The Post

POWER OF SOBER THOUGHT

March 2016 **Volume 12 Issue 3**

Montgomery A. A. members attend the First A. A. Convention in Cleveland in 1945

Following is the text of a manuscript letter written from the Alcoholics Anonymous Conference in Cleveland, Ohio. Ed P. sent the letter to Charlie A. It was sent from the Hotel Carter in Cleveland, Ohio, to Montgomery, Alabama, and was dated Monday, June 11, 1945. This letter is part of the District Eight Archives collection.

The letter is somewhat torn at the bottom, so some letters are missing in one word. Brackets are used to denote missing letters or words and to provide editorial comments. Question marks are used to denote where a word might be incorrectly interpreted. Original spelling and punctuation is retained.

Letter was redacted to protect anonymity. Original letter is 8.5 x 11 in size.



Dear Charlie,

Was very glad to get your letter. I had regretted sincerely that you and S____ did not make the trip. Everything has been wonderful here. These "Darn Yankees" have really shown us hospitality.

It has been fine learning how they operate in A. A. here. There are 42 groups here, over 3,000 members with a population of about 870,000 in Cleveland. You can figure how many you and we at Birmingham are short in membership using this City as a guide. We had 7 from our group present at this convention, an unusual representation. 38 states, Canada and Mexico were represented at convention.

Bill W. and Dr. Bob S. were the speakers yesterday afternoon. I went to a great meeting held Saturday night and will go to another tonight. We are going to a A. A. Nursing Home this evening where only A. A. patients are accepted. [End of page 1]

It has all been just fine as can be. People in all stations of life united for one reason to stay sober and serve God. No sissies, all humble and sincere. It is hardly believable. This convention has certainly been impressive. Awe inspiring, God certainly works in an unusual way for good, thru many and varied types of people.

Am enclosing clipping. Clipping or article not so hot. Membership should have been 3,200 instead of 1200.

Give my best regards to "Old Man U. S. Roads" and with my best wishes to you, I am Sincerely,
Ed.

P. S. – I hope Birmingham gives you a good meeting tonight. We will be home tomorrow, Tuesday ni[ght.]
Ed.

Mike B., Prattville Downtown Group

HOME GROWN

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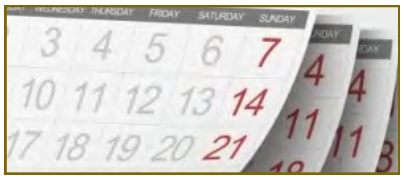
THE POST is published to improve communication between local A.A.® groups and encourage the participation of A.A. members in services and activities that promote sobriety. Opinions expressed in letters and articles are those of the authors and do not indicate endorsement by Montgomery Area Intergroup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

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Contributions for print subscriptions are encouraged.

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MARK YOUR CALENDAR



INTERGROUP MONTHLY MEETING
SATURDAY, APRIL 9, 2016
7:45am @ Legacies Group
Coliseum Blvd, Montgomery, AL

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

FELLOWSHIP GROUP | MEETING CANCELLATIONS
April 15th, Friday
—meeting cancelled, will return Saturday, April 16th (put all AA items away when we leave Thursday April 14th)
June 5th to June 9th, Sunday to Thursday
—meetings cancelled, will return Friday June 10th.

FELLOWSHIP GROUP ANNIVERSARY
Saturday, May 7th
SAVE THE DATE—More to be revealed

5TH ANNUAL BIG BOOK COMES ALIVE! 2016
Fri, June 24 2016, 6:00 PM - Sun, June 26 2016, 6:00 PM
555 East Blvd, Montgomery, AL
Please join us for our 5th Annual Weekend as we study the Big Book of Alcoholics Anonymous. Our guest facilitators this year are Katie and Charlie P. from Austin, TX.
$25 Pre-Registration
$30 At the Door
http://www.bbca2016.eventzilla.net/

The Post Committee

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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.

STEP 3

Made a decision to turn our will and our lives over to the care of God *as we understood Him.*



STEP REFLECTIONS

This step for me is a day at a time. When I took my first set of steps as a SOBER member and reached this step I was more than willing. I was ready to let God have this mess called my life . I was also ready to get on with the rest of the steps.

My sponsor and I said the third step prayer out of the big book, holding hands and on our knees. For me it was refreshing and I felt some more hope. I was ready to put pen to paper and start cleaning house. I was so sick of me and ready for a new way of life.

As time passed I realized there was more to turn over besides my alcohol, but that is a story for another step.

Grateful,
Vicki B., Happy Hour Group

HOME GROWN



February 2016 Birthdays

Chisholm		
Cindy B.	02/09/2010	6 years

Fellowship		
Andy H.	02/04/2014	2 years
Anthony R.	02/11/1982	34 years
Davis B.	02/19/1980	36 years
Jim A.	02/09/1992	24 years
Michael C.	02/29/1980	36 years
Michael S.	02/14/2014	2 years

Happy Hour		
David J.	02/01/1993	23 years
Jim A.	02/09/1992	24 years
Laura C.	02/03/1995	21 years
Scott V.	02/28/2011	5 years
Sandra V.	02/03/2015	1 year

Prattville Downtown		
Mike W.	02/01/2013	3 years
Grace H.	02/14/1976	40 years
Zyna C.	02/16/2010	6 years
Melissa M.	02/24/2013	3 years

Millbrook Primary Purpose		
Barry S.	02/18/2007	9 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

Total Years of Sobriety: ***275***

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: March 28, 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 C-D-Sm 6p	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.

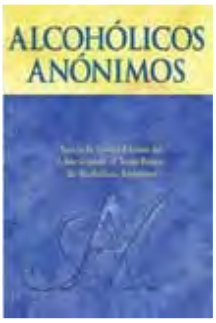
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828 Forest Avenue, Suite A • Montgomery, AL 36106 • Open Mondays 10 - 2pm

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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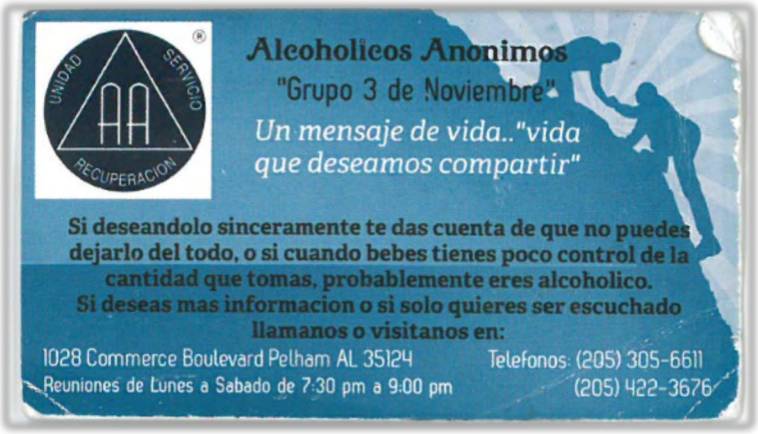
Nuestra oficina Central, localizada en Montgomery, AL, tiene recursos en Español como literatura y folletos. Abierto los Lunes de 10:00 - 2:00pm.

828 Forest Avenue, Suite A
Montgomery, AL 36106
Tel: (334) 264-4122
montgomery.intergroup@yahoo.com
http://www.aa.org

>> para mas informacion y recursos en Espanol

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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.



Grace Through My Sponsor

Asking someone to be my sponsor was a big deal. After all, only *real* alcoholics had sponsors. I had been to a few A.A. meetings over 30 years of drinking. I'd come in periodically for a few meetings and then I'd be on my way. I managed to go nearly 14 years between meetings when I landed in treatment in 2013. If I took nothing else from the experience, I certainly left believing that a sponsor was critical in maintaining sobriety. I'd heard some old-timers say that I should look for someone who had what I wanted and who had worked the steps. I have had two sponsors and both men met those marks.



The first spoke with a sense of humor and honesty that made me think being an alcoholic might not be such a bad thing after all. I liked and respected him. The only thing more humbling than asking him to be my sponsor was telling him that I was back in the rooms after seven months of research. His response was "I'm glad you made it back! Go easy on yourself, research is what we do." Each time I hear him speak, I am reminded of why I asked him.

At my first meeting back, I met an A.A. who gave me his phone number and took mine. I spent the next ten days listening, intent on finding a sponsor, and the man who best fit the bill for me was the same man who looked after me on my first day back. It is only with sober hindsight that I can see that God did for me what I could not do for myself, and His care and grace often came through my sponsor.

Jon C., Happy Hour Group

TRADITION THREE

The only requirement for membership is a desire to stop drinking.

AA was a part of the Oxford Group from its beginnings in 1934 until Clarence Snyder's split from Dr. Bob in the early 1940's. The Oxford Group had two requirements for a drunk to be a member:

1. A desire to stop drinking
2. An important leader (or having been one, the potential of being one again.

The Oxford Group believed that if the important people could be brought to God the masses would follow. One of the early members, as an example, Bill Wilson, had the clout to set up and conduct meeting with important people like John Rockefeller.

Opening up membership to any drunk was a serious and difficult matter. How could these truly important people count among themselves "Beggars, tramps, asylum inmates, prisoners, queers, plain crackpots and fallen women?" The solution was "don't ask, don't tell" The third tradition in the 12X12 discusses a case of a badly stigmatized individual who was permitted to join "Never did he trouble anyone with his other difficulties".

Some AA members and groups today are concerned with a different membership qualification issue. "we were resolved to admit no one to AA but that hypothetical class of people we termed pure alcoholics. Does 'pure alcoholic' exclude heavy drinkers? How does a group deal with a heavy drinker? This is a matter that must be resolved with a growing understanding of tradition three.

Av F.

HOME GROWN

THE CONCEPTS *(THE WHAT?)*

Concept III (long form): ***As a traditional means of creating and maintaining a clearly defined working relation between groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."***

Every trusted servant and every A.A. entity has the right to decide how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises. This is the essence of "The Right of Decision." Thus, the Fellowship must have trust in its "trusted servants." We trust our G.S.R. and our delegate rather than instruct them. But this right should not be used as an excuse for failure to make the proper reports of actions taken; or for exceeding a clearly defined authority; or failing to consult the proper people before making an important decision. Usually the G.S.R. or delegate will discuss matters with the Group or Area members prior to voting. But at "Vote Time" the G.S.R. or delegate may vote different from the Group or Area's conscience based on new information.

Bill W. concludes: "Our entire program rests squarely upon the principle of mutual trust. We trust God, we trust A.A., and we trust each other."

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

Ralph H., Prattville Downtown Group

HOME GROWN

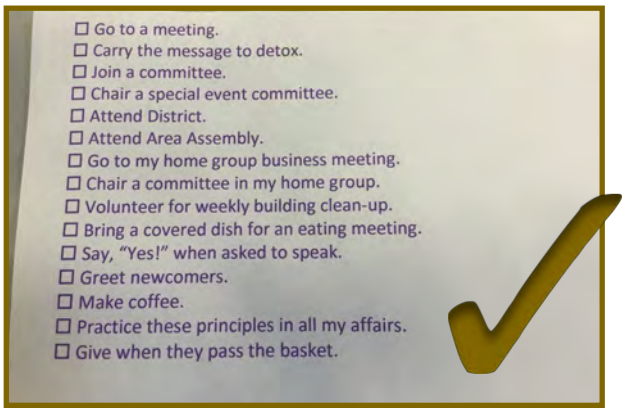


72nd Montgomery AA Anniversary





March 19th, 2016



Which ones can you check off?





Kevin M. - Prattville Downtown Group, Winner out of 14 + entries



21 baskets donated!





Approx. 260 in attendance this year & 1,680 + years of sobriety represented!

Presented by District 23



Crawfish Boil

Sat., May 14, 2016

5:30-8:30 pm at Common Ground

8162 Well Road, Daphne AL

Basket Raffle

50/50 Raffle

$15 per person

Speaker: Cushing P. from Montgomery, AL

For more information:

Julie G. (251) 209-4048 or Louise P. (251) 648-5841

You are invited to attend the 40th annual

"Springtime in the Ozarks"

APRIL 14, 15, 16 and 17, 2016

Inn of the Ozarks

Eureka Springs, Arkansas

"...we will know peace."



Bingo
Friday &
Saturday Nights



BIG BOOK STUDY
FRIDAY
9:00 am
to
4:00 pm

Speakers

Thursday 8:00 pm: Convention Center - Janet F. / Bentonville, AR
Friday 9:00 am - 4 pm: Convention Center **"Big Book Study"**
Ralph W. / Los Angeles, CA & Ron W. / Gardena, CA
Friday 8:00 pm: Convention Center - Don L. / Bellingham, WA
Friday 8:00 pm: Auditorium - Leslie B. / Las Vegas, NV
Saturday 9:00 am: Convention Center - Al-Anon Family Group
Barbara A. / Atlanta, GA
Saturday 10:30 am: Convention Center - Dick A. / Atlanta, GA
Saturday 1:00- 3:00 pm: Convention Center - 40th Anniversary "Celebration"
Saturday 8:00pm: Convention Center - Steve A. / Sherman Oaks, CA
Saturday 8:00 pm: Auditorium - Garrett S. / Bastrop, TX
Sunday 9:30 am: Convention Center - Jimmy B. / Washington, GA

ICE CREAM SOCIAL
AFTER THE THURSDAY
"EARLY BIRD" SPEAKER



Dance
Friday & Saturday
Nights

Area 4
Archives Display

Visit our new website www.springtimeintheozarks.com