

EDITOR'S CORNER

It's a new year! What will 2022 bring? Hopefully we can continue with in-person meetings and with our usual annual celebrations and gatherings (look for pics from the Montgomery Anniversary Celebration in the March edition). In this issue, you will find writings on steps 1 and 2, a history article from a previous addition, the meetings schedule, and a list of submitted birthdays for the months of January and February.

We encourage all GSRs or secretaries to send in your group's birthdays to us at post.editor@centralalaa.org. We also would like to get the word out that we need writers! We have open positions for History and Traditions. Please email for more information!

Gratefully yours,
Allison K.



A.A. HISTORY An International AA Program and an International Convention

On September 9, 2019, something special happened. Registration began for the International Convention of Alcoholics Anonymous. This event is held every five years in a major city where more than 50,000 people gather to celebrate their recovery. This year the conference will be held in Detroit, Michigan.

One of the things to be grateful for in AA is the large number of us that work the program and the many opportunities that number provides. Even in the greater Montgomery area, there are numerous meetings and home groups that cater to different ages, genders, and purposes (such as literature studies, open meetings, closed meetings, women's meetings, etc).

But what's even more astonishing and exciting is the spread of AA throughout the world. By the beginning of the twenty-first century, AA had spread, our Big Book informs us, to "100, 800 groups meeting in approximately 150 countries around the world." Our Big Book has also been translated in seventy languages as of 2017.

The International Convention allows people from all over the world to come together in one place and speak one common "language of the heart." The

event occurs in major cities of the United States or Canada every five years. The first convention was held in 1950 to celebrate AA's fifteenth anniversary, and this was where the Twelve Traditions were first adopted. By the time the thirtieth convention was held in Toronto in 1965, the event was truly self-supporting, with 10,500 people in attendance. By 1980, that number had doubled.

This coming July, with the theme of "Love and Tolerance is Our Code," AA will celebrate its eighty-fifth anniversary event. The convention is typically held over a weekend (this time July 2-5, 2020), with open meetings, panels, and workshops on Friday, Saturday, and Sunday. The flyer tells us that subjects will include "Came to Believe," "Healing Through Laughter," "Tolerance and Trust," and many more. The event also features a flag ceremony representing all the countries in attendance.

Those interested in learning more about the International Convention should check out the official Alcoholics Anonymous website at aa.org. On that page, you may find a video invitation to the event, information about registering, opportunities for volunteering, and news about available lodging and transportation.

Shannon H., Fellowship Group



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Suggestions on topics you want explored? Contact us at Post.Editor@centralalaa.org

WOULD YOU LIKE TO VOLUNTEER OR CONTRIBUTE TO THE POST?

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

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

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Contributions for print subscriptions are encouraged.

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MARK YOUR CALENDAR

**Intergroup Monthly Meeting
Saturday, April 9, 2022**

8:00 a.m. @ Legacies Group (via Zoom)
3412 Atlanta Hwy, Montgomery, AL 36109

**District 8 Service Meeting
Saturday, April 9, 2022**
9:30 a.m. @ Legacies (via Zoom)

**FOR THE MOST UP TO MEETING SCHEDULE,
PLEASE VISIT
www.centralalaa.org/meetings**

* SUBJECT TO CHANGE. Please check website.

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



SERVICE ALERT

Post Positions Open - 12 month commitment:
All Post Positions are up for renewal at end of year. Voting will be in October. If interested be sure to contact Post.Editor@centralalaa.org

All Intergroup positions are up for renewal at end of year. Voting is to be in October. If interested, please contact your Intergroup Chair or come to IG meeting.

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

The Post

POWER OF SOBER THOUGHT

THE POST COMMITTEE

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SUGGESTIONS ON TOPICS YOU WANT
EXPLORED?
TO GET INVOLVED, CONTACT US AT
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LITERATURE AT CENTRAL OFFICE

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

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

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: August 5, 2021

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

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY							
12 Steps Group of AA Heritage Baptist Church, Rm 127 1849 Perry Hill		C-D-ST-BG 6p					
A Vision for You Group of AA Baptist Health Training Entrance 2010 Normandie Dr.	Temporary Inactive		O-D 7 p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Boulevard	Temporary Inactive					O-D 1:30 p	O-D 1:30 p
Chisholm Group of AA I-409 Federal Dr.	C-D-SM 12p C-ST-SM 6p	C-D-SM 12p C-D-SM 6p	C-D-SM 12p C-L-SM 6p	C-D-SM 12p C-D-SM 6p	C-D-SM 12p C-D-SM 6p	C-D-SM 6p	O-SP 6p
Fellowship Group of AA Grace Church at Bell Road 5 Bell Road (Corner of Bell Rd & Atlanta Hwy)	C-L & BG * 6 p	C-D & BG * 6 p		C-D & BG * 6 p	C-L & BG * 6 p	O-SP 6p	C-D* 2p C-D-W 6p
Happy Hour Group of AA 3466 Eastdale Circle (Next to Fortis College)	C-D 6:30 am 12p & 6p	C-D 6:30 am & 12p C-D (12x12) 6p	CD 6:30 am C-D BB 12p CD 6p	C-D 6:30 am & 12p O-BG 6p	C-D 6:30 am 12p & 6p O-SP 7p 1st Friday	C-D 12p C-D 8p	C-D 9 am C-D 12p O BG 6p
The Legacies Group of AA 3412 Atlanta Highway (Enter on Forrest Hills) Zoom ID 798-727-9234 PC Awakening	C-D 12p C-D (zoom) 6 p	CL BB 12p	C-D 12p O-SP 8p	C-L (12X12) 12p	C-D 12p C-D-CI 8p CD CI (zoom)8p	C-D 12p	C-D 9am C-D (zoom) 9a
Grupo Ayudate a Ti Mismo 3412 Atlanta Highway (Enter on Forrest Hills)	O-D 7:30-9p HISP	O-D 7:30-9p HISP				O-D 7:30-9:30p HISP	O-D 11a-1p HISP
Living Sober Group of AA Church of the Ascension 315 Clanton Ave. 36104 meeting in the Joshua house	C-D 6p		C-L 6p				
Sole Purpose Group of AA 22 North California Street		C-D 7:30p		C-L BB 7:30p			
Strange Camels Group of AA Immanuel Presbyterian Church 8790 Vaughn Road	C-L 7p	C-D 7p		C-D 7p			
Tradition Three Group of AA 386 St. Lukes Drive Bradford Health Service Building	O-D 11a Temporary Inactive	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
We Stopped in Time Group of AA	Temporary Inactive						
CLANTON							
Clanton Group of AA Church of Christ 111 Lay Dam Rd. Clanton, AL 35045	O-D 7p			O-L 12p		O-D 7p	
GREENVILLE							
Camellia City Group of AA Greenville Housing Authority 601 Beelant St, 30637 334-437-2015	C-D 7p			C-D * 7p			
HOPE HULL							
County Hope Group of AA Hope Hull United Methodist Church 305 Wasden Road (Silver trailer behind Church)		O-D 6p		O-BB 6p			
https://www.centralalaa.org/meetings							

Continued on reverse side

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene Fellowship Hall 3251 Brown Road		O-D 6p		O-D 6p		O-D 6p	
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 E 4th Street	O-L 12p	C-D 12p		C-D 12p	O-L 12p	C-D-W 9a	
Prattville Downtown Group of AA 326 West 5th Street	O-SP 6:30p	O-BG 6:30p	O-D 12p C-D 6:30p	C-L 6:30p	O-SP 6:30p	C-D 12p C-D-CI 6:30p	O-D 12p O-SP 6:30p
SELMA							
5th Tradition Group of AA West End Baptist Church 504 Cahaba Rd 36701					C-D 6p		
Selma Group of AA Courthouse, Alabama Ave & Lauderdale St	O-D 12:30p	O-D 6p	O-D 12:30p	O-D 6p	O-D 12:30p		O-D 6p
Braveheart Group of AA St. Paul's Episcopal Church 201 Lauderdale Street	C-D 6p		C-D 6p				
THORSBY							
Thorsby Group of AA Thorsby Annex 12 Minnesota Ave, Thorsby			O-D 7:30p				O-D 8a
TALLASSEE							
Ray of Hope Group of AA 2872 Kent Road, Kent	O-L 7p		C-D 7p		O-D 7p		C-D 3p
WETUMPKA							
Free World Group of AA Elmore Co. Extension Office, metal bldg. Highway 14, Queen Ann Road							O-D 6p
Wetumka Group of AA 103 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	HISP = Spanish Speaking	Literature Study (BB, 12/12 or Other)
SP = Speaker	YP = Young People & Young at Heart	LGBT = Lesbian, Gay, Bi Transgender
SM = Smoking	ST = Step Study	* Al-Anon meets Simultaneously
CI = Candlelight Meeting	BG = Beginners	** Alateen meets Simultaneously
W = Women	L = Literature	

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

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

STEP ONE WE ADMITTED WE WERE POWERLESS OVER ALCOHOL – THAT OUR LIVES HAD BECOME UNMANAGEABLE.

I was three months into recovery when I heard someone in a meeting say that the first word of the first step was "we." That was the first time I realized that it was a "we" program, but after thinking about it I realized that I had been experiencing that since I first stepped in the door of AA. The first time I came to a meeting I was completely broken. I had been trying to stop on my own for a couple of years, but I couldn't. I would get up my resolve, determined to stop, but I kept ending up drunk. When things got bad enough I finally reached out for help to a friend I trusted, he said he couldn't help me with my drinking problem because he had never experienced that, but he knew some people that could and he directed me to AA.

One of the problems I have as an alcoholic is that I don't see myself as part of the whole. I suffer from delusions of grandeur and morbid self reflection. I think I'm either the best or the worst. One great thing the first step does is give me the opportunity to be the same as everyone else

by admitting I'm powerless over alcohol and my life is unmanageable. It seems like a funny way to gain acceptance, but it's real. When I can just be another guy taking his seat on the recovery bus, then I'm the most content. I don't have to be the leader of AA and I'm not an outsider, I'm right in the middle with everyone else because I have the same problem and I'm practicing the same solution. Being right in the middle of AA is the best place for me to be not only because it keeps me balanced but also because it is there that I am surrounded by love.

Last summer I met up with some friends for breakfast I hadn't seen in a while and we talked about what God was doing in our lives. When we finished we got up, held hands and we were about to pray when my friend Jerry said, "Mike, step into the middle of the circle." My four friends held hands while they stood around me, then Jerry said, "Mike, whenever you're feeling alone or afraid, remember this, remember that you are surrounded by love right now." Now whenever I stand to say the Lord's Prayer at the end of a meeting I think of that. The "we" in the first step reminds me that I am surrounded by love right now.

Michael D.

**HOME
GROWN**

STEP TWO CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

Chapter four of the Big Book, titled "We Agnostics," is all about step two. Bill W. and the first one hundred wrote that step two was the purpose of the book. On page 45 they write that the "main object" of the Big Book "is to enable you to find a Power greater than yourself which will solve your problem."

I didn't think step two would be a problem when I first worked the steps because I was very religious, like really religious, like I was in seminary at the time. I didn't think I would have to adjust my thinking about God at all, in fact I thought I had a few things to teach the people in AA about God. Then my sponsor, who didn't go to church, was telling me I needed to have a spiritual experience and that annoyed me. Didn't he realize I had a Bible degree and had worked for churches and Christian non-profits? Somehow that didn't impress him. He told me, "you know a lot of stuff, but you don't know anything about being sober." And he was right. All my head knowledge about God hadn't been enough to keep me sober. I needed a spiritual experience and it came when I recognized that God was a power greater than myself.

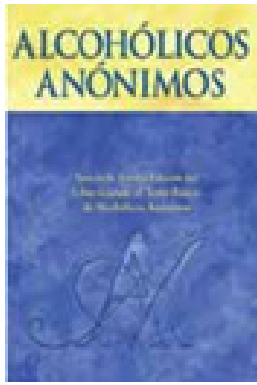
One of the keys to sobriety is open mindedness, and my dogmatic theology had locked me into a very closed-minded view about God. I thought since I had a pretty good grasp on Christian theology and that meant I pretty much had God figured out. Of course I would never have admit-

ted that, not even to myself. I had a smug spiritual pride and thought that my beliefs were the only right ones. I had turned God into a tool to promote myself. What I had to do in step two was recognize that God was a power much greater than myself, including my mind. I had to recognize that what I thought I knew about God was not all there was to know, and that I might be wrong about some or all of it. I also had to be willing to listen to people who may not have the same ideas about God that I had. Being open-minded about my conception of God actually helped restore me to sanity.

It's pretty crazy to think that I know all there is to know about God, but that's pretty much what I thought. When I was drinking I would pray and ask God to forgive me for drinking and then resolve to never do it again, only to fail. I don't know if I ever asked God to keep me from drinking. I don't remember if I did, but I probably didn't because I didn't think God was big enough to do that. Step two was another admission of defeat for me because I had to admit my thinking was wrong and that I didn't know as much about God as I thought I did. Really, that I might not know anything about God, but that didn't mean he, she, it or they didn't want to work with me. Admitting my ignorance and self-centered insanity about God was actually one of the important doorways I had to walk through in order to allow God to work with me, who I discovered as simply a power much greater than myself.

Michael D.

**HOME
GROWN**



¿QUÉ ES A.A.?

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

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

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

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

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

828 Forest Avenue, Suite A

Montgomery, AL 36106

Tel: (334) 264-4122

Intergroup@centralalaa.org

<https://www.aa.org>

>> para mas informacion y recursos en Espanol

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



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