The Post

POWER OF SOBER THOUGHT

May 2016 **Volume 12 Issue 5**

Father Ed Dowling, Clergy and Friend of AA

A pivotal moment in A. A. history occurred in the about 10:00 pm, late in the year of 1940. In the first A. A. clubhouse, Tom M. summoned Bill W., suffering from "an imaginary ulcer attack," to meet "some bum from St. Louis.[1] That bum turned out to be Father Ed Dowling, a crippled Catholic priest.

Bill described their first meeting this way: "I heard labored steps on the stairs. Then, balanced precariously on his cane, he came into the room, carrying a battered black hat that was shapeless as a cabbage leaf and plastered with sleet. He lowered himself into my solitary chair, and when he opened his overcoat I saw his clerical collar. He brushed back a shock of white hair and looked at me through the most remarkable pair of eyes I have ever seen." The priest introduced himself: "I'm Father Ed Dowling from St. Louis.[2]


FATHER ED DOWLING

He went on to say, "a Jesuit friend and I have been struck by the similarity of the A.A. Twelve Steps and the Spiritual Exercises of St. Ignatius." "Never heard of them," Bill said. "We talked about a lot of things," Bill recalled, "and my spirits kept on rising, and presently I began to realize that this man radiated a grace that filled the room with a sense of presence. I felt this with great intensity; it was a moving and mysterious experience. In years since I have seen much of this great friend, and whether I was in joy or pain he always brought to me the same sense of grace and the presence of God." Thus began a close friendship that endured until Father Ed's passing in 1960.[3]

In fact, Father Ed, or Puggy as he was known, became Bill's spiritual advisor. Bill also took his Fifth Step that night with Father Ed.[4] It's been said that Bill turned to Father Ed in every crisis in his personal life and in many of the conflicts and decisions affecting the fledgling Fellowship of Alcoholics Anonymous. And though Father Ed was actually a few years younger than Bill, he became like a surrogate parent for Bill, whose own father had abandoned him at age nine.[5]

A short time later he urged Bill to accept royalties from the book *Alcoholics Anonymous*. Stating that Bill needed to work full time for A. A., but he could not be a paid therapist, he noted that if he received no income that Bill could not live up to his marriage contract to financially support Lois. As Bill later stated it, "This meant that Dr. Bob and I must never accept money for Twelfth Step work, but that we could be recompensed for special services.[6]

Father Ed never feared sharing his own humanity with others, and this no doubt endeared him to many and made him a special person in A.A. and in Bill's life. And if there was a high point in their friendship, it came when A.A. held its Second International Convention in St. Louis in 1955, an event that drew thousands to that city and also marked the time when A.A. co-founder Bill W. stepped down and turned the service functions over to the A.A. General Service Conference. Some even said that Bill had privately campaigned to hold the Convention in St. Louis because it was Father Dowling's town and he was now ailing and might not be able to travel elsewhere. Father Ed spoke at the Convention; for his talk see Alcoholics Anonymous Comes of Age, pp.254-261. Bill introduced him by saying: "In my entire acquaintance, our friend Father Ed is the only one from whom I have never heard a resentful word and of whom I have never heard a single criticism. In my own life he has been a friend, adviser, great example, and the source of more inspiration than I can say. Father Ed is made of the stuff of saints."[7]

HOME GROWN

Mike B., Prattville Downtown Group

1 *Pass It On*, page 241. **2** "Father Ed Dowling – Bill W's Confidant and Friend," *BOX 459* Vol. 52, No. 4, August-September 2006, page 1-2. This article has a wealth of information on Father Dowling. **3** "Father Ed Dowling," page 1; and "Pass It on," page 241.
4 *Pass It On*, page 241. **5** "Father Ed Dowling," page 2. **6** *Alcoholics Anonymous Comes of Age*, page 195.

INSIDE THIS ISSUE

History Feature..... page 1
Mark Your Calendar..... page 2
District 8 minutes..... pages 3-4
Intergroup minutes..... page 5
Step Reflections..... page 6
Birthdays..... page 6
Area Meeting Schedule..... page 7-8
Español Spoken Here..... page 9
Tradition of the Month..... page 10
The Concepts, *The What?*..... page 10
Moving in Sobriety..... Page 11

Would you like to volunteer or contribute to The POST?
To get involved, contact us at
mgmicc.posteditor@gmail.com

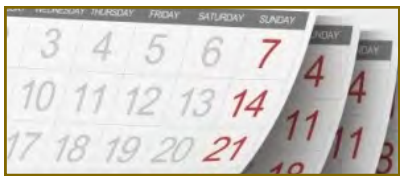
THE POST is published to improve communication between local A.A.® groups and encourage the participation of A.A. members in services and activities that promote sobriety. Opinions expressed in letters and articles are those of the authors and do not indicate endorsement by Montgomery Area Intergroup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

Contributions for print subscriptions are encouraged.

For email subscriptions contact:
ThePOSTSignUp@gmail.com

MARK YOUR CALENDAR



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

INTERGROUP MONTHLY MEETING
Saturday, June 4, 2016
7:45am @ Legacies Group
Coliseum Blvd, Montgomery, AL

DISTRICT 8 MONTHLY MEETING
Saturday, June 4, 2016
9am @ Legacies
Coliseum Blvd, Montgomery, AL
Jim S., Area 1, Panel 65 Delegate will be at District 8 to share his report on the 66th General Service Conference held in NY.

The report will begin following the regular District 8 business meeting - around 10:30.

FELLOWSHIP GROUP | MEETING CANCELLATIONS
June 5th to June 9th, Sunday to Thursday
—meetings cancelled, will return Friday June 10th.

CHISHOLM GROUP 28TH ANNIVERSARY
June 11, 2016 3:00 pm – 6:00 pm
Come celebrate 28 years of carrying the message through the fellowship at the Chisholm Group.
1409 Federal Drive
Montgomery, AL 36107

HAPPY HOUR 1OTH ANNIVERSARY
June 11, 2016 3:00 pm – 6:30 pm
3466 Eastdale Circle, Montgomery, AL 36117

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/

ALABAMA/NW FLORIDA AREA ASSEMBLY
JULY 8—10, 2016
More Info HERE Agenda HERE
Clarion Inn & Suites Hotel
1577 S. College Street, Auburn, AL 36830
View Map CLICK HERE

The Post Committee

Editor/Coordinator—Keith P.
Editorial Advisor—Roxanne M.
Copy Editor—Oni S.
Composer—Matt S.
Distribution—*Service Opportunity*
Departments
History—Mike B.
Español Spoken Here—Oni S.
Newcomer Obstacles—Suguna Z.
Step Reflections— Vicki B.
The Concepts—Ralph H.
The Traditions—Av F.
Events Recap— *Service Opportunity*
Literature—*Service Opportunity*
Mark Your Calendar— *Service Opportunity*
Sober Parenting— *Service Opportunity*
Photography—*Service Opportunity*
Behind the Bars— *Service Opportunity*
Birthdays—*Service Opportunity*
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 5

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

STEP REFLECTIONS

Freedom to be me is an on going process , but it started with an honest fifth step . I know for me writing in the previous step was nerve wreaking because I was looking ahead to this step. Another ongoing process - living in the moment .

When it came time to share all my stuff with my sponsor I trusted her . A loving relationship had formed from spending time together in meetings and at her house talking about the previous steps.

So there we were sitting on a blanket at the park talking about ourselves withholding nothing . As I shared what "they" had done to me , she gently guided me to the pathway of freedom - My Part !!

We talked, and cried , and laughed for hours until I was done . Did I feel relief , yes . Did I feel the nearness of my creator , yes. I also had a closer bond to this lady that loved me just like I was.

Still today 16 years later true freedom comes from sharing my stuff with another alcoholic . It seems to be more difficult at times , but thank God I am still willing and remain teachable .

I heard someone share "How free do you want to be"

I enjoy my freedom....

Grateful,
Vicki B., Happy Hour Group

HOME GROWN

http://www.centralalaa.org/recovery/twelve-steps/



April 2016 Birthdays

Fellowship		
Karen G.	04/18/2012	4 years
Raymond G.	04/08/2008	8 years
Tracy A.	04/16/2015	1 year
Wade P.	04/10/2012	4 years

Happy Hour		
Sherry R.	04/01/2005	11 years
Kaleb G.	04/04/2014	2 years

Legacies		
Bonnie C.	04/10/2015	1 year

Prattville Downtown		
Richard P.	04/07/2012	4 years

Total Years of Sobriety: ***35***

Celebrating an AA Birthday?

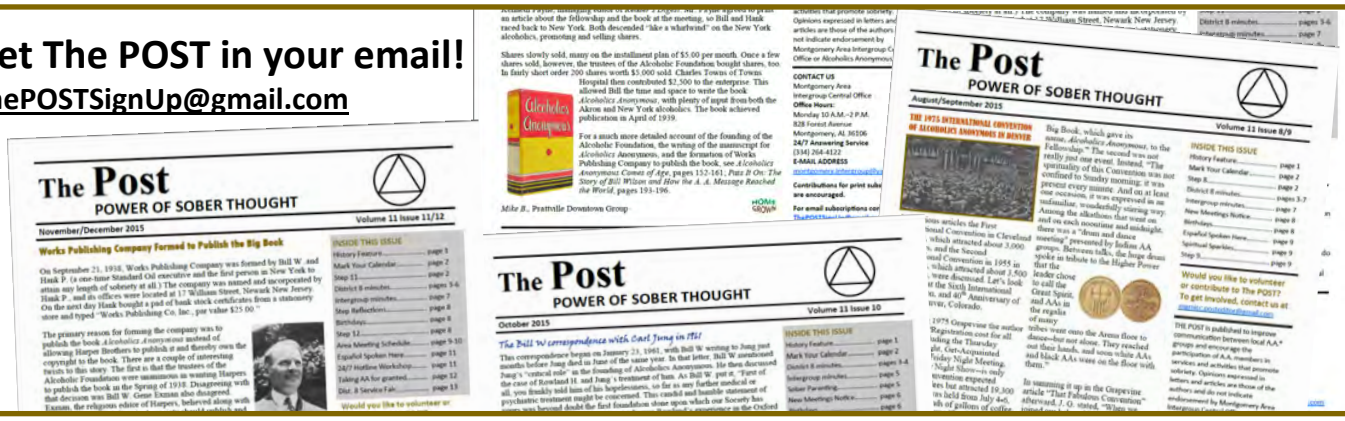
At your next business meeting ask your GSR to send in their birthdays to

The Post

mgmicc.posteditor@gmail.com

Get The POST in your email!

ThePOSTSignUp@gmail.com



MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: May 9, 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					
A Vision for You Group of AA Baptist Health Training Entrance 2010 Normandie Dr.			O-D 7p				
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 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-L 8p YP				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		O-D 7p	
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/

A.A. and Alcoholics Anonymous are registered trademarks of A.A. World Services, Inc.

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)*

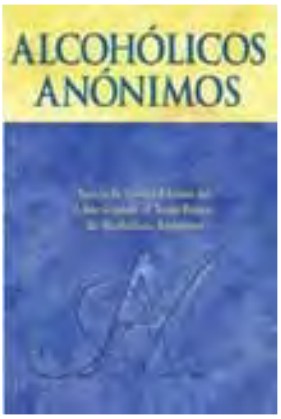
D = Discussion — Sp = Speaker — L = Literature Study (BB, 12/12, or Other) — St = Step Study
Cl= Candlelight — W = Women's Meeting — LGBT = Lesbian, Gay, Bi, Transgendered — BG = Beginners
Sm = Smoking — YP = Young People & Young at Heart — * = Al-Anon Meets Simultaneously — ** = Alateen Meets Simultaneously

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/

A.A. and Alcoholics Anonymous are registered trademarks of A.A. World Services, Inc.



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.

Copyright © 2015 Alcoholics Anonymous World Services, Inc.

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

****

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.





MORE INFO HERE: http://www.centralalaa.org/chisholm-group/

TRADITION FIVE

Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

This month this article will discuss two issues concerning this tradition.
1) "Its message"
2) "-" the dash

1) "Its message"
AA members have found a common solution to the alcoholic illness. Why does this tradition say its message that suggest any group can have its own message?

Our basic text tells us precisely how the first 100 recovered. Should all members and groups follow this plan?

The AA group may help a suffering alcoholic in many different ways, but is not required to help in all possible ways. There are many different types of meetings (a possible group service) as well as many things that groups might stress outside of meetings (like sponsorship for example).
In AA a group carries "it's message" not all of AA's message.

2) "-" the dash
The 9th step promise, we will comprehend the work serenity, may mean an improved vocabulary, indeed even an improved understanding of language. I have heard long discussions about step one. Is it one part or two parts separated by a dash.

We have a dash in this tradition as well. What could it mean? The dash, grammatically is a strong comma. If several appear near each other it denotes members of a list. If one appears it means a restatement of the original idea.

To carry its message to the alcoholic who suffers is a groups primary purpose.

Av F.

HOME GROWN

http://www.centralalaa.org/unity/the-twelve-traditions/

THE CONCEPTS *(THE WHAT?)*

CONCEPT V (Long Form): ***Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.***

The "Right of Appeal" in action means that even after extensive debate on at issue at the General Service Conference, Area Assembly, District and perhaps your Group, followed by a vote in which a majority or even a two-thirds "substantial unanimity" is reached, those opposed are asked if they wish to speak further to their minority view. In some instances the final minority view resulted in a reversal of the just voted on decision. There is a story told of Conference majority voting "No" on publishing a soft covered Big Book until minority shared need for soft covered book for soldiers. Re-vote and majority changed to minority view thanks to "Right of Appeal."

This Concept also warns us of "the tyranny of the majority" and points out that a simple majority is seldom sufficient basis for a decision on important matters. That's why we usually require at least a two-thirds majority on issues voted on at the General Service Conference, Area Assembly, District, and your Group (if your Group conscience decided to use "substantial unanimity.").

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

Ralph H., Prattville Downtown Group

HOME GROWN

http://www.centralalaa.org/service/twelve-concepts/

HAPPY HOUR 10TH ANNIVERSARY - JUNE 11, 2016 3:00 PM – 6:30 PM



3466 Eastdale Circle, Montgomery, AL 36117

3 PM Eating & Fellowship
5 PM Countdown & 50/50
5:30 PM Speaker—Justin E.



MOVING IN SOBRIETY

When I was drinking, I would always move from place to place. I'd always be running from something, but it was just a temporary fix to a permanent problem, ME. I never knew until I got sober it was myself I was running from.



Here I am, five years sober, newly married and faced with a decision to move 600 miles away from everything I know about sobriety. With much thought, prayer, and conversion, my husband and I decided ultimately we would leave it up to God. What I mean by that is we would do the foot work with guidance from our higher power. After all, he is in charge and faith without works is dead. What I found out through this process that if it's easy, it's God; if it's hard it my will. Everything just fell into place and within five weeks we were on our way to Montgomery.

I knew through talking with my sponsor, and other sober members of AA that I needed a plan before I moved here. I mapped out meetings, had the number for intergroup, and a desire in my heart to stay sober. The night we got here, we went to our first meeting. It was nothing like where we came from. The next day my husband went out of town to start his new job. He left me in this brand new place, I don't know anyone, and I'm left to my own devices. Oh, boy!

For three weeks while my husband was out of town, I only went to a few meetings here and there. I was on my pity pot because you didn't do it right in Montgomery. I really was at an emotional bottom, and if I didn't do something for my sobriety, I was going to drink. I believe we can hit different bottoms in sobriety, and this was definitely one for me. I had to surrender to the fact that you are staying sober, so you must be doing something right. I prayed for willingness and acceptance of the situation. My very next meeting I found my current sponsor. I thank God for her! When I asked her to be my sponsor she said "ok, this is what you're going to do." I knew at that moment she was just what I needed. She got me involved with one thing after another. I am so grateful.

Moving is sobriety is the toughest challenge I have faced. I have lost my job, dealt with death, went through a divorce, and none of that strengthen me like this move did. The miracle in this process for me was for once in my life I was listening to God. I ran to something instead of running from myself.

Susan Mc.

HOME GROWN

Jim S., Area 1, Panel 65 Delegate will be at District 8 to share his report on the 66th General Service Conference held in New York.



Bring yourselves, your sponsees, your sponsors, and your questions – let's all become better informed!

The report will begin following the regular District 8 business meeting - around 10:30 am, Saturday, June 4th!