The Post

POWER OF SOBER THOUGHT

April 2023 VOLUME 19, ISSUE 4

EDITOR'S CORNER

I don't know how it's been at your group, but we have had a lot of new members show up and begin working the program in the last few months. It's exciting to see so many people want to get sober, but after having had more than a few sponsees quit around the fourth step, I know how important it is to help them get through it. So whether you're working on your fourth step or you helping someone with theirs, I would highly recommend reading Kent Q's article on the fourth step. There are also a few events that groups are putting on and we also welcome any announcements related to AA for this newsletter. I've also been stealing some announcements off of the calendar centralalaa.org, which the website committee has been doing a stellar job updating. I'm stoked about the Area Assembly this weekend, March 31-April 2, and I hope to see you there.

Happy reading
Mike D.

HOME GROWN

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Suggestions? Contact us at Post.Editor@centralalaa.org



Have a burning desire to share your experience, strength and hope? Send your article to 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.
For email subscriptions contact:
Post.Subscription@centralalaa.org



MARK YOUR CALENDAR

Intergroup Monthly Meeting
Saturday, April 8, 2023
8:00 a.m. @ Legacies Group (via Zoom)
3412 Atlanta Hwy, Montgomery, AL 36109

District 8 Service Meeting
Saturday, April 8, 2023
9:30 a.m. @ Legacies (via Zoom)



SERVICE ALERT

Intergroup is in need of a chairperson. Requires 12 months of sobriety and can't be serving on the board.
To keep the website calendar updated please email webchair@centralalaa.org with events.
If you would like to write an article for the P.O.S.T. please email post.editor@centralalaa.org

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

Intergroup Monthly Meeting Saturday April 8, 2023 8:00 am at Legacies and Online

District 8 Service Meeting Saturday April 8, 2023 9:30 am at Legacies and Online. The District 8 meeting is to review progress and discuss service opportunities. All AA members are invited to attend and participate!

District 8 Treatment/Corrections Committee Meeting Saturday April 15, 2023 10:30 am at Legacies.

New Address for the **Thorsby Group**. They are now meeting at The Farmhouse Cafe, 20466 U.S. 31 Thorsby, AL 35171.

Primary Purpose in Millbrook is having speaker meetings on Saturdays at 6:00 pm.

Happy Hour will have an eating meeting April 7. Eat at 6:00 pm, speaker at 7:00 pm.

Prattville Downtown Group will have a grill out eating meeting April 15. Doors open at 4:00 pm, food at 5:00 pm, raffle and prizes at 6:00 pm, speaker at 6:30 pm.

*** SUBJECT TO CHANGE. Please check website.**

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

The Post

POWER OF SOBER THOUGHT

THE POST COMMITTEE
Editor/coordinator: Mike D.
Copy Editor: Jill Z.
Composer: James A.
Distribution: Vacant
DEPARTMENTS
Various

WE WELCOME YOUR ASSISTANCE!
SUGGESTIONS ON TOPICS YOU WANT EXPLORED?
TO GET INVOLVED, CONTACT US AT
POST.EDITOR@CENTRALALAA.ORG

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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: July 1, 2022

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

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY							
A Vision for You Group of AA R.O.S.S. Recovery Center 925 Forest Ave Montgomery, AL 36106			O-D 7:30 p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Boulevard						O-D 1:30 p **Temporary Inactive**	O-D 1:30 p **Temporary Inactive**
Chisholm Group of AA I-409 Federal Dr. Montgomery, AL 36107 in back of strip mall	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-L (12x12) 6p	C-D 6:30 am C-L/BB 12p C-D 6p	C-D 6:30 am &12p O-D/BG 6p	C-D 6:30 am 12p & 6p *O-SP 7p* *1st Friday*	C-D 12p	C-D 12p O-D/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 6 pm Zoom	C-L BB 12p	C-D 12p O-SP 8p Hybrid (in person and on-line)	C-L (12X12) 12p	C-D 12p C-D-CI 8p C-D-CI 8p Zoom	C-D 12p	C-D 9am C-D 9am Zoom
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 First Christian Church 1705 Taylor Montgomery, AL 36117	O-D 11a		O-D 11a		O-D 11a		
We Stopped in Time Group of AA Unitarian Universalist Fellowship 2810 Atlanta Highway Rear entrance on Dunn Street		O-S/D 8pm YP **Temporary Inactive**				O-SP/D 8pm YP	
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			

https://www.centralalaa.org/meetings

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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			
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene Fellowship Hall 3251 Brown Road		O-D 6p		O-D 6p		O-SP 6p	
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 E 4th Street	O-L/BB 12p	C-D 12p		C-D 12p	O-L(12x12) 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 O-D-CI 6:30p	O-D 12p C-L /12x12 6:30p
SELMA							
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
THORSBY							
Thorsby Group of AA Thorsby Annex 12 Minnesota Ave, Thorsby			O-D 7:30p				O-D 8a
WETUMPKA							
Wetumpka Group of AA 103 Tuskeena St	C-D * 7p			C-D 7:30 p			

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
SM = Smoking
CI = Candlelight Meeting
W = Women
HISP = Spanish Speaking
YP = Young People & Young at Heart
ST = Step Study
BG = Beginners
L = Literature
Literature Study (BB, 12/12 or Other)
LGBT = Lesbian, Gay, Bi Transgender
* Al-Anon meets Simultaneously
** Alateen meets Simultaneously

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 * montgomery.intergroup@yahoo.com * www.centralalaa.org
828 Forest Avenue, Suite A * Montgomery, AL 36106 * Open Mondays 10 am to 2 pm

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STEP FOUR
MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES

I remember my first fourth step vividly. It was a profound experience that changed my life, but it was an experience I almost didn't have.

I came to AA late. I had been dodging sobriety for years. My first drunk was at 17, my last at 41. Not once in that stretch did I ever find a way to drink normally. I told myself that I wasn't an alcoholic because I wasn't a daily drinker; that, because I generally could go a few days or occasionally a few weeks, I didn't have a problem. Of course, my life was absolute chaos, but I couldn't see it, and used excuse after excuse, denying my part in things, blaming others for my problem, or just flat out denying that there was a problem in the first place. I was always going to do better "next week," "next semester," "next year."

The only thing back then that kept me out of trouble for any length of time was entire abstinence for short periods, and those periods were few and far between, and difficult to maintain. And the funny thing was, while I might have been giving my body a rest and avoiding certain crazy situations by practicing periodic abstinence, I was still miserable, in fact, maybe even more so, since I had no solution, and was basically "not drinking" at everyone who ever told me I had a problem.

What I didn't understand then that I understand now, is that this disease doesn't just affect my body, but also my mind and my spirit.

I finally ended up in AA after four years of white-knuckle abstinence. I was in grad school working on a PhD, but I was totally miserable. At a random university social I met a member of Alcoholics Anonymous who sensed my troubles and asked me about them. He convinced me to go to a meeting "just to see" if I might find something better than my own isolated crazy white-knuckle abstinence. I did, and I still thank my higher power every day for sending me the gift of willingness that day. In the moment that my friend spoke to me I dropped my defenses and listened, and ended up starting a new way of life that has brought me immeasurable happiness.

So what does this all have to do with the fourth step? I have given you this background story to show you just how hardheaded I was when I came into the program, just how unwilling I was to see the truth about myself and to admit that I was the source of my own misery.

After such prolonged misery, the program came as such a relief to me. I was pretty quickly willing to concede that my life up to that point had been run by alcohol and hence unmanageable. I started attending meetings regularly, got a sponsor and started working the steps. Step one was a given- the confession to a lie I had been holding on to that was such a relief to let go of. Steps two and three were more difficult for me because of past issues with religion (or so I told myself) but I got through them out of sheer desperation.

But then we got to four. Things were going better. I was happier. I was more productive. This was surely going to be a piece of cake. I looked at the examples in the book. I took on a few of the key phrases. "Resentment is the number one offender." "If we were to live, we had to be free of anger." Yes. That makes good sense, I thought. I can do this. Unfortunately, I had glossed over a sentence that was just as important as these other two: "To conclude that others were wrong was as far as most of us ever got." Like the book warns us, I had fallen into the trap of thinking that I could list my resentments, my fears, my bad conduct, and still pass them off as other people's faults, miscommunications, or simply unfortunate circumstances. Much of my bad behavior I justified as necessary in defense of someone weaker than myself. Basically, my ego was still running the show. I went in ready to forgive and let go, but what I wasn't entirely willing to do was to get honest about my own part in things and accept my culpability.

So, my first effort at an inventory was a mixed bag. I thought I was doing it to the best of my ability but I soon saw that I wasn't. This was where my sponsor was a life saver. In my fifth step, my sponsor opened my eyes to things I didn't understand, helped me see these things at a deeper level, and ultimately brought me to a new level of honesty. That's what our sponsors are there for in that moment- to guide us and help us see things more objectively from another perspective. I am truly grateful for the help I received.

But let's go back to step four. The inventory that we put to paper prior to sharing it with God and another human being. Much has been said about the best way to do this step. The book gives some fairly straightforward instructions. The phrasing is quite clear about the grudge list, but the sex inventory and fear lists are a little less specific. Numerous questions and concepts are listed and it can be overwhelming. This need not be cause for alarm. As we are often told, the directions in the book are suggestions, and we can build a process from them easily if we take the suggestions and the concepts within them to heart. In an effort to help us do this effectively, people have created printable worksheets, pamphlets, question lists, and other more easily accessible formats, but these are, at least in my opinion, surface level approaches.

These step work aids are all potentially helpful tools that work with different learning and communication styles, yes, but the practicality of how to write things down is not actually the main problem. Where we often falter, indeed, where I faltered that first time, was not in my struggle over what type of notebook or pen to use, but in how willing and ready I was to get totally honest about my past and my problems. If I can't get honest, if I hold on to secrets, and if I do that, the book tells me I cannot be fully healed and I am likely to get drunk again.

I look at our secrets almost as physical wounds, as infections of the soul. If I have an infected wound on my body but I keep it hidden, it can only get worse. It will fester, go septic, and ultimately kill me. The same logic applies to the soul. If I hide a wrong, if I laugh it off and say it's not a big deal, or if I keep it secret out of shame or fear, it can only get worse, and it will eventually go spiritually septic and drive me to drink again.

So when people ask me the right way to do their fourth step, my answer is not about pens or charts, or spreadsheets, but about willingness and honesty. Find what works for you with format. There is no one right way. What matters most is that you just do it, and that you do it as thoroughly and honestly as you can.

Continued on page 6

Continued from page 5

This task isn't easy, and it shouldn't be. The work up to this point has been mental and emotional, certainly, but in a more general sense. The fourth step requires real dedicated work, and it requires a level of vulnerability, honesty and specificity that we as drunks have generally not been comfortable or familiar with at all. I wasn't comfortable with it, but I pushed through and learned from my mistakes because I knew that this was a matter of life and death. I didn't do it perfectly. Perfection is an unachievable state, after all, but we must do it to the best of our abilities, and as we progress through the steps we learn that we will receive numerous additional opportunities to work on this, and that this type of inventory taking and honesty will become an integral part of a way of living that will make us whole again. If we can do this. If we can get honest with ourselves. If we can admit our faults and find our own part in them then we have a chance at a happiness that we could never before imagine.

Kent Q
Strange Camels

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 time (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, Language of the Heart, and the 12 and 12 (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.

The chapter on Tradition Four in our 12 and 12 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 too damn seriously".

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.
Fellowship Group

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. As Lord Action stated, "power tends to corrupt, and absolute power corrupts absolutely." 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. On page 31 in the 12 and 12 it states that "defiance is the outstanding characteristic of many an 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.

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 General Service Board, 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." Concept IV effectively ensures that we belong and that we are indeed trusted servants for Alcoholics Anonymous.

Love & Service,
Jay Walker, Legacies Group

HOME GROWN

ARCHIVES CORNER

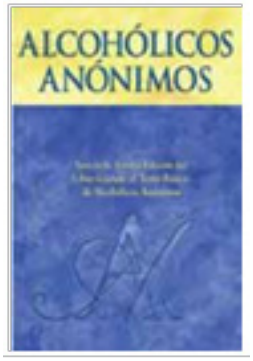
April 1: "Alcoholics Anonymous", AA's Big Book, was published in 1939.
Sister Ignatia died at the age of 77. She worked with Dr. Bob in treating many an alcoholic at St Thomas Hospital in Akron, OH.
April 3: The first AA meeting was held in Florida, 1966.
April 10: The first 10 copies of the Big Book arrived at the office Bill shared with Hank P in Newark, NJ in 1939.
April 11: Alcoholic Foundation held its' first meeting in 1938.
Marty M attended her first meeting in 1939.
Bill and Lois moved into their new home, Stepping Stones in 1941.
April 19: First AA group in Little Rock, Arkansas was formed in 1940.
April 23: Dr Bob wrote the Trustees to refuse Big Book royalties but Bill insisted Anne and Dr. Bob receive them.
April 25: AA's first General Service Conference was held in 1951.
April 26: Bill and Lois moved in with Hank P after the bank foreclosed on 182 Clinton St. This was the first of over 50 moves before they acquired their home, Stepping Stones. (1939).
April 30: the film, "My Name is Bill W," a Hallmark Hall of Fame movie was broadcast on ABC in 1989.

Hope you all have a lovely April and come join us for Archives this April 4th at 5:oo p.m. at Happy Hour . We are developing a preservation policy for the District and discussing lots of other interesting things! We are also considering a new time slot so if you are interested in joining us at a different time, please email me at jillz108@gmail.com and let me know what is more convenient for you.

Remember, if it weren't for the people who came before us, we wouldn't be here today.

In love and service,
Jill Z
Happy Hour Group

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

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

Have a burning desire to share your experience, strength and hope? Send your article to post.editor@centralalaa.org.

DISTRICT 8 MINUTES | * Pending approval by District 8 on April 8th , 2023

GROUPS PRESENT | Strange Camels, PDG, Fellowship, Legacies, Happy Hour, We Stopped In Time, Millbrook, Thorsby, Intergroup, Tradition 3

OPENING | WELCOME | Becky P.| The meeting was called to order at 9:30 a.m. and opened with the Serenity Prayer. Introductions were done. Secretary forgot to count people attending in person and on Zoom.

READING OF THE TRADITION(S) & EXPLANATION OF THE CONCEPT(S)

Alex T.| Read Long Form Tradition 3 Jeremy T. | Read and explained Long Form Concept 3

READINGS SCHEDULED for April 8th

Ashley B.| Read Long Form Tradition 4 Alex B. | Read and explain Long Form Concept 3

OFFICER REPORTS:

SECRETARY'S REPORT |Ashley B. | SECRETARY@CENTRALALAA.ORG | Present.

Presented February meeting minutes. Motion to accept made, seconded and passed. Asked those wanting to be included on email list to add their name and email address to signup sheet. Asked that all committee reports be presented in writing.

TREASURER'S REPORT | Alex T. | TREASURER@CENTRALALAA.ORG | Present.

Treasurer report and bank statement presented. MOTION to accept, seconded and approved.

DCM | Becky P. | DCM@CENTRALALAA.ORG | Present.

Becky has copies of 2022 GSO final report for all GSR's to take to their group. All pre-conference materials were emailed to GSR's in February. If you are a GSR and did not get your group's assignment, let Becky know. Becky will be attending Area on 3/31/23-4/2/23. Next District 8 meeting will be 4/8/23 at 9:30 to not interfere with Area. Asked everyone to stay after the District Meeting to finish going over the District 8 Inventory.

ALTERNATE DCM | Jay W. | ADCM@CENTRALALAA.ORG | not present- no report.

COMMITTEE REPORTS:

PROGRAM CHAIR | Vicki S. | Program@centralalaa.org | Not present. No program.

ARCHIVES CHAIR | Mark W. | ARCHIVES@CENTRALALAA.ORG | Not present. No report.

CORRECTIONS CHAIR | Jeremy T.| CORRECTIONS@CENTRALALAA.ORG | Present

Jeremy reported that there continues to be difficulty getting into our state correctional facilities. Currently there are meetings being held at Montgomery County Women's Jail. Jeremy will take the meeting to the Montgomery County Men's Facility and continues to need volunteers to help with these meetings. The Corrections Committee will be purchasing Big Books to take to the Montgomery County Jail. The committee is discussing asking active groups in the District to sponsor a correctional facility to send a Grapevine subscription to. Next meeting will be held at Legacies on 3/18/23 10:30am-Hybrid Meeting.

CPC CHAIR | OPEN | CPC@CENTRALALAA.ORG | Open Position.

GRAPEVINE CHAIR |Open | GRAPEVINE@CENTRALALAA.ORG | Becky received word from previous chair that she would no longer be able to chair this committee.

INTERGROUP/CENTRAL| Parker M. | INTERGROUP@CENTRALALAA.ORG | Present.

Literature increased prices have now been updated to reflect those changes. Jacketless Big Books (a new item

recently announced by AAWS) have been ordered. The Post needs a Distributor (to print and mail the physical copies of the newsletter) and Intergroup has an open position for a chairperson (1 yr. of sobriety requirement). An Ad Hoc committee has been formed to revise policies and procedures for all service positions at Intergroup level. Anyone with experience who is willing to help with that should send an email to INTERGROUP@CENTRALAA.ORG or call Parker M. at (980) 621-1595.

If you would like to receive The Post, please email: Post.Subscription@centralalaa.org

LITERATURE CHAIR | OPEN | LITERATURE@CENTRALALAA.ORG | Open Position.

PI COMMITTEE CHAIR |Nick P. | PI@CENTRALALAA.ORG | Not present. Report given by Ashley B. The committee met, researched, watched and discussed PSA's for distribution to media outlets. Found multiple pre-recorded PSA's for free on AA.org. Jason B. agreed to reach out to WSFA contact (95.1) about placing a PSA. Nick P. agreed to reach out to Cumulous Broadcasting about placing a PSA. Distributed QR-stickers to members present. Nick requested that the Treasurer reimburse Parker M. $90.23 from PI budget for QR business cards. That reimbursement was completed. Nick has ordered more card holders. Next PI committee meeting will be 3/20/23 6pm at Strange Camels. These meetings are held every 3rd Monday at 6pm, Strange Camels Group. If you are interested in Meeting list QR-Code Business Cards or stickers, please reach out to Nick.

TREATMENT CHAIR |Colby W. | TREATMENT@CENTRALALAA.ORG | Present on Zoom. Colby has received info to contact Alethea House. Mike K. is contacting Crossbridge. Aubrey is looking into Life house contact. The committee is attempting to re-establish the Bridging the Gap program with Bradford. ALR in Prattville that meets on Sunday's at 6pm are requesting men in recovery to come in and do a talk on a specific topic (relationships when new in AA, sponsorship, etc.)Colby has Treatment workbooks to give out to committee members at the next meeting. Next meeting will be 3/18/23 10:30am at Legacies-Hybrid Meeting.

WEBSITE CHAIR | John W.| WEBCHAIR@CENTRALALAA.ORG | Present.
John shared that website is running well and monitored daily. Changes were made for PI committee which allows for easy access to Group Meetings when utilizing the QR code. The Meeting Guide was reviewed and contact information was updated. Continuing to make changes to the 24 hour hotline so that an auto dial feature is added.
Objectives for March- auto dial will be added. Moving forward the website committee needs to learn the needs and recommendations from District 8 members and Committee chairs. John reported that while he knows websites do not get people sober it can be the first contact with a still suffering alcoholic. As Bill W wrote "It's one drunk carrying the message to another Drunk." (From As Bill See's It). John is asking that all committee chairs look at the current page on the website. Go to centralalaa.org/ SERVICE/DISTRICT 8/SERVICE COMMITTEES. Select your committee and take a look. If you believe that your committee is represented well, that's good. If you believe that your committee needs additional information added please consider taking some additional steps to update your committee information- 1. GSO resources 2. District 8 resources (committee responsibilities) 3. Available pamphlets (links for quick access) 4. Etc. 5. Visit other district websites to see how they are utilizing their pages. Later this month John will be sending out a survey asking members to give feedback on the website. The committee wants likes/dislikes and any suggestions. John requests that members visit other District websites to see if there is an idea we could incorporate into our website. John asks that GSR's, Committee Chairs and members to keep the website in mind at group conscience meetings to carry the message. Next Website Committee Meeting will be March 16th, 2023 6pm at 3428 Atlanta Hwy. Montgomery 36109. This is a hybrid meeting.

OTC COMMITTEE |CHRIS B.| Not present. No report

GSR SHARING & ANNOUNCEMENTS:

No sharing or announcements.

OLD BUSINESS:
Open positions- CPC and Literature. Les H. from PDG stepped up to be voted in as CPC chair. There were no objections.

NEW BUSINESS: Grapevine District Chair position is open.

OPEN SHARING- Our Delegate, Tomy G. was asked to come to the podium and explain an issue that has happened at GSO with a Class A Trustee and Board Director being asked to resign her position, she did resign as asked. This Trustee had not been able to sign the Code of Conduct of the Conference because in her experience as a lawyer and judge, the document broke several State of NY laws and she has taken an oath not to break those laws. The Trustee had asked for a final Treasurer's report for 2022 and did not receive it. As of today, Jimmy Dean (an AA member) is the Interim Board Director. Josh E. (Class B Trustee) has also resigned his position but was not asked to do so. Tomy G. will be attending Conference and expects there to be much discussion on the above. He will bring back to the groups and information that he obtains at Conference. Alternate Delegate Luke B. (251) 379-7181 is available to answer any groups' questions regarding pre-conference material.

CLOSING | Becky P.| There being no further business, the meeting was adjourned at 10:40 am with the Responsibility Declaration.

NEXT DISTRICT 8 MEETING: | April 8 th , 2023-Hybrid meeting
NEXT AREA ASSEMBLY: March 31-April 2, 2023
24-HOUR HOTLINE: (334) 264-4122
MONTGOMERY INTERGROUP
CENTRAL OFFICE AT: 828 FOREST AVENUE, SUITE A MONTGOMERY, AL 36106 TEL: (334) 264-4122
Intergroup@centralalaa.org
DISTRICT 8
DISTRICT 8 TREASURE P.O. BOX 6094 MONTGOMERY, AL 36106
ALABAMA / NW FLORIDA AREA 1
ALABAMA/NW FLORIDA AREA ASSEMBLY ATTN: AREA 1 TREASURER,2135 INTERSTATE DR. BOX 209, OPELIKA, AL 36801
AAarea1.org

Intergroup Minutes for March 4, 2023

Jeremey T. read Tradition 4

Parker reported that prices are right in the book and 40 Big Books are on their way.

Secretary report from February was accepted.

No treasurer report - Emily was absent due to sickness.

Board report - Joann had nothing to report. Next board meeting will be April 15th at 9:00 am.

P.O.S.T. report - Mike D. is still looking for writers. Need long and short-term commitments. James is doing an awesome job with the layout!

24 Hour Hotline - Michael B. It's rolling, but can always use more volunteers. Call him at (901) 201-9073 if you would like to serve.

Website - No report. Schedule is correct.

12 Step Committee - Lisa is still trying to get everything started.

Anniversary is today, March 4th, at Landmark.

Ad hoc committee - Guy contacted the past to chairs. There are two binders with the correct information. They want to keep the committee small. Sandra will look for the binders and look on the computer.

New business - Mike D. needs a key for the Central Office.

Next Intergroup meeting will be April 8th at 8:00 am because the Area Assembly will be going on April 1st.

Responsibility Declaration said, meeting adjourned at 8:46 am.

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