

### EDITOR'S CORNER

During these different times, we at the POST would like to feature new articles relating to recovery. As you know, we always cover a step, a tradition, a concept, and something relating to AA history. We would also like to have other articles from those we serve. There are so many who are home due to the current world situation so we would like to hear from YOU! We welcome your articles sharing your experience, strength, and hope through sobriety as well as how you are navigating the current times. You could share exactly what someone else needs to hear! And as always, if there is a topic you would like

to see covered in The Post, please let us know. [Post.Editor@centralalaa.org](mailto:Post.Editor@centralalaa.org).

We are not in this alone... and never have been! In this month's issue of The Post, we are also featuring a new section about Recovery Abroad. We hope you enjoy and we look forward to seeing you all again in the rooms, but until then, enjoy the written Power Of Sober Thought!

In love and service,  
Natalie C. - Strange Camels



### A.A. HISTORY Fear to fearless 2020

Fear stops us in our tracks, keeping us frozen in time. In facing fear, history has shown how overcoming fear to step into faith through actions resulted in helping to start Alcoholics Anonymous. (\*Bill.W. History pg. 175.)

Bill W. History shows how the black terror would suddenly engulf him. (also called fear, and the Four Horsemen.) His fears took over his days, which he would relive with emotional recall for a long time. (Bill W.\* Pg.175.) He had many things to fear that "only a drink would fix," eventually to be locked up or go insane. However, with Silkworth's prognosis and Lois's promoting, he could stay sober for weeks. Then his morbid thoughts would occur again and he seemed doomed.

As we know from history Ebby T. appears to give Bill W. "a message of hope and light" through sober living based on spiritual thoughts....ergo Alcoholics Anonymous was born. "Out of fears came a fearless attempt at sobriety to sober living through a power greater than himself."

With faith in our higher power today, we are witnessing history which will be noted in our future. Through

our dreaded isolation, with modern technology, we are able to come together with new ideas in AA as never seen before during this opportunistic event called Covid19. It has placed us in history with the cancellation of our beloved International Convention in July, and our local meetings of A.A around the globe. It has caused us to rethink our health and mental state, as well as our spiritual footing. So, you who are reading this Post today, are part of this history, as not experienced before at this level, and or in these new formats.

I'm positive our founders would be proud we found a way to trudge through these times, and be amazed at our advanced technology. How awesome to have history, and to be a part of future history in A.A. Through fearless faith that works, trusting in a God of our understanding, we learn to walk through our fears. May you know this peace, and keep trudging the road to happy destiny.

In Fellowship, with love for A. A.  
Your servant, Faye H. 2020  
Fellowship group



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Suggestions on topics you want explored? Contact us at [Post.Editor@centralalaa.org](mailto:Post.Editor@centralalaa.org)

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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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[Post.Subscription@centralalaa.org](mailto:Post.Subscription@centralalaa.org)



**MARK YOUR CALENDAR**

**Intergroup Monthly Meeting  
Saturday, May 2, 2020**

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

**District 8 Service Meeting  
Saturday, May 2, 2020**

9:30 a.m. @ Legacies

\* SUBJECT TO CHANGE. Please check website.

MORE EVENTS & INFO:  
[WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/](http://WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/)



**SERVICE ALERT**

Post Positions Open - 12 month commitment:  
POST Distribution - emailing the monthly POST to email recipients, printing and mailing the hard copies for those who do not receive it by email. Please contact Natalie C. or [post.editor@centralalaa.org](mailto:post.editor@centralalaa.org) if willing and able to serve!

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Please contact  
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# The Post

POWER OF SOBER THOUGHT

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INTERGROUP/LITERATURE/

LITERATURE AT CENTRAL OFFICE

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## Staying Sober Under All Conditions

It was not so very long ago that a situation such as we find ourselves in now would have driven me to self-pity, anxiety, high drama and drink. I am so grateful that today I have a solution that works under all conditions: carrying this message to alcoholics and practicing these principles in all my affairs.

As more and more of our communities cope with the coronavirus pandemic, so too are our A.A. groups and members facing difficult questions that must be asked and answered. In the greater River Region (District 8, Area 1) our members stand fast in their dedication to carrying the message of hope and recovery from alcoholism to the next suffering alcoholic. We have had to make some changes: some of our landlords are not letting us hold our meetings; some groups have searched their conscience and have closed their doors temporarily, moving to a digital platform as the group or together with other

groups; some groups continue to meet at their normal time, but are mindful of social distancing both in the meeting itself and in prayer. All of us want to be available.

Your District 8 web committee will try to keep our information up to date. Groups which have notified us they are closed for whatever reason have been removed from the meeting guide temporarily. They are also listed below. Please know that as soon as you alert us, we will put you back in all places. If your group makes this decision, please notify us (email [webservant@centralalaa.org](mailto:webservant@centralalaa.org)) and we will likewise update our schedule and post. If any information on the schedule, the meeting guide app, or this website is incorrect, please let us know that, too.

If you are looking for an A.A. meeting and cannot find one, please call the A.A. Hotline, 334-264-4122, and our volunteers will do everything we can to put you in contact with the fellowship you need – online or in person.

### Groups Temporarily Closed:

- Legacies Group - Zoom Meetings 798 727 9234 Legacies
- Tradition Three Group
- Strange Camels Group - Zoom Meetings 238 070 075 Camels
- County Hope Group
- Happy Hour Group - Zoom Meetings 495 067 7529 happyhour
- Fellowship Group - Zoom Meetings 904 607 1461 howitworks
- PDG Group - Zoom Meetings 737 748 024 070202

*Reprinted from District 8 website*

**Have a burning desire to share your experience, strength and hope? Send your article to [post.editor@centralalaa.org](mailto:post.editor@centralalaa.org).**

**MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS**

*Meeting Schedule: January 13, 2020*

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

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MONTGOMERY</b>							
<b>12 Steps Group of AA</b> Heritage Baptist Church, Rm 127 1849 Perry Hill Road		C-D-ST-BG 6p					
<b>A Vision for You Group of AA</b> Baptist Health Training Entrance 2010 Normandie Dr.			O-D 7p				
<b>Chapter 9 Group of AA</b> CAP Auditorium 1153 Air Base Boulevard						O-D 1:30p	O-D 1:30p
<b>Chisholm Group of AA</b> 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	C-D-Sm 6p	O-S 6p
<b>Fellowship Group of AA</b> 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 Women's Mtg 6p
<b>Happy Hour Group of AA</b> 3466 Eastdale Circle (Next to 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 O-BG 6p	C-D 6:30a 12p & 6pm O-S 7p 1st Friday	C-D 12p	C-D 12p O-D 6pm
<b>The Legacies Group of AA</b> 3412 Atlanta Highway (Enter on Forest Hills Dr)	C-D 12p & 6p	C-L 12p	C-D 12p O-S 8p	C-D 12p	C-D 12p C-D-CL 8p	C-D 12p	C-D 9a
<b>Living Sober Group of AA</b> Mental Health Building 1116 South Hull Street	C-D 6p		C-L 6p				
<b>Sole Purpose Group of AA</b> 22 North California Street	C-D 8p			C-L 8p	C-D 8p		C-D 8p
<b>Strange Camels Group of AA</b> Immanuel Presbyterian Church 8790 Vaughn Road	C-L 7p	C-D 7p		C-D 7p			
<b>Tradition Three Group of AA</b> 386 St. Luke's Drive Bradford Health Services building	O-D 11a	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
<b>We Stopped in Time Group of AA</b> Unitarian Universalist Fellowship Church (rear entrance, downstairs) 2810 Atlanta Highway		O-D 8p YP				O-D 8p YP	
<b>CLANTON</b>							
<b>Clanton Group of AA</b> Trinity Episcopal Church 503 2 <sup>nd</sup> Ave. S, Clanton, AL 35045	O-D 7p			O-L 12p		O-D 7p	
<b>GREENVILLE</b>							
<b>Camellia City Group of AA</b> Greenville Housing Authority 601 Beeland St, 36037 334-437-2015 or 334-662-7129	C-D 7p			C-D * 7p			
<b>HOPE HULL</b>							
<b>County Hope Group of AA</b> Hope Hull United Methodist Church 305 Wasden Road (Silver trailer behind church)		O-D 6p		O-BB 6p			

*Continued on reverse side.*

<https://www.centralalaa.org/meetings>

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MONTGOMERY INTERGROUP DIRECTORY OF A.A. GROUP MEETINGS							
Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MAPLESVILLE</b>							
<b>Maplesville Group of AA</b> Highway 139, PO Box231, 36750					O-D 8p O-S 3 <sup>rd</sup> Fri.		C-D 8p
<b>MILLBROOK</b>							
<b>Primary Purpose Group of AA</b> Church of the Nazarene, Fellowship Hall 3251 Browns Road		O-D 6p		O-D 6p		O-D 6p	
<b>PRATTVILLE</b>							
<b>Autauga S.O.S. Group of AA</b> St. Mark's Episcopal Church 178 East 4th Street	O-L 12p	C-D 12p		C-D 12p	C-D 12p	C-D Women's Mtg 10a	
<b>Prattville Downtown Group of AA</b> 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
<b>SELMA</b>							
<b>5th Tradition Group of AA</b> West End Baptist Church 504 Cahaba Rd 36701					C-D 6:00p		
<b>Selma Group of AA</b> 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
<b>Selma Men's Group of AA</b> St Paul's Episcopal Church 210 Lauderdale Street	C 6p		C 6p				
<b>TALLASSEE</b>							
<b>Ray of Hope Group of AA</b> 2872 Kent Road, Kent	O-L 7p		C-D 7p		O-D 7p		C-D 3p
<b>12&amp;12 Group of AA</b> E. Tallassee United Methodist Church 101 Central Blvd, East Tallassee		O-ST * 7p					
<b>UNION SPRINGS</b>							
<b>Bullock County Hospital Detox Unit</b> 102 Conecuh Ave Union Springs, AL	O-D 7p		O-D 7p				
<b>WETUMPKA</b>							
<b>Free World Group of AA</b> Elmore Co. Extension Office, metal bldg Highway 14, Queen Ann Road							C-D 7:30p
<b>Wetumpka Group of AA</b> 103 West Tuskeena St.	C-D * 7p						O-D 6p

**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](http://www.centralalaa.org)  
 828 Forest Avenue, Suite A • Montgomery, AL 36106 • Open Mondays 10 – 2pm**

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#### **STEP FOUR "MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES."**

When I first started coming to AA meetings and heard Step 4 being discussed, I did not understand what was meant by "resentments". In my delusion, I did not believe that I had resentments against others. I was slowly realizing that others were justified in having resentments toward me, but I did not see that I had resentments towards them. Then, one day in a meeting, I heard someone describe resentments as those people, places, and things that he "drank over". That description helped put a chink in the wall of pride and fear that I had built around myself. I realized that my resentments were many! It was a beginning. But just a beginning. I also had to resign as my own sponsor and ask another woman in the program to help me. For me, Step 4 was one that could not be taken successfully without the help of another person in recovery.

The Big Book talks about the 4th Step as akin to a business that must take inventory to be a thriving entity. Even though my college days were decades in the past when I came to AA, I remembered the Accounting classes that emphasized the importance of taking inventory in order to determine the things that were profitable and those that were not. I could deny many things about myself before sobriety, but by the time I found myself in

AA I could no longer deny that my way of running my life was not working and I needed to make changes. I began to understand that an inventory, a "searching and fearless moral inventory" of myself, was necessary for any positive change to take place. I needed to put it on paper. Just like an inventory for a business entity, there needed to be a record in writing so that it could be analyzed and reviewed with someone who knew more about sobriety than me and could help me construct a plan of action. Step 4 is the first action step, but for me Step 4 revealed the problems; continuing on to Step 5 was the beginning of finding solutions to these problems.

Today, I am thankful for a sponsor that made constructive suggestions to keep me progressing as I worked on this step. I am thankful that she did not allow me to spend time "stewing" over my past before I talked it over with her. I am thankful that my sponsor helped me go from Step 4 to Step 5 without delay so that we could move from the problem to the solution before I drank over my resentments yet again. And today I am thankful that I have this tool to help me deal with situations that can allow resentments to grow and threaten my physical and emotional sobriety.

Bonnie C  
Legacies

**HOME  
GROWN**

#### **TRADITION FOUR EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR A.A. AS A WHOLE.**

In 1948, the March edition of the Grapevine contained a letter written by Bill introducing Tradition Four to the fellowship. In the article, Bill states this Tradition is a specific application of two previous Traditions. Tradition One discusses each member as a part of a greater whole and A.A. must continue for us as individuals to survive; individual welfare follows a close second. In Tradition Two Bill states that our group ought to rely on a loving God as our ultimate authority. We should keep these ideas in mind as we read the long form of the tradition.

*With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.*

Many times, this Tradition is mistakenly interpreted as a license for an A.A. Group to do what they want with no thought of A.A. as a whole. I have heard many times (and even said) in a group conscience, at district, or at Area "We can do what we want. Every group is autonomous". When I first read the Tradition, I believed these words true. After reading A.A. Comes of Age, some of Language of the Heart and the 12x12 (and experiencing our conscience within various A.A. Groups at each level) I started to see my belief was based on a superficial reading of the short form

of the tradition.

The first sentence in the Tradition states group affairs are governed by no other authority than its own conscience. This means groups can decide how it begins its' meetings, how it ends its' meetings, and the type of meetings held. The groups can decide when and where they will meet and how they shall spend their funds. Each group is autonomous and they can design their group to meet the needs of their members. Also, this means an A.A. group can believe or act any way its likes.

So, what of decisions that impact A.A. as whole? No committee or authority within A.A. should question a group's decision. Each A.A. group has the right to be wrong. For example, if a group wanted to hire a doctor to teach newcomers about the medical aspect of alcoholism, they have the authority to do so. While this would be outside our Tradition, the group has the authority and right to do as they want. The "A.A. police" is not needed to coerce the group to behave. Bill writes, "Their own experience (the erring group), plus AA opinion in the surrounding groups and God's prompting in their group conscience would be sufficient" to guide the group.

A.A. experience on how to avoid the type of example given above is reflected in the second half of the Tradition. A groups complete autonomy of thought and action ought to apply to the group's own affairs. Any action taken by a group that impacts the welfare of surrounding groups or A.A. as a whole "would not be liberty at all. It would be sheer license; it would be anarchy, not democracy". If any action by an A.A. group (local group, district, area, etc.) will affect other groups, it should be discussed with those groups. If the groups are fully informed, the decision made would express God's conscience for a group of groups.

*Continued on page 7*

**Tradition Four, Continued from page 6**

The chapter on Tradition Four in our 12x12 gives a great example of a group who exercises its will beyond the point of its own affairs. The group believed they had a lot of great ideas. And the group took action on most of those ideas. In the example, no central authority came down on the group for not following A.A. experience. Instead the consequences of its own actions taught the group humility and gave A.A. its favorite rule, "Don't take yourself so damn serious".

Tradition Four states individual groups have the freedom to do as they want but the freedom comes with the responsibility to protect the fellowship as a whole. As with the

individual conforming to the Steps voluntarily, the group is shown once again that it must follow certain principles on its own choice. So where are these principles the Group must follow? As it was taught to me, the study and application of the remaining Traditions will ensure a group is cognizant of our common welfare at any level our service structure.



Trei J., Strange Camels Group

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

**CONCEPT FOUR**

**Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.**

Bill states at the opening of Concept IV in the Service Manual: "The principle of "Participation" has been carefully built into our Conference structure. The Conference Charter specifically provides that the Trustees, the Directors of our service corporations, (A.A. World Services, Inc. and The A.A. Grapevine, Inc.) together with their respective executive staffs, shall always be voting members of the General Service Conference itself." In the early days of A.A., the headquarters was run on "authoritarian" and "institutional lines". The Trustees basically had the final say in important discussion and decision making and there was very little delegation overall. This caused a lot of "grievous trouble" and misunderstanding. But out of this learning experience the "Right of Participation" was born. Somewhere it is stated that absolute power corrupts absolutely. And after many quarrels with trusted servants, our co-founder began to ponder the matter, stating "-we began to wonder how much absolute authority over money and people any one of us could handle. Also, how much of this type of coercion we alkies on the receiving end could sit and take. In any case it had become dead sure that our Headquarters could not be run by two executive committees and a dummy corporation, each able to issue point-blank nonparticipating directives.

When I sit back and apply these considerations to my own life my experience has proven it to be true. Anytime I have ever felt like I didn't have a say in how things were going I rebelled or actively worked against whatever I felt was being put upon me. Somewhere in the 12&12 it states that defiance is the outstanding characteristic of the alcoholic. Being forced to do anything just doesn't sit well with me. So I was relieved when I was told that all of

A.A. steps are merely suggestions. This made the program appealing to me. No one was forcing me to do anything. They were sharing with me what worked for them and said that I could have the peace they found in the program if I walk this path too. Also important was the fact I was an A.A. member when I said I was. I had just as much a right to my place in A.A. as the old timer who had been around for 25 years. I was never made to feel as if I were a "second class A.A. member". So for me, it makes perfect sense that this same thinking should apply to A.A. general service work as well.

So all members of the General Service Conference have the right to participate and have a voice in discussion and decisions being made and almost all of them have a vote, except for paid workers. Even so, their advice is needed and they attend quarterly meetings of the G.S.B., so they can freely take part in any debate. Bill wraps up Concept IV by saying "There is another good reason for "participation," and this one has to do with our spiritual needs. All of us deeply desire to belong. We want an A.A. relation of brotherly partnership. It is our shining ideal that the "spiritual corporation" of A.A. should never include and members who are regarded as "second-class." ... Just as there are no second class A.A.s, neither should there be any second class world service workers, either." So Concept IV effectively ensures that we belong and that we are indeed trusted servants for Alcoholics Anonymous.

Love & Service

Jay W., Legacies Group

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



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## Recovery and Living Abroad

My name is Les H and I am an alcoholic. In late October of 2018 my wife Patty and I picked up our house and moved from Pensacola, Florida to Stuttgart, Germany. When we first announced to our friends that we were moving to Germany, they all wanted to know, "Are you excited about living in Germany for a few years?" "No," I would answer, "I'm not. But I AM curious to see what Higher Power, The Universe, God will unfold for us." Patty, who got sober in Montgomery in 2001 and lived in Prattville the first 12 years of her sobriety, accepted a position in Europe for the last years of her tenure as a Federal employee. "We could travel all over Europe!" she said with much excitement. And travel we have! Many times incorporating A.A. Meetings and Conventions along the way. 'Doing the deal', as we like to call it, has always been what we practice: Meetings, Service Work, Sponsorship, and living over here was not going to change that for us.

**Unity: Finding Our People** - We found a well-established presence of English-speaking meetings throughout Germany and Europe\*which we plugged into right away... 'cause it's what we do. The city of Stuttgart has only two A.A. English speaking groups: \*\*Serenity Seekers, which might have up to 25 attendees on any given night, and \*\*The Böblingen Group, a much smaller meeting held on the Army Base (but it's been getting some traction in the last few months). English speaking meetings are made up of 3 basic types of people, "Ex-Pats" (foreign nationals, Americans, Brits, other EU's, etc., living or working in Germany as permanent residents), "Military / US Civilian Employees / US Civilian Contractors", and English speaking "German Nationals." And let's face it; they do it wrong over here! C'mon, you know what I am talking about, we have all felt that way when we changed Home Groups, or Cities, or States...the new place is ALWAYS doing it wrong. That is UNTIL we get used to their way of doing things. Having had the luxury of living in a few places and attending a few 'different' meetings over the years, the process of acceptance has become less painful and we've been quicker to adapt to our new fellowship.

**Service: Giving Back** - Patty was raised in A.A. with a strong understanding of, and participation in Service. I, on the other hand, grew into it slowly, first by being "vol-un-told" and then by desire. We both have been fortunate enough to find Service opportunities over here, Patty as

the GSR of The Böblingen Group and I serve as the Continental European Region/Rhine-Neckar Intergroup Representative (similar to a DCM - the service structure is a 'lil different over here ... we will get to that in another article). Given the large geographic area of the English speaking community and the small number of A.A.s in comparison, opportunities and understanding of Service work are less than ideal. But, we do what we can, and that is to lead by example and share our ESH regarding Service whenever the opportunity presents itself.

**Recovery: Keeping In Fit Spiritual Condition** - I can tell you that THIS meeting maker didn't make it, and that service work didn't keep me sober (until combined with the 12 steps of recovery) - that is my truth. We both agree that recovery is found in the 12 Steps of Alcoholics Anonymous. In addition to being part of the local Fellowship and having Service commitments, we both have found that regular practice of these principles (the 12 Steps) in all of our affairs allows us to remain in the Sunlight of The Spirit. There is always something going on with us individually, and occasionally together, that is contributing to our personal Recovery. Whether it is working with a newcomer or someone already established in their own recovery, or following the direction of our Sponsors, or listening to Step Studies on speaker tapes (and now an inundated amount of Zoom meetings all over the world!).

**Higher Power - The Universe** - God, as we understand him, has provided us an opportunity to Carry The Message of Hope to the still suffering alcoholic, participate in the fellowship of the Spirit and take part in Service to our community, all the while, we are living a life beyond our wildest dreams. If you are ever in the neighborhood, we have a cup of coffee waiting for ya.

Les and Patty H - Stuttgart, Germany

\* Website for Continental European Region (<https://alcoholics-anonymous.eu/>)

\*\*Serenity Seekers meets every Monday, Tuesday, Friday and Saturday at 2000 and Sundays at 1600. The Böblingen Group meets every Wednesday at 1815. If you would like to join us sometime, send us an email (or find us on Facebook) and we will be glad to hook you up with the Zoom ID's.

## Stay up to date on New - Events - Meetings and More!

[www.centralalaa.org](http://www.centralalaa.org)

District 8, Area 1 - Alcoholics Anonymous

https://www.centralalaa.org

SCHEDULE OF A.A. GROUP MEETINGS<sup>™</sup> UPCOMING EVENTS<sup>™</sup> CONTACT THE WEBSERVANT<sup>™</sup>

**District 8, Area 1**  
**Alcoholics Anonymous**

24-Hour Hotline:  
**(334) 264-4122**





## March Birthdays

### Tradition 3 Group

Rafe H.	03/04/2013	7 yrs
Abby F.	03/19/2013	7 yrs
Frances D.	03/29/1988	32 yrs
<b>Total</b>		<b>46 yrs</b>

### Strange Camels

Lea N.	03/01/2015	5 yrs
Natalie C.	03/05/2003	17 yrs
Carroll I.	03/15/1977	43 yrs
Mike K.	03/27/2013	7 yrs
<b>Total</b>		<b>72 yrs</b>

### Legacies

Barry L.	03/01/2010	10 yrs
Jay R.	03/01/2017	3 yrs
Quan W.	03/03/2017	3 yrs
Jacob G.	03/09/2019	1 yr
Matt D.	03/17/2017	3 yrs
Jason T.	03/22/2004	16 yrs
Susan M.	03/25/2002	18 yrs
Steve H.	03/26/1995	25 yrs
<b>Total</b>		<b>79 yrs</b>

### Prattville Downtown Group

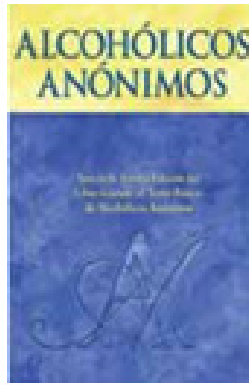
Madison	03/08/2018	2 yrs
Johnnie F.	03/08/2019	1 yr
Gene S.	03/14/2000	20 yrs
Marvin C.	03/17/2000	20 yrs
Ragan Y.	03/19/2015	5 yrs
Mike H.	03/20/2019	1 yr
Traci T.	03/20/2019	1 yr
John	03/21/2016	4 yrs
Gary S.	03/23/2004	16 yrs
<b>Total</b>		<b>70 yrs</b>

### Fellowship Group

Mike E.	03/02/2013	7 yrs
Penny C.	03/02/2013	7 yrs
Alex L.	03/03/2018	2 yrs
Willie R.	03/07/2016	4 yrs
Kay C.	03/08/1980	40 yrs
Faye H.	03/11/1989	31 yrs
Scott S.	03/25/2017	3 yrs
Troy	03/28/2018	2 yrs
<b>Total</b>		<b>96 yrs</b>

**MARCH 363 yrs**

## ¿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, autómantenido, 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](mailto:Intergroup@centralalaa.org)

<https://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 de la recuperación en las reuniones de Alcohólicos Anónimos por favor póngase en contacto conmigo Oni S., a través de [Post.Editor@centralalaa.org](mailto:Post.Editor@centralalaa.org).

**Alcoholicos Anonimos**  
"Grupo 3 de Noviembre"  
*Un mensaje de vida... "vida que deseamos compartir"*

Si deseandolo sinceramente te das cuenta de que no puedes dejarlo del todo, o si cuando bebes tienes poco control de la cantidad que tomas, probablemente eres alcoholico.  
Si deseas mas informacion o si solo quieres ser escuchado llamanos o visitanos en:

1028 Commerce Boulevard Pelham AL 35124      Telefonos: (205) 305-6611  
Reuniones de Lunes a Sabado de 7:30 pm a 9:00 pm      (205) 422-3676

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