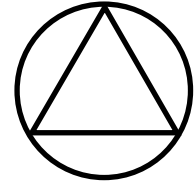


The Post

POWER OF SOBER THOUGHT

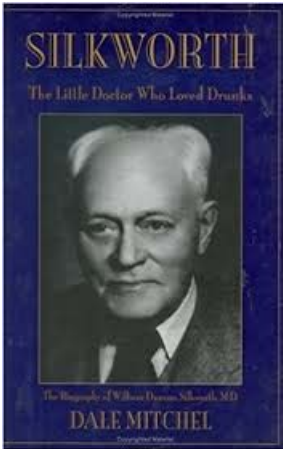


July 2018

Volume 14 Issue 7

HISTORY FEATURE - JULY

DR. WILLIAM SILKWORTH



Another month, another non-alcoholic. This month's article will look at Doctor William Duncan Silkworth. Silkie as Bill liked to call him. Silkworth's contributions to AA are facts Bill never forgot to mention. There

was no mistake about Bill's gratitude toward the "little doctor who loved drunks" and how he helped Bill begin his journey in sobriety. Dr Silkworth explained of the nature of alcoholism to Bill and how to best carry our message. Our history and literature reference him and his place in our fellowship but how much do we really know about the man? Hopefully the following will shed some light on the man he was and how he came to love us.

Very little information concerning Dr. Silkworth's early life could be found online. Neither his parent's names nor his place of birth is recorded in the many documents found. The information found sometimes conflicted. There are disagreements about his birth year. A few sites had his date of birth as July 22, 1877 but it seems the consensus was he was born in 1873. Not much was found on his childhood or his early career either. Most records state he graduated Princeton University in 1896 and in 1899 he received his M.D. from New York University-Bellevue Medical School. It was at NYU he discovered he had a flare for working with drunks.

Silkworth became a specialist in neurology, a domain that sometimes intersects with psychiatry, after school and entered private practice. Silkworth's entire career had a psychiatric emphasis. He was a member of the psychiatric staff at the US. Army

Hospital in Plattsburgh, New York, for two years (1917-1919) during World War I. He eventually invested heavily into a private hospital in mid-1920's. Unfortunately, when the market fell in 1929 this venture vaporized with the closing of the hospital. According to "Pass It On", Silkworth ended up at Towns Hospital in 1930 after he lost everything. It was at Towns where Bill first meet Silkworth.

While at Towns Silkworth gave Bill three suggestions that help shaped AA. He shared the belief with Bill that was not popular in those days: alcoholism is an illness that consumes the drunk both mentally and physically. Bill listened intently. Though he did not get sober until later, the conversation sparked something in him. It was not too long after this Silkworth encouraged Bill by validating his "hot flash" experience during Bill's last stay at Towns. That he need to hang on to it. It was better than what he had. And the little doctor's final contribution to Bill before AA, was to tell Bill to stop "preaching" at the active drunks urging him instead to stress the nature of the illness, as he had done with Bill in the beginning. Only after seeing this is a matter of life death could the prospect be open enough to hear the spiritual remedy.

It is estimated Silkworth consulted between 40,000 and 50,000 alcoholics. He remained a close friend of AA and with Bill for the rest of his life. He took joy in watching alcoholics help each other in a way he could not. While not much of Dr. Silkworth's personal history is known, his history with AA is well known to us. Years after his death Bill had this to say in an article in the Grapevine: "He never tired of drunks and their problems. A frail man, he never complained of fatigue. During most of his career he made only a bare living. He never sought distinction; his work was his reward. In his last years, he ignored a heart condition and died on the job--among us drunks, and with his boots on".

Trei J., Strange Camels Group

HOME
GROWN

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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®.

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Contributions for print subscriptions are encouraged.

For email subscriptions contact:
Post.Subscription@centralalaa.org

MARK YOUR CALENDAR



INTERGROUP MONTHLY MEETING

SATURDAY, AUGUST 4, 2018

8:00AM @ LEGACIES GROUP

3412 ATLANTA HWY, MONTGOMERY, AL 36109

DISTRICT 8 MONTHLY MEETING

SATURDAY, AUGUST 4, 2018

9.30AM @ LEGACIES (**NEW TIME**)

3412 ATLANTA HWY, MONTGOMERY, AL 36109

ALABAMA/NW FLORIDA AREA ASSEMBLY

OCTOBER 5-7, 2018

MORE INFO ON AREA 1 WEBSITE

[HTTP://WWW.AAAREA1.ORG/](http://www.aaarea1.org/)

CLARION INN & SUITES HOTEL

1577 S. COLLEGE STREET, AUBURN, AL 36830

LEGACIES GROUP CHIP CELEBRATION

SATURDAY, JULY 28, 2018.

EATING BEGINS AT 5:00PM. THE CHIP CELEBRATION BEGINS AT 6:00PM. THIS IS AN OPEN MEETING.

THE CHIP CELEBRATION IS HELD THE LAST SATURDAY OF EACH MONTH.

EVERYONE ATTENDING IS ENCOURAGED TO BRING A POT LUCK DISH.

OLD TIMERS CELEBRATION

AUGUST 18, 2018

SEE PAGE 14

DAILY REFLECTIONS GROUP MEETING CHANGES

ALL MEETINGS CANCELLED WHILE THE GROUP SEARCHES FOR A NEW MEETING PLACE

MORE EVENTS & INFO:

[HTTP://WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/](http://www.centralalaa.org/unity/upcoming-events/)

PLEASE NOTE NEW EMAIL ADDRESSES:

Montgomery Area Intergroup Central Office

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Post.Editor@centralalaa.org

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Español Spoken Here—Oni S.

Steps—Joni G.

The Concepts—Travis M.

The Traditions—Vicki S.

Birthdays—*Service Opportunity*

Events Recap—*Service Opportunity*

Literature—*Service Opportunity*

Mark Your Calendar—*Service Opportunity*

Sober Parenting—*Service Opportunity*

Photography—*Service Opportunity*

Behind the Bars—*Service Opportunity*

We welcome your assistance!

To get involved, contact us at

Post.Editor@centralalaa.org

www.centralalaa.org

Your District 8 online

www.aaarea1.org

Your Area 1 online

www.centralalaa.org/unity/intergroup/literature/

Literature at Central Office

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.



GROUPS PRESENT | Fellowship Group, Happy Hour Group, Millbrook Primary Purpose Group, Prattville Downtown Group, Strange Camels Group, The Legacies Group, Wetumpka Group, We Stopped in Time Group

WELCOME / OPENING | John V. – DCM

- + 9:30AM opened with the serenity prayer and meeting called to order. Explanation of the purpose of District.
- + Introductions + 26 in attendance

READING OF MONTHLY TRADITION & CONCEPT EXPLANATION : JULY / 7

Tradition 7 – Sherry R. | Concept 7 – Craig W.

VOLUNTEER: AUGUST 4, 2018

Tradition 8 – Susan Mc. | Concept 8 – Josh

SECRETARY'S REPORT | **SECRETARY: MARGEN G.** | SECRETARY@CENTRALALAA.ORG | Margen absent; John V. presented June 2018 minutes • June Minutes were emailed prior to meeting • Notify if any additions or corrections. • *Reminder*, If you want to be added to the District 8 email list, add your email to the sign-in sheets located at the front of meeting. • *Reminder*, committee reports are to be given to secretary in writing! • Motion to approve minutes as presented with fixes from DCM report, second, minutes accepted

TREASURER'S REPORT | **TREASURER: SHERRY R.** | TREASURER@CENTRALALAA.ORG | Sherry R. present; Susan Mc. presented May 2018

Treasurer's report • Reconciliation reviewed, accounting breakdown provided: Income \$47.61.

- Motion to approve report as presented, second, report accepted

FINANCE COMMITTEE | **RALPH H.** | Ralph presented report

DCM | **JOHN V.** | DCM@CENTRALALAA.ORG | John V. present; presented report

- Area Assembly July 13-15. John V. hosting and chairing speaker meeting at area assembly July 13-15. Vicki S and Raymond volunteer to read at that meeting.
- District elections will be in October. *Committees should nominate a committee chair from within the committee for District 8 to elect.
- John reminded district that people are needed on committees to carry the message

ALTERNATE DCM | **DAVID N.** | ADCM@CENTRALALAA.ORG | David absent; no report

Next meeting: check events calendar on District 8 website

COMMITTEE REPORTS :

PROGRAM | **CHAIRPERSON: DEBRA G.** | PROGRAM@CENTRALALAA.ORG | Debra G. present; •

Next program: Workshop in August on third legacy procedure. Ralph volunteered need one more.

ARCHIVES | **CHAIRPERSON: ADAM C.** | ARCHIVES@CENTRALALAA.ORG | Adam C. absent (2of3); Ralph H. presented report • Archives committee meeting held on June 16, 2018 at the Happy Hour Group discussed: Sister Ignatia who was known as the "Angel of Alcoholics Anonymous". • Join our discussion, view the District Archives displays & enjoy coffee and donuts!

Next meeting: July 18, 2018 - 10AM at The Happy Hour Group – (*standing meeting: every 3rd Saturday of month.*)

CORRECTIONS | **CHAIRPERSON: MATT D.** | CORRECTIONS@CENTRALALAA.ORG | Matt D. absent (2of3); no report

Next meeting:

CPC / COMMUNICATING WITH THE PROFESSIONAL COMMUNITY | **CHAIRPERSON: ASHLEY B.** | CPC@CENTRALALAA.ORG | Ashley B.

present; • last meeting 5 people present. • Discussed different fairs and events. Contacted for booth prices and to see if different for non-profit.

Next meeting: August 4, 2018 – 10:40AM at The Legacies Group (*standing meeting: every 1st Saturday of month after District meeting.*)

GRAPEVINE | **CHAIRPERSON: HEAVENLEE P.** | GRAPEVINE@CENTRALALAA.ORG | Heavenlee present;

Next meeting: meeting date to be determined after July area assembly

INTERGROUP/CENTRAL OFFICE | **CHAIRPERSON: CUSHING P.** | INTERGROUP@CENTRALALAA.ORG | Cushing P. absent; John V reported

• 2 open spots for hotline contact Brett A if interested. In the future he will lead group training.

Next meeting: August 4, 2018 – 8:00AM at The Legacies Group, (*standing meeting: every 1st Saturday of month before District.*)

LITERATURE | **CHAIRPERSON: ONI S.** | LITERATURE@CENTRALALAA.ORG | Oni S. absent; John V. presented report

• GSR to tell group literature reps to attend area assembly

Next meeting: check events calendar on District 8 website

PI / PUBLIC INFORMATION | CHAIRPERSON: SUSAN Mc. | PI@CENTRALALAA.ORG | Susan Mc. present; presented report
▪ received pamphlets and racks for libraries. **All groups sponsoring racks see Susan for refills. ▪ PSA ad running around river region.
Next meeting: July 21, 2018 at 10AM at The Legacies Group

TREATMENT | CHAIRPERSON: TRAVIS M. | TREATMENT@CENTRALALAA.ORG | Travis present; reports that he needs to step down as chairperson
**** OPEN CHAIRPERSON POSITION!**
Next meeting: check events calendar on District 8 website

DISTRICT 8 WEBSITE | CHAIRPERSON: ISMENIE | WEBCHAIR@CENTRALALAA.ORG | Ismenie present; Ismenie reports Cushing will rotate out as website serve the as of 9/1/18. Ismenie and Cushing will meet for transition. ▪ Anyone interested in serving in the website contact Ismenie.
▪ Groups should submit announcements and updates to website email. Current info on website is not up to date. Will be current within next two weeks. Any meeting corrections should be sent to webchair@centralalaa.org
Next meeting: August 19, 2018 – 1:30PM at Turreine Pharm Med Co.

OLD TIMERS PICNIC CHAIR | CHAIRPERSON: SUSAN Mc. | OTP@CENTRALALAA.ORG | Susan Mc. present; presented report ▪ Susan Mc. All sub committees filled. Flyers will be sent out soon
▪ Date of celebration: August 18, 2018 10:00 AM to 4:00 PM
Next meeting: July 8, 2018 – 2:30PM at The Legacies Group

GSR REPORTS :

- ❖ Vick S. Legacies Group; chip celebration last Saturday of each month. 5pm pot luck all are welcome. Legacies now has a Saturday noon meeting.

OLD BUSINESS : NONE

NEW BUSINESS :

- Need a Treatment Chairperson Raymond G. volunteer to serve as interim chair. No one opposed.

OPEN SHARING :

- ⊙ Sherry R. - First committee meeting for 75th Montgomery Anniversary will be held July, 25 – 5:00PM at The Legacies Group
- ⊙ Rachael I. - Alcytaa November 2018. Three events in Montgomery coming up. Asks for participants. Host members identified for any questions.

CLOSING | John V. | 10:22AM - no further business, meeting adjourned with the responsibility declaration.

24-HOUR HOTLINE: (334) 264-4122

DISTRICT 8

DISTRICT 8 TREASURER
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WWW.CENTRALALAA.ORG

MONTGOMERY INTERGROUP

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TEL: (334) 264-4122
INTERGROUP@CENTRALALAA.ORG

AREA 1- ALABAMA / NW FLORIDA

ALABAMA / NW FLORIDA – AREA 1 ASSEMBLY
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P.O. BOX 3206 OXFORD, AL 36203
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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 & ARTICLES TO:
POST.EDITOR@CENTRALALAA.ORG
SUBSCRIPTION REQUEST TO:
POST.SUBSCRIPTIONS@CENTRALALAA.ORG

NEXT DISTRICT 8 MEETING :
AUGUST 4, 2018 ▪ 9:30AM
THE LEGACIES GROUP
3412 ATLANTA HWY 36109

**Intergroup Minutes
July 7th, 2018**

***Pending Final Approval by Intergroup June 2018 Meeting.**

8:00- Opened with Serenity prayer by Cushing

Introductions

Josh read 12 traditions

8:08- secretary report accepted with no changes

8:09- treasurer's report accepted with no changes.

8:15- still need a volunteer or two for manning central office. 6 books sold at BBKA. Josh asked about duties of central office volunteer. Description given about duties and requirements. Josh volunteered and will be going Monday to learn!

8:18- the post. Keith for Oni. Post is out and working on issues for website. Possible issues with new email for post and some people are not receiving. Keith is working on fix.

8:20- 24 hour hotline. Brett still needs Thursday 8-5, Friday 7-1. They are still working on workbook and updated listing. Brett said ten copies would be needed.

8:25-website report: next meeting will be set soon. Post still is not uploaded due to waiting on last redacted issues. Discussion about meeting schedule updates for the website. Reminder about the necessity of reporting updates to meetings and events to central office so people aren't showing up on days there are no longer meetings. Website committee is still looking for web servants. The platform is Wordpress and is fairly simple. Please contact Cushing or the web chair. Clarification that it is the district and intergroup website. Suggestion made to pay fat cow directly than reimbursement to webservant. Discussion about how often the website is updated, but Cushing emphatically reminded he is the only person updating the website and that he desperately needs help.

8:35 Sherry-12 step call list committee.

8:35 Keith next board July 21st at 1:15. PLEASE NOTE that the time has changed to 1:15.

8:37 Old Business: who is voting member of intergroup but not necessary in old business as no mention.

8:38 Anniversary Chair report: Debra reported first meeting Sunday, July 29th at 5 p.m. at legacies. She is requesting each group sends representative.

8:40 New Business- Cushing asked Joanne to bring the suggested guidelines for the group to review to see if we wanted to address the discussion from last month about who is a voting member. Brief overview of the guidelines by Cushing. He also reminded these are just suggestions, not rules and also not conference approved. Keith asked about who is a voting member again and Cushing reflected at one point there was an intergroup voting structure and that there is something in the board of directors bylaws. Av pointed out that historically intergroup meeting was considered an incorporated part of the board itself. Keith pointed out differences between the bylaws and the suggestions. He also gave examples when it is drastically important to lay out guidelines of who is voting members. Miles stated he will be happy to send a copy of the bylaws to whoever requests. Keith read specifically the part in question about duties and how intergroup is supposed to meet once a year to review bylaws and should they be amended. Also one vote per group. Susan brought up that originally the idea was brought up that to address the multiple members from one group voting instead of one group representative. Miles suggested we did an intergroup inventory to help discern three issues with who or what members and groups vote. Sherry made a motion to set aside this topic but to set aside specific time in the next meeting to discuss this exact topic. Cushing suggested prayer and meditation about this discussion. New business cont. Sherry mentioned gratitude to Cushing for serving as web servant for so long and suggested perhaps putting together a workshop for people to learn how to do updating website and serve as web servant. Next meeting first Saturday of August.

9:08 Motion to close and second by Susan and Emily. Closed with responsibility declaration.

HELP WANTED ... GOOD HOURS ... GREATER BENEFITS

Montgomery Intergroup Central Office has an opening for a Monday volunteer.

One year sobriety and hotline experience preferred. Hours are 10 a.m. to 2 p.m. one (1) Monday per month.

Responsibilities include but are not limited to; answering calls from members, potential members, family members and referral sources. Individual and group sales of AA literature, updating meeting lists and assisting with 24hr hotline list, etc.

Benefits: *Surrounded by great literature and happy customers, helping the newcomer, being of service.*

If interested contact Jo Ann Sterling via text (334)202-5657

TAKING THE MESSAGE BEHIND THE WALLS

Opportunities for service work are pretty plentiful here and I was fortunate enough to have a sponsor who believed in our A.A. Responsibility Declaration and got me involved in service work from the beginning of my sobriety.

My career was in the field of corrections, and I retired when I was about three years sober. One area of service work I was sure I didn't want to get involved in was working with inmates. I worked directly with inmates in the classification field for nearly 35 years and I figured I'd "done my time" where convicted felons were concerned. I still believed in habilitation and rehabilitation, I just wasn't sure the majority of inmates did!

At about 5 years sober, after listening to the Corrections' chairman again beg for help carrying the message into prisons, I decided to stick my toe in the water and attend the training session required of volunteers wishing to enter state prisons. Having some experience with state bureaucracies in general and DOC bureaucracy in particular, I walked into the main Alabama women's prison to carry the message for the first time without a whole lot of enthusiasm and maybe some pretty jaded expectations.

Three of us entered the prison that evening. It took a while to get "processed" and go through a cursory shakedown. Our women's prison is an ancient structure with old everything. It is a loud, echoing, concrete relic from the Stone Age. Hugh fans, and swamp coolers circulate the summer air up and down the halls and offer the only relief from the brutal Alabama heat. It's muggy and damp. Everything looks second hand and like it's barely holding on after years of use. Not an environment conducive to recovery, I thought. Or, maybe just the right environment.

A few women attended that first night. We started reading the Big Book. Some had experience in recovery programs; some didn't. So, we thought we should start at the beginning.

The inmates are not allowed to keep the Big Books we use, so they only have access to them when we come once a week and if they can access the one or two in the prison library. We aren't allowed to communicate with the women outside the meeting, so they won't have a traditional sponsor-sponsee experience. And, since it's the only 12-step meeting available, we welcome addicts too—keeping the focus on AA but encouraging everyone to share their experience, strength, and hope. It's bare bones AA.

What it isn't is a depressing, whiny, entitled group of women. It's voluntary for one thing. No one's forced to come. There's no coffee, air conditioning, comfortable chairs, food or any other lure to draw them in—just a bunch of women who want to stay sober. I'll go out on a limb and say no one was more surprised than I was at the depth of honesty in this group.

What also surprises me is the acceptance I have of the red tape of prison procedures. They have rules about what we can wear and bring, and sometimes that changes depending on who is checking us in, but I have it clear in my mind what I need to do each and every time in order to pass muster at the front gate: slacks, modest shirt, complete set of underwear, shoes with backs, no

jewelry, and don't come in dressed in all white. No big deal.



I hear the giant grill gates slam, but that's okay, too. As I'm walking down the wide hallways, I wonder if Angela or Tanya will make it tonight and I want to hear if they've had a good week. Some of them won't show up. Some will move on to another facility; some will be released. There are a few of them who will be there for a long, long time and some will never get out. But for today, we're just folks who want to stay sober, and be happy, joyous and free no matter where we find ourselves.

I know that AA needs to be in prisons, and I need to be here, too. As with every experience I have had in service work in AA, when I step out, the message of recovery and hope is carried back to me tenfold in the eyes of those of us who want more.

Stephanie S., Happy Hour

HOME
GROWN

The Legacies Group
Now Has a
Saturday 12 Noon
Closed Meeting

STEP SEVEN

HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

The principle behind Step 7 is humility. Before recovery, I had not once thought humility might be a character trait that was desirable or necessary. I didn't even understand what the word meant. Today, I believe it to mean being "right-sized", no better than or no worse than others, and seeing the truth of my life. The 12 and 12 defines it as " a clear recognition of what and who we really are accompanied by a sincere desire to be what we can be." Step 7 is about seeking humility as an essential part of staying sober.

My first step in humility was admitting I was powerless and my life was unmanageable, then coming to believe a Power greater than me could solve my problems and turning my will and life over to that Power. As I worked through steps 4 and 5, I took a good look at myself, identified many of the character defects that caused my problem, and gained a more honest perspective of myself. In Step 6, I began to be willing or ready to deal with these character flaws. When I arrived at Step 7, I started to look at and see what needed to change in me instead of what was wrong with you. Step 7 requires action and effort on my part. While I can't control people, places, and things in my life, I can control the action I take. The action I take in Step 7 is to humbly ask God to remove my

shortcomings and to attempt to replace those

shortcomings with humility and spiritual principles. In my experience, humbly asking God to remove my shortcomings has not made them go away automatically. It's not a guarantee although I thought it should be just because I asked. It's up to me to be aware of them and to make new choices, with God's help. Many of my character defects hang on despite my best efforts, and plenty come back periodically and unannounced. Some changes have come slowly. I remind myself that God can and will remove my shortcomings just as He did my obsession for alcohol. I can't make them disappear by my own willpower. I can use that willpower, however, to continue to work the steps to the best of my ability, to watch for my character defects to crop up, and to replace them one at a time with more spiritual principles in an effort to be of maximum service to God and my fellows.

Joni G., Prattville Downtown Group

<http://www.centralAA.org/recovery/twelve-steps/>



TRADITION SEVEN

EVERY A.A. GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.

Long form: The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

Several items came up in this reading:

1) That giving money to a 12 stepper instead of a group was ego driven. Bad all the way around.

2) Taking outside contributions would fulfill the saying "Whoever pays the piper, calls the tune". and..

3) Taking large sums of money would make me think there is no need to contribute myself. AA is rich. Also, with that type of treasury we would surely fuss over different projects to spend the money on and that would definitely divert us from our primary purpose.

...the principle of corporate poverty is firmly and finally embedded in AA tradition.

...the irresponsible had become responsible.

Vicki S., The Legacies Group

<http://www.centralAA.org/unity/the-twelve-traditions/>



**The Daily Reflections Group:
All Meetings Are Cancelled While the Group Seeks A New Meeting Facility**

REMINDER OF DISTRICT 8'S TWO WOMEN'S MEETINGS

<p>FELLOWSHIP GROUP Sundays 6:00 pm – 7:00 pm Grace Church at Bell Road 5 Bell Road, Montgomery, AL 36117 http://www.centralAA.org/fellowship-group/</p>	<p>AUTAUGA S.O.S. GROUP Saturdays 10:00 am - 11:00 am St. Mark's Episcopal Church 178 East 4th Street, Prattville, AL 36067 http://www.centralAA.org/autauga-sos-group/</p>
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ALSO, GET THE LATEST MEETING SCHEDULE AT WWW.CENTRALAA.ORG

THE NEXT ALABAMA/NW FLORIDA AREA ASSEMBLY OCTOBER 5-7, 2018

MORE INFO ON AREA 1 WEBSITE [HTTP://WWW.A.A.AREA1.ORG/](http://www.a.a.area1.org/)

CLARION INN & SUITES HOTEL

1577 S. COLLEGE STREET

AUBURN, AL 36830

IT'S NEVER TOO EARLY HEAD IN THE CLOUDS

My name is Drew. I am an alcoholic. Before being taken through the steps on a journey toward spiritual awakening, I never knew what life could be. I never understood the true potential of each moment, and to be quite frank, I still don't fully understand it. Progress, not perfection, right? As I type this, though, I am taken aback by what life is turning out to be. I didn't sign up for this, but by God I'll take it. I have found and come to know God, I have found meaning to life through service and I have been taken to a beautiful state beyond anything I ever dreamed existence could be from a place of misery and self imposed hell.

The first eighteen years of my life were spent in Catholic school. I was devout. Church every Sunday. The whole shebang. Then I got to college. Poof. Gone. In one night of loose chatter with a suitemate my freshman year, my entire spiritual/religious upbringing went out the window. Throw liquor and other intoxicants into the mix and the selfish, "self-reliant" monster began to grow. For the next ten years I practiced life on my own terms. I played God. It didn't work. My world began crashing in around me and an exponentially greater rate as time went on. But the world was to blame. Not me. Fast forward ten years and I found myself sitting in a halfway house with no degree, unable to stand on my own two feet and I was finally able to ask for help.

This man that I asked to sponsor me seemed pretty knowledgeable with respect to the Big Book and recovery in general. I was asked to do some reading. Cool. This is great. Making progress. Boom. The God wall. We sat and discussed the issue. At this point I was cool knowing that I couldn't keep doing what I was doing, but I was still apprehensive about God. I had begun to smell certain religious undertones that seemed to be getting swept under the rug with the broom of "it's spirituality, not religion." Luckily for me the first 100 covered that base and my sponsor knew how to dish it out to me. "Are you at least willing to believe that something greater than you can restore you to sanity?" and shortly thereafter "as we understood Him." These were the sparks that hit the kindling of despair and really started the fire that I continue to try to keep fed today.

So I was willing to believe that God, the Spirit of the Universe, whatever it is, could restore me to sanity. It was suggested that I continue on by cleaning house which helped point out my own garbage and I was given instructions to have it removed. This brought me to service and maintenance. The concept of service didn't really make too much sense to me until I was at this point, but being that selfishness and self-centeredness is the root of my trouble, it would only make sense that selflessness would at the very least be a major contributor to the solution. I am finding that service outside of the rooms is proving to be an incredible asset. The farther out of my own mess I am on a day to day basis, the better those days tend to be and the less likely I am to fall back into old habits and ways of thinking that can and will lead me back to a drink.

At 29, I'm finally finding that I am a far cry from who I thought I was and even occasionally still think I am. As I walk hand in hand (most of the time) with the Spirit of the Universe, I am afforded opportunities to add to the stream of life in my own, individual way. I spent majority of the last 15-20 years doing everything I could to run against the grain and assert my individuality on my terms which always left me feeling hollowed out and apart from. Alcoholics Anonymous has given me the opportunity to try another way. To try God's way. This whole time the trick was to surrender to the flow, and I would have never seen that had I not been taken through the steps and given a new blueprint for living. I continue to work to stay connected to God on a daily basis through service and spiritual searching, and it is only through this work that I have been able to even come close to finding who I really am beneath all the garbage. Life is full and rich and beautiful. Even when it sucks, which it definitely does from time to time, there's beauty to be found, and I fully attribute that shift in perspective to AA. I am truly grateful that I have been afforded another lease on life and I intend to use it to the fullest.

Drew W., WSIT (We Stopped In Time)

HOME
GROWN

REMINISCENCES

I GET TO -I DON'T HAVE TO IN AA

When the discussions in District 8, on ways to bring back the persons whom have become a little complacent coming to AA meetings, became a topic with district in 1991 and 1992. It then was voted and became an event. The ideas came from a district in South Alabama having success honoring those with more lengths of years in recovery. So Nan Lacey our DCM brought it to district and a decision was voted to call it Old-timer Picnic, then they voted to lower it from 20 years to 15 years of sobriety. As noted in the typed history given in 1993 as a typed record of the event. This function also combined the district meeting, as usual in the morning, followed by the OTP event. Due to this being a district wide invitation. Sending personal invitations made it special.

I was asked by the prior 1991 Nan Lacey DCM, and privileged to chair the second Old-timer Picnic with Sonny Holbrook DCM. August 1993. We, as in the first one, ask for each person in attendance as an Old-timer, starting with longest amount of years to share about 2-3 minutes we had a walk around microphone to be more efficient. This came down to those turning 15 years sober sharing last. We recognized those that were deceased in the year as honoring their memory.

These few beginning years were very special focus on those with time whom may become complacent. It was not "to shun-but to honor" them.

This event has changed in time to a general gathering of AA's,

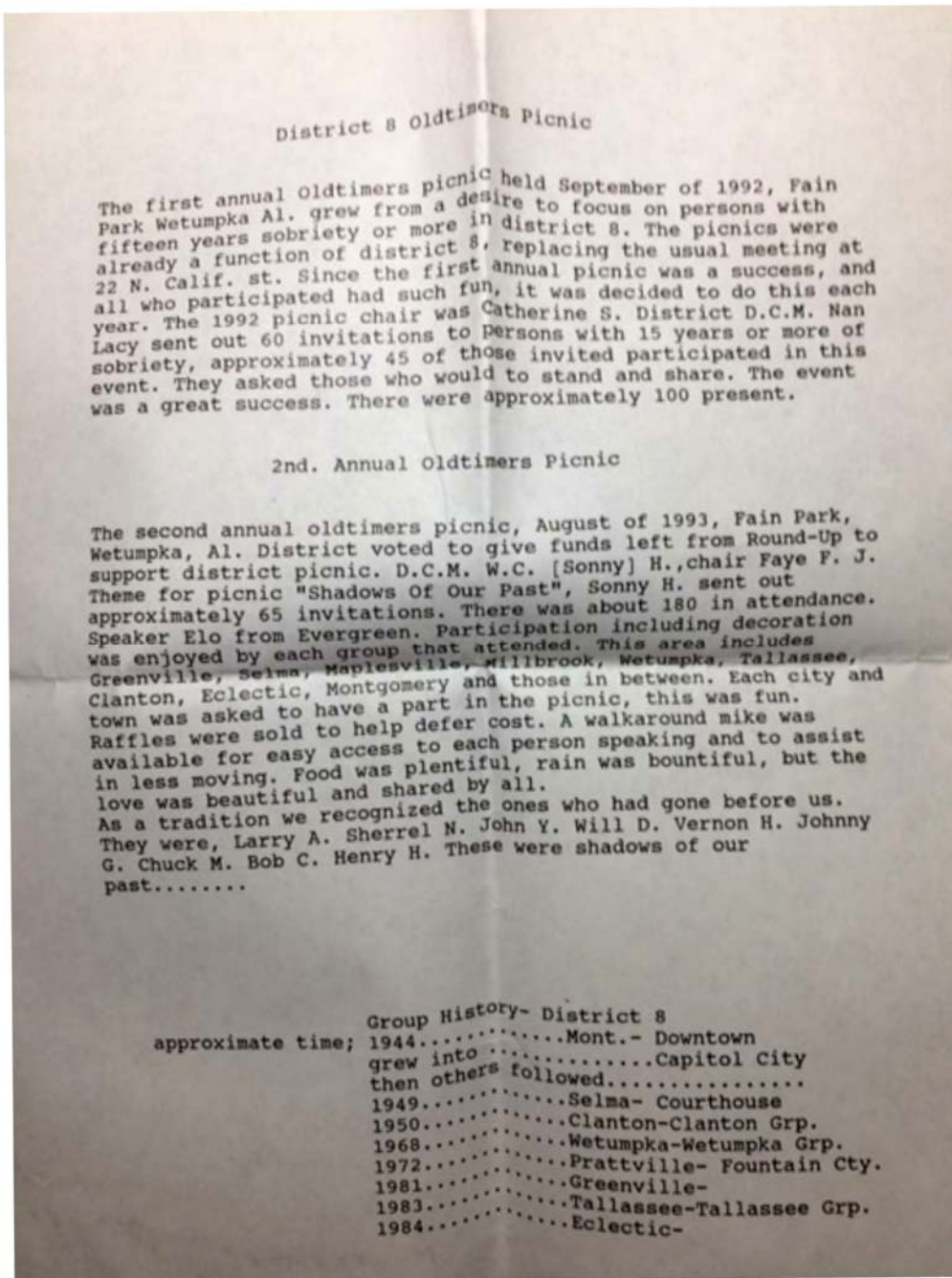
without emphasis on the intent where it was focused in origins. There seems no difference between one event and another today. So its origin has dissipated due to no written history along the way and the need to replicate. The origins were district focused in these events, the gathering of all of districts -communities, as that's also been diminished. It was to be all district groups, not a certain city

or town, but all-inclusive. Do you know all these. Check your map of districts towns and cities for district 8. It was and is dear to me, and being young in AA getting to be such a part of this event has been in my heart. I came back the 9 years while living in Tn. and then Montevallo to enjoy OTP.

I am honored to have had the privilege to share. Not just the service ,but my recollections, my old relics and memos with District 8, as I've been giving these to archives, instead of these staying in my head, my heart, or the boxes. Our history lies in sharing the written events, as the voices talking cannot at times retain. So the only way this is known is a written and shared to archives the events which have a great

meaning for those to come. Oh, but what a waste if not given away as one keeps their own sobriety, it doesn't serve well: neither does keeping your written events and those history notes. Please add yours so you can all Increase the greatest movement in our history -that being the many gifts of Alcoholics Anonymous.

In gratitude I am, *C Faye H.*





July Birthdays

FELLOWSHIP GROUP

ANNIE F	06/25/03	15 yrs
DEAN O	06/12/16	2 yrs
LEIGH ANN S	06/13/16	2 yrs
SAM T	06/22/04	14 yrs

TOTAL 23 YRS

LEGACIES GROUP

Bill Wh.	6/22/2016	2 yrs
Chris B.	6/23/2016	2 yrs

TOTAL 4 YRS

HAPPY HOUR GROUP

Michael B.	June 1 2016	2 years
Johnny E.	June 2 2010	8 years
Roberto H.	June 7 2010	8 years
Bonnie J.	June 15 2016	2 years
Will F.	June 16 2011	7 years

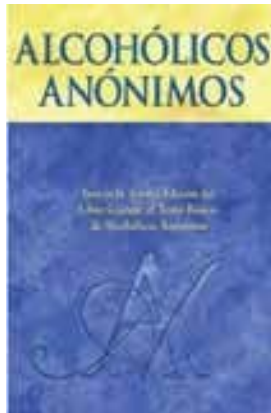
TOTAL 27 YRS

TOTAL FOR JULY 54 YEARS!

**CELEBRATING AN A.A. BIRTHDAY?
AT YOUR NEXT BUSINESS MEETING
ASK YOUR G.S.R. OR GROUP
SECRETARY TO SEND IN MEMBER
BIRTHDAYS TO THE POST.**

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, multirracial, 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

Intergruop@centralalaa.org
<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 de la recuperación en las reuniones de Alcohólicos Anónimos por favor póngase en contacto conmigo Oni S., a través de Post.Editor@centralalaa.org.



MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Updated: April 21, 2018

Group / Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY							
12 Steps Group of AA Heritage Baptist Church 1849 Perry Hill Road, 36106 (Meeting in Room 127)		C-D-ST-BG 6p					
A Vision for You Group of AA Baptist Health Training Entrance 2010 Normandie Dr., 36111			O-D 7p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Blvd., 36108						O-D 1:30p	O-D 1:30p
Chisholm Group of AA 1409 Federal Drive, 36107	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-S 6p
Fellowship Group of AA Grace Church at Bell Road 5 Bell Road, 36117 (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, 36117 (Next to Fortis College)	C-D - 6:30a C-D - 12p C-D - 6p	C-D - 6:30a C-D - 12p C-L - 6p	C-D - 6:30a C-L - 12p C-D - 6p	C-D - 6:30a C-D - 12p O-BG - 6p	C-D - 6:30a C-D - 12p C-D - 6pm O-S - 7p (1st Friday)	C-D 12p	C-D - 12p O-D - 6pm
The Legacies Group of AA 3412 Atlanta Highway, 36109 (Enter off Forest Hills Drive)	C-D - 12p C-D - 6p	C-L 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 America 1116 South Hull Street, 36104	C-D 6p		C-D 6p				
Sole Purpose Group of AA 22 North California Street, 36107	C-D 7:30p			C-L 7:30p			C-D 7:30p
Strange Camels Group of AA Immanuel Presbyterian Church 8790 Vaughn Road, 36117	C-L 7p	C-D 7p		C-D 7p			
Tradition Three Group of AA Bradford Health Services 386 St. Luke's Drive, 36117	O-D 11a	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
We Stopped in Time Group of AA Unitarian Universalist Fellowship 2810 Atlanta Highway, 36109 (Enter at back off Dunn Drive)		O-D-YP 8p				O-D-YP 8p	
CLANTON							
Clanton Group of A.A. Trinity Episcopal Church 503 2 nd Ave. S, 35045	O-D 7p			O-L 12p		O-D 7p	
GREENVILLE							
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			
HOPE HULL							
County Hope Group of AA Hope Hull United Methodist Church 305 Wasden Road, 36043 (Silver trailer behind church)		O-D 6p					
MAPLESVILLE							
Maplesville Group of AA Highway 139, PO Box 231, 36750					O-D 8p O-S 3 rd Fri.		C-D 8p

<http://www.centralAA.org/recovery/AA-meeting-list/>

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

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Group / Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene 3251 Browns Road, 36054 (In the Fellowship Hall)		O-D 6p		C-D 6p			
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 East 4th Street, 36067	O-L 12p	C-D 12p		C-D 12p	C-D 12p	C-D-W 10a	
Daily Reflections Group of AA Prattmont Baptist Church 814 Smith Avenue, 36067		O-D 8p		C-D 8p	O-D-YP 8p	O-S 8p	
Prattville Downtown Group of AA 326 West 5th Street, 36067	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-CI - 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 Dallas County Courthouse 105 Lauderdale Street, 36701	O-D 12:30p	O-D 6p	O-D 12:30p	O-D 6p	O-D 12:30p		O-D 6p
Braveheart Group of AA St Paul's Episcopal Church 210 Lauderdale Street, 36701	C-D 6p		C-D 6p				
TALLASSEE							
Ray of Hope Group of AA Kent Community Center 2872 Kent Road, Kent, AL 36078	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, Tallassee 36078		O-ST * 7p					
UNION SPRINGS							
An A.A. Group Bradford Health Services 102 Conecuh Ave, West, 36089 (In Bullock County Hospital)	O-D 7p		O-D 7p				
WETUMPKA							
Free World Group of AA Elmore County Extension Office 340 Queen Anne Road, 36092 (Metal Outbuilding)							C-D 7:30p
Wetumpka Group of AA 103 West Tuskeena St., 36092	C-D * 7p						O-D 6p

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.

LEGEND			
O = Open Meeting Anyone interested in the A.A. program may attend.		C = Closed Meeting Limited to those with a drinking problem and a desire to stop drinking	
D = Discussion Meeting	Sp = Speaker Meeting	L = Literature Study (BB, 12/12, etc.)	St = Step Study
Cl = Candlelight Meeting	W = Women's Meeting	LGBT = Lesbian, Gay, Bi, Transgendered	BG = Beginners Meeting
Sm = Smoking Permitted	YP = Young People & Young at Heart	* = Al-Anon Meets Simultaneously	** = Alateen Meets Simultaneously

Montgomery Intergroup Central Office
828 Forest Avenue, Suite A, Montgomery, AL 36106
Open Mondays from 10 am until 2 pm.

<http://www.centralalAA.org/recovery/AA-meeting-list/>

CONCEPT VII

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal Instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

This concept looks like it doesn't quite make sense. First the General Service Board the Charter and the Bylaws are a legal instrument. Then the conference charter* itself isn't a legal instrument but rather an informal statement based heavily in the traditions and concepts used to be a guide to the Trustees we entrust with legal power of A.A.W.S and its services.

Yet somehow if things get in a pinch the General Service Conference has the right to eliminate the funding to the Board of Trustees. But also the board of trustees has an equal authority it may exercise and just veto any directives they wish, if they feel that the Conference is out of line. Essentially rendering both parties inoperable of stalemate. Alas, the power of the purse is the queen in this game of chess and it's held by the Conference authority. But for some reason it works very well. The how of it is what I will do my best to explain.

Okay, so in 1950 we knew that our funds shouldn't be placed in complete far-flung control of the board of trustees. To do so would leave A.A. world services in the clutches of our stingy father. This definitely would not stand according to our second tradition where we use the "group conscience" to allow our God to direct our thinking and come to a decision that makes the most sense for the growth and well being of our society. We had to come up with a solution to this probable outcome that would satisfy our need to have the Conference provide the group conscience directives to the board of Trustees who are entrusted with the legal authority to carry those directives out. Thus was born the conference charter.

The heartbeat of these entities is the conference charter, concept one. The charter itself is not a legal document but rather an informal agreement held between the Trustees and the

Conference. While the first concept reminds us that responsibility for the services of AAWS belongs to the groups. The Conference is the proprietor of AAWS who's decisions are firmly rooted in the twelve traditions. The trustees authorize the use of the document while the first concept validates it in order to create a checks and balances.

My understanding and experience of this concept is limited however I believe it expresses the symbiotic relationship between the conference and the board of trustees. The conference is the the voice of A.A. that meets once a year in New York to discuss recommendations to pass on to the board of trustees. The board of trustees has legal control over the funds and services of A.A. Though it has no salaried interest the board has the legal right to say no. On the other hand the conference has such an influence that it could overcome the legal power of the board of trustees i.e. the power of the purse. Each uses its powers for constructive use if need be though they often do not conflict. One could not exist with out the other. In order to help the still suffering alcoholic this balance appears to be able to sustain itself indefinitely.

* The Current Conference Charter can be found on Pg. S103 of the A.A. Service Manual.

Travis M., WSIT (We Stopped In Time)



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

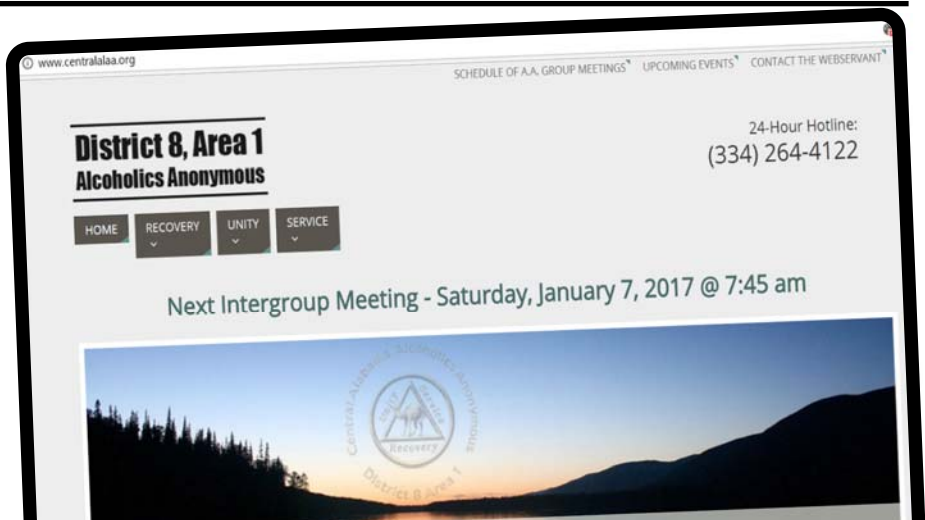
NEWS - EVENTS - MEETINGS

DON'T FORGET OUR WEBSITE

WWW.CENTRALALAA.ORG

<http://www.centralalaa.org/>

UNITY - SERVICE - RECOVERY





Old Timer's Celebration



August 18, 2018



Traditionally Speaking...



❖ 9:30 a.m. *Welcome and Fellowship*



❖ 10:00 a.m. *Barbara K.
Al-Anon*



❖ 11:15 a.m. *Charles C., The Calera Group
AA*



❖ 12:15 p.m. *Lunch*



❖ 1:15 p.m. *Ask-It-Basket*



❖ 2:45 p.m. *Craig M., The Legacies Group
AA*



Potluck

Please bring your favorite dish to share



*Whitfield United Methodist Church
2673 Fisk Road, Montgomery, AL 36111*



Please Save the Date

Prattville Downtown Group's 20th Anniversary



September 8, 2018

St. Mark's Episcopal Church
178 East 4th Street, Prattville, AL

AA Speaker:
Dale J.

More details to follow.
This is an OPEN event.
ALL are welcome to attend.
There will be food, fellowship and fun!



Riverchase AA Group

27th Anniversary Saturday August 4th

Riverchase United Methodist Church 1953 Old Montgomery Hwy
Hoover, Al. 35244

4:30 Social hour

5:30 BBQ, & Sides, bring your favorite desert!

50/50 Raffle

6:30pm Speaker Garland B. an original Riverchase member

Sobriety Count down

AA Archives Display

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