JR	1/02/2015	16 Years
Jim M.	1/07/1997	19 Years
The Legacies Group		
Eileen J.	1/28/1991	25 Years
Happy Hour		
Barry A.	1/05/2013	3 Years
Greg D.	1/03/2013	3 Years
Prattville Downtown		
Ronnie B.	1/01/2009	7 Years
Skye m.	1/05/2013	3 Years
Perry L.	1/14/2013	3 Years
Ginger G.	1/19/2014	2 Years
David G.	1/19/2014	2 Years
Tim P.	1/21/2013	3 Years
Fellowship		
Baylor W.	1/27/2006	10 Years
Chrissy E.	1/15/2013	3 Years
Greg H.	1/4/2013	3 Years
Lynda T.	1/21/2003	13 Years
Todd M.	1/1/1982	34 Years

TOTAL YEARS OF SOBRIETY: 150 YEARS

Celebrating an AA Birthday?

At your next business meeting ask your GSR to send in their birthdays to

The Post

mgmicc.posteditor@gmail.com

STEP 2

Came to believe that a Power greater than our-selves could restore us to sanity.



STEP REFLECTIONS

When I walked into the rooms of AA I saw a podium with the word GOD written on the front - really large I might add , and thought to myself "not God ". My heart sank at the thought. You see I had tried the God thing I had been praying and even had numerous religious type rituals that were not working to keep me sober. God at this point was more of an intellectual idea and an old idea at that.

Members told me things like "believe we believe", GOD=group of drunks , pray anyway. What made sense to me at that time came from a sober family member. She simply said "pray to my God ". I knew her God worked because I could see her living a sober and useful life. So I started specifically praying to her God as if I were mentally doing a roll call in the God world. It sounds crazy, but it worked for this alcoholic. As I continued to pray on my knees (as I was told to do), read the literature and attend meetings daily, I was staying sober in between the meetings. One day in my early sobriety, I remember thinking after a noon meeting, “I haven't thought about a drink today" and by this time it was 1:00 in the afternoon. I knew at that moment my prayers were working. If I would have waited one more day to try to figure out how this stuff was supposed to keep me sober and not just do it, you'd be reading someone else's experience.

I came,
I came to,
I came to believe...

Grateful,
Vicki B., Happy Hour Group

HOME GROWN

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: February 15, 2016

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

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY, AL							
12 Steps Group of AA Heritage Baptist Church, Rm 127 1849 Perry Hill Road		C-D-ST-BG 6p					
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Boulevard						O-D 1:30p	O-D 1:30p
Chisholm Group of AA 1409 Federal Drive	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 O-D-Sm 8p	O-D-Sm 6p	O-S 6p
Fellowship Group of AA Grace Church at Bell Road 5 Bell Road (Corner of Bell Rd & Atlanta Hwy)	C-L & BG * 6p	C-D-BG * 6p		C-D-BG * 6p	C-L & BG * 6p	O-S 6p	C-D * 2p C-D-W 6p
Happy Hour Group of AA 3466 Eastdale Circle (Between Indian Spice store and Fortis College)	C-D 6:30a 12p & 6p	C-D 6:30a &12p C-L 6p	C-D 6:30a C-L 12p C-D 6p	C-D 6:30a & 12p C-L 6p	C-D 6:30a 12p & 6pm O-S 8p 1st Friday	C-D 12p	C-D 12p O-D 6pm
The Legacies Group of AA 422 Coliseum Blvd Across from Eastbrook Flea Market	C-D 12p & 6p	C-D 12p	C-D 12p O-S 8p	C-D 12p	C-D 12p C-D-CL 8p		C-D 9a
Living Sober Group of AA Mental Health Building 1116 South Hull Street	C-D 6p		C-D 6p				
Sole Purpose Group of AA ***All Meetings are SMOKING*** 22 North California Street	C-D 8p	C-L 8p	C-D 8p	C-L 8p	C-D 8p	C-D 8p	C-D 8p
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 386 St. Luke's Drive Bradford Health Services building	O-D 11a	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
Triangle Group of AA 3775 Atlanta Highway Dalraida UMC Annex		C-D 6p					
We Stopped in Time Group of AA Unitarian Universalist Fellowship Church (rear entrance, downstairs) 2810 Atlanta Highway						O-D 8p YP	
AUTAUGAVILLE, AL							
Autaugaville Group of AA Church of Christ, 2408 Hwy 14 West				O-D 6p			O-D 6p
CLANTON, AL							
Clanton Group of AA Trinity Episcopal Church 503 2nd Ave. S, Clanton, Al 35045	O-D 7p			O-L 12p			
GREENVILLE, AL							
Camellia City Group of AA Greenville Housing Authority 601 Beeland St, 36037 334-437-2015 or 334-662-7129	C-D 7p			C-D * 7p			

Continued on reverse side.

http://www.centralalaa.org/recovery/aa-meeting-list/

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MONTGOMERY INTERGROUP DIRECTORY OF A.A. GROUP MEETINGS

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAPLESVILLE							
Maplesville Group of AA Highway 139, PO Box231, 36750					O-D 8p O-S 3rd Fri.		C-D 8p
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene, Fellowship Hall 3251 Browns Road		O-D 6p		O-D 6p			
Millbrook Serenity Group of AA 3420 Edgewood Rd (House to the left of the Church)		O-D 7p					
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 East 4th Street	C-D 12p	C-D 12p		C-D 12p	C-D 12p	C-D-W 10a	
Prattville Downtown Group of AA 326 West 5th Street	O-S 6:30p	O-BG 6:30p	O-D 12p C-D 6:30p	C-D 6:30a C-L 6:30p	O-ST-S 6:30p	C-D 12p O-D-Cl 6:30p	O-D 12p C-ST 6:30p
SELMA							
5th Tradition Group of AA West End Baptist Church 504 Cahaba Rd 36701					C-D 6:00p		
Selma Group of AA Courthouse Alabama Avenue & Lauderdale Street	O-D 12:30p	O-D 6p	O-D 12:30p	O-D 6p	O-D 12:30p		O-D 6p
Selma Men's Group of AA St Paul's Episcopal Church 210 Lauderdale Street	C 6p		C 6p				
TALLASSEE							
Ray of Hope Group of AA 2872 Kent Road, Kent	O-L 7p		C-D 7p		O-D 7p		C-D 3p
12&12 Group of AA E. Tallassee United Methodist Church 101 Central Blvd, East Tallassee		O-ST * 7p					
UNION SPRINGS *All Meetings Smoking*							
Union Springs Group of AA Presbyterian Church (Office Building) 203 East Hardaway Street	O-D 7:30p				C-D 7:30p		
WETUMPKA							
Free World Group of AA Elmore Co. Extension Office, metal bldg Highway 14, Queen Ann Road							O-D 6p
Wetumpka Group of AA 103 West Tuskeena St.	C-D * 7p						

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 — Sp = Speaker — L = Literature Study (BB, 12/12, or Other) — St = Step Study
Cl= Candlelight — W = Women's Meeting — LGBT = Lesbian, Gay, Bi, Transgendered — BG = Beginners
Sm = Smoking — YP = Young People & Young at Heart — * = Al-Anon Meets Simultaneously — ** = Alateen Meets Simultaneously

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

Montgomery Intergroup 334-264-4122 • montgomery.intergroup@yahoo.com • www.centralalaa.org
828 Forest Avenue, Suite A • Montgomery, AL 36106 • Open Mondays 10 - 2pm

http://www.centralalaa.org/recovery/aa-meeting-list/

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¿QuéesA.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 y mujeres 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.

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http://www.aa.org

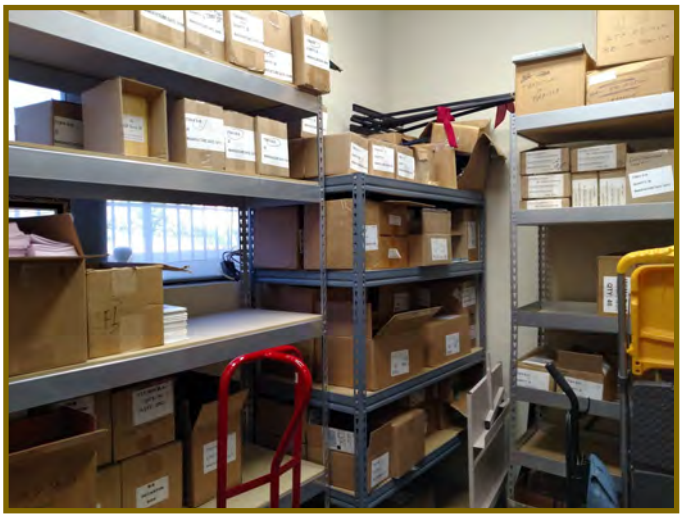
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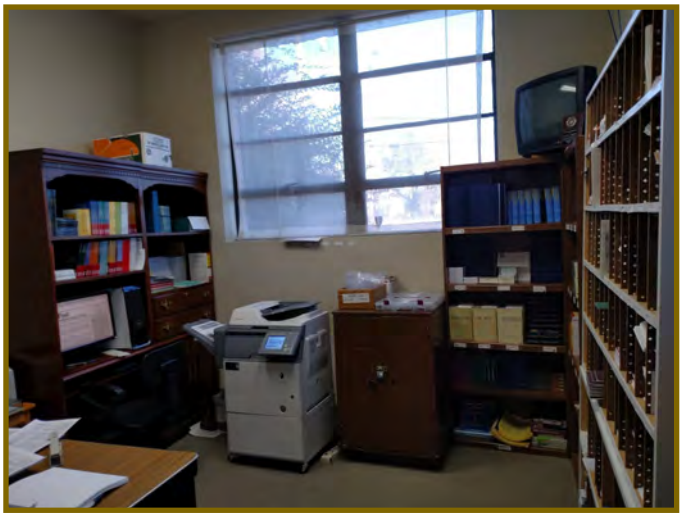
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Si usted o alguien que usted conoce tiene una experiencia o historia para compartir acerca dela recuperación en las reuniones de Alcohólicos Anónimos por favor póngase en contacto conmigo Oni S., a través de mgmicc.posteditor@gmail.com.



I WONDER... WHERE DOES OUR LITERATURE COME FROM?







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828 Forest Avenue, Montgomery, AL 36106
24/7 Answering Service (334) 264-4122
E-MAIL ADDRESS montgomery.intergroup@yahoo.com

TRADITION TWO

For our group purpose there is but one ultimate authority – a loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.

He is the director we are the actors.
This idea, brewed from step three, applies to the group as well.

He designs the sets, trains us, practices us, establishes tone,m purpose, and tone.

At showtime the director does not appear in the show. The troupe delivers the directors vision.

In the AA group the show is service.

It may be providing
materials to newcomers or Treatment Centers and Correctional facilities.

It may be exchanging speakers with other groups. It may be putting on meetings to be attended by AAs and perhaps interested parties.

Just like ideas from the steps for the individual might mix with the traditions for the group, so do the concepts for AA as a whole. Concept three contains the phrase 'with a traditional "Right of Decision"' God directs us and prepares us for group activities but we are the real time actors in his play.

Av F.

HOME GROWN

THE CONCEPTS *(THE WHAT?)*

CONCEPT II (Long Form): ***When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference –excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and the effective conscience for our whole Society.***

Concept I established the Groups as the "final responsibility and ultimate authority" for A.A.'s service affairs. They fulfill this responsibility by delegating their leadership role to a General Service Conference. Groups elect a General Service Representative (GSR). These G.S.R.s meet in area assemblies and every two years elect a delegate. Every April the delegates meet for six days with the trustees of the General Service Board, the staffs of the General Service Office, the Grapevine, and other service workers. Thus, this General Service Conference of A.A. is "the actual voice and effective conscience of our whole Society in its world affairs."
The G.S.R. is informed of the highlights of the annual conference by the delegate and reports back to the group. Group members also get a report from our delegate at the Area Assembly and each year our district schedules a local meeting for us to meet our delegate, get a "first-hand" report, and an opportunity to share "What's on our mind."

Refer to "The A.A. Service Manual" for a complete explanation of the Twelve Concepts.

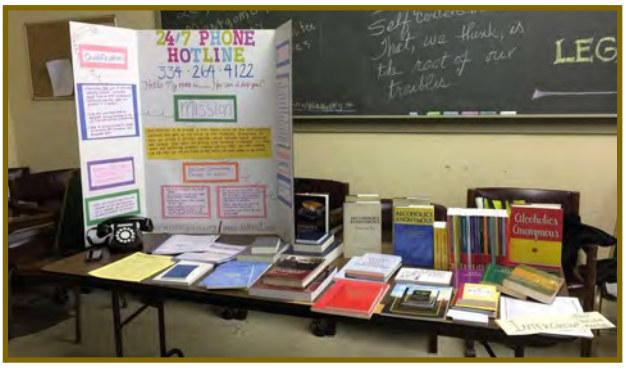
Ralph D., Prattville Downtown Group

HOME GROWN

THE DIST. 8 SERVICE FAIR WAS A GREAT SUCCESS!
LOOK FOR IT AT THE 72ND MONTGOMERY AA ANNIVERSARY







72nd Montgomery AA Anniversary



Saturday, March 19, 2016

Whitfield United Methodist Church
2763 Fisk Road, Montgomery 36111

2:00 Fellowship

2:30 Al-Anon Speaker – Catherine W.

3:45 AA History and Sobriety Countdown

4:30 AA Speaker - Whitt L. Dothan, AL

5:30 Chili Cook-Off Dinner & Fixings (Area Groups)

6:00 Silent Auction (Baskets) and Raffle

UNITY SERVICE RECOVERY

This event is facilitated in part by the Intergroup Central Office, Inc.