

THE POST

POWER OF SOBER THOUGHT

If you had asked me before I worked the 12 Steps what my number one problem was, I would have probably either pointed to someone else or maybe made some self loathing remark about what a failure I was, but I can guarantee that it wouldn't have been my resentments.

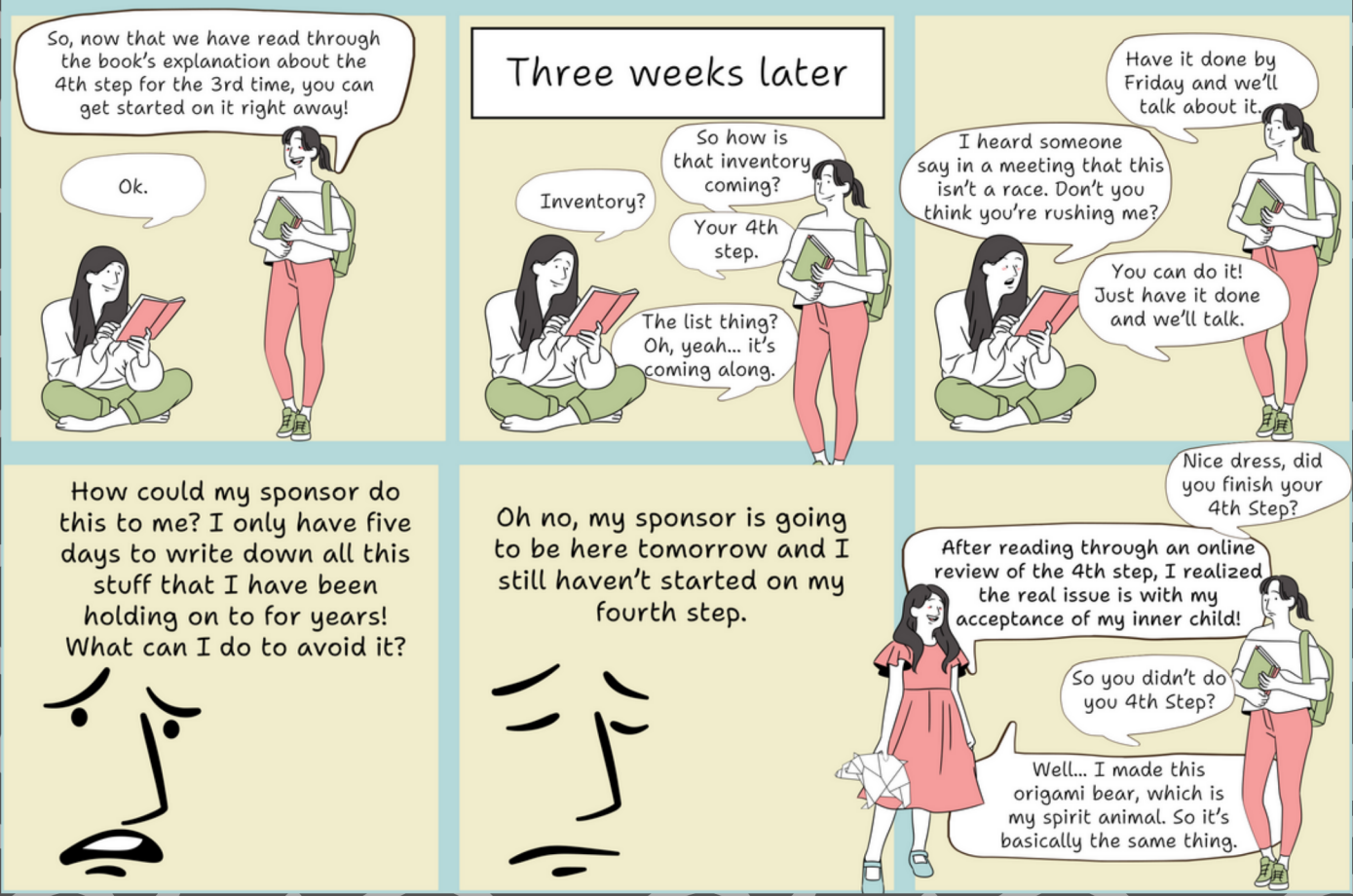
The Big Book says that "Resentment is the 'number one' offender. It destroys more alcoholics than anything else" (p. 64). It's not the things that I'm angry at that destroy me, it's the anger itself. Anger gets me all twisted up inside and then I want some relief, which I find by blowing my top, which doesn't resolve anything, then I feel bad about myself and I need relief from that.

Down the spiral I go until I wind up drunk again. I found a way to short circuit this disastrous process by taking inventory, talking to someone else about my resentments, talking to God about them, then making amends where necessary. Sam shares what the Fourth Step is all about in his article. It's not always as easy as it sounds, but it's definitely that simple. The toughest part for me is being consistent in my spiritual program. Les has some insight on that in his article, "Prayer and Frustration."

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The Dreaded 4th Step



Experience Strength and Hope:

Step 4

Diving into the fourth step of A.A. was like going on an epic journey. It was deep, like really deep. I dug into my past and got hit with this harsh reality check about how scared I was of, like, everything. Fear was basically running the show. It was pulling the strings behind all my decisions and relationships.

Doing that inventory made me realize I was holding onto a ton of grudges. And my whole perfectionist vibe? Total front. It was just covering up this deep-down fear of not being good enough or getting rejected. Seeing all that was like looking in a mirror and finally seeing the real me, flaws and all. It was humbling, but also eye-opening.

It wasn't just about booze. My whole personality got put under the microscope. I had to face up to all the crappy ways I'd been treating people and how I'd been screwing up my own life. It was like, "Whoa, I need to own up to this stuff."

But it wasn't all gloom and doom. Realizing all my faults gave me this spark of hope. Now that I knew what I was dealing with, I could start working on fixing it. The fourth step was like handing me this roadmap for getting my act together. So, armed with this fresh perspective, I jumped into the next phase of getting better. It was a big step towards healing. I finally started to get real with myself and others.

I took a 4 hour trip the other night to pick up a newcomer. And when I got back home, I cracked open my notebook and flipped through those old pages where I spilled my guts. My life is like a night and day difference compared to when I first wrote down my inventory. Back then, I was all messed up, consumed by my own fears and insecurities. But now, cruising down the road, I was actually enjoying the company and able to be there for the new dude we were helping. I was truly present. I was feeling grateful, like seriously thankful for how much things had changed since then. I could see the hand of something bigger than me working in my life, and it was pretty darn awesome.

- Sam N- WSIT

“Sought Through Prayer and Frustration”

It ain't what Step 11 says , but man-o-man, that's what I hear in The Rooms all the time. “I can't turn my brain off”, “My head is like a hamster wheel, it just keeps spinning”, “I've got ADD, I can't sit still for 2 minutes let alone 30 minutes”

In reality I blame the Beatles, don't get me wrong, I love the Beatles “I am he, as you are he, as you are me, and we are all together” and all that and even though meditation had been around prior to them going to India, it was primarily viewed as an exercise for the intellectuals, standing around speaking of esoteric things in the halls of academia and cocktail parties. But, when The Beatles went and jumped on the Transcendental Meditation (TM) bandwagon, all of sudden everyone was meditating or at least talking about it.

With popularization of TM and Buddhism from the 60's forward, the common definition of meditation evolved. Suddenly, if you wanted to meditate, you had to be sitting under a Bodhi Tree, cross-legged seeking enlightenment.

I guess I'm lucky, I took the Transcendental Meditation course in the 70's (even got my own mantra). In early sobriety my then girlfriend was a practicing Buddhist. Guess what? Yep, I began to practice Buddhism as well and learned about Vipassana Meditation (following one's breath and stilling the mind).



But, here's the kicker, "meditation", as defined in Webster's New International Dictionary published in 1925 is; 1) "Act of meditating; thought; esp., close or continued thought; turning or revolving of a subject in the mind; serious contemplation; reflection." I'm going to guess that this was the working definition back in the days of our founders and early members of A.A. It also fits in with the idea of Christian Meditation, "meditate on the word day and night"(Joshua 1:8) and "and in his law doth he mediate day and night (Ps 1:2). Additionally, Bill W our co-founder encourages us on the bottom of page 99 right after the Prayer of St Francis of Assisi "As beginners in meditation, we might now reread this prayer several times very slowly, savoring every word and trying to take in the deep meaning of each phrase and idea."

Not a Bodhi Tree or breath following exercise in sight. But, rather mindful consideration, rumination, pondering, considering, etc.. Which seem to track with the directions of 11th Step in the Big Book of Alcoholics Anonymous. On page 87, first full paragraph we are instructed (ok "suggested") to "... conclude the period of meditation with a prayer...". This instruction ("suggestion") on how to begin my day (pg 86) is to "... think about the twenty-fours ahead...", "...consider our plans...", "In thinking...", in between all of that thinking and considering I'm to ask God direct my thinking.



Now, the crazy thing here is that the “... conclude the period of meditation...” (strongly) implies I have been meditating. If I take the time to think about my plans for the day, and consider my plans, and in thinking about my day, I have meditated. There’s nothing mystical about it. Being a practitioner of mantra, Vipassana, and contemplative meditation, I see no harm in the first two to enhance my spiritual life, or any other type of meditation. I do see harm in telling myself that I can’t meditate because I can’t turn my brain off and short changing myself out of the easiest form of meditation there is (in my opinion) which is, contemplative.

I’m all in with anything that allows me to be more conscious of my contact with my Higher Power. Because when I am aware of conscious contact all sorts of cool things happen. I stop fighting, even alcohol, sanity is restored, I have new attitude towards liquor without any thought or effort on my part, I have been placed in a position of neutrality, the problem has been removed, I want to do the will of Higher Power.

Les H

Prattville, Al



District 8 2024

Committee Meetings and Opportunities for Service

What	Date	Time	Location
Intergroup	1st Saturday of the Month	8:00am	Legacies/Hybrid
District 8	1st Saturday of the Month	9:30am	Legacies/Hybrid
Archives	N/A	8:00am	Happy Hour
Corrections and Treatment	3rd Saturday of the Month	10:30am	Legacies/Hybrid
Grapevine and Literature	4th Saturday of the Month	10:00am	Legacies/Hybrid
Website	2nd Thursday of the Month	6:00pm	Legacies/Hybrid
CPC	4th Thursday of the Month	6:00pm	Online-See Flyer
PI	3rd Monday of the Month	6:00pm	Strange Camels
ALCYPAA 2024 Host Committee	2nd and 4th Saturday of the Month	6:00pm	Eastern Hills Baptist Church

Treatment Service Opportunities

Where	Days	Time	Location
Renaissance	Tuesdays	7:00pm	215 Clayton Street Montgomery AL 36104
Aletheia House	Sundays	6:00pm	1153 Air Base BLVD Montgomery AL 36108
LifeHouse	Tuesday and Thursdays	6:00pm	8197 Decker Lane Montgomery AL 36117
ALR	Sundays	6:00pm	131 Beth Manor Drive Prattville AL 36066

Intergroup Monthly Meeting

Saturday, April 6th @ 8:00 am – 9:00 am at the Legacies meeting place, 3412 Atlanta Highway, Montgomery, AL 36109, and online on Zoom.

District 8 Service Meeting

Saturday April 6th, 2024

Hybrid Meeting

3412 Atlanta Hwy, Montgomery AL 36109

The District 8 Meeting is to review progress and discuss service opportunities.

All District 8 Trusted Servants and A.A. members are invited to attend and participate!

Area 1 Assembly

Time: To Be Announced

Location: To Be Announced

ALCYPAA 2024 Host Committee Meeting

Saturday April 13th & 27th @ 6:00 pm – 7:30 pm

Join us as we put together the 2024 ALCYPAA (Alabama Conference of Young People in Alcoholics Anonymous) convention. You can be of service for a day or a year, there is no specific sobriety requirement and we need LOTS of help! For the record, “Young People” is a state of mind, not a date on a calendar.

We meet twice each month on the 2nd and 4th Saturday @ 6pm at the Eastern Hills Baptist Church in Forest Hills. This meeting will be at the Area 1 Assembly at the Clarion in Auburn.

Unity - Service - Recovery

April 2024

Service Meetings

Literature / Grapevine Meeting

Saturday April 27th @ 10:30 am – 11:30 am

HYBRID : Legacies Group 3412 Atlanta Hwy, Montgomery AL 36109

Contact: literature@centralalaa.org and grapevine@centralalaa.org

All District 8 A.A. members are invited to attend the monthly meeting of the Grapevine and Literature Committees.

District 8 CPC Committee Meeting

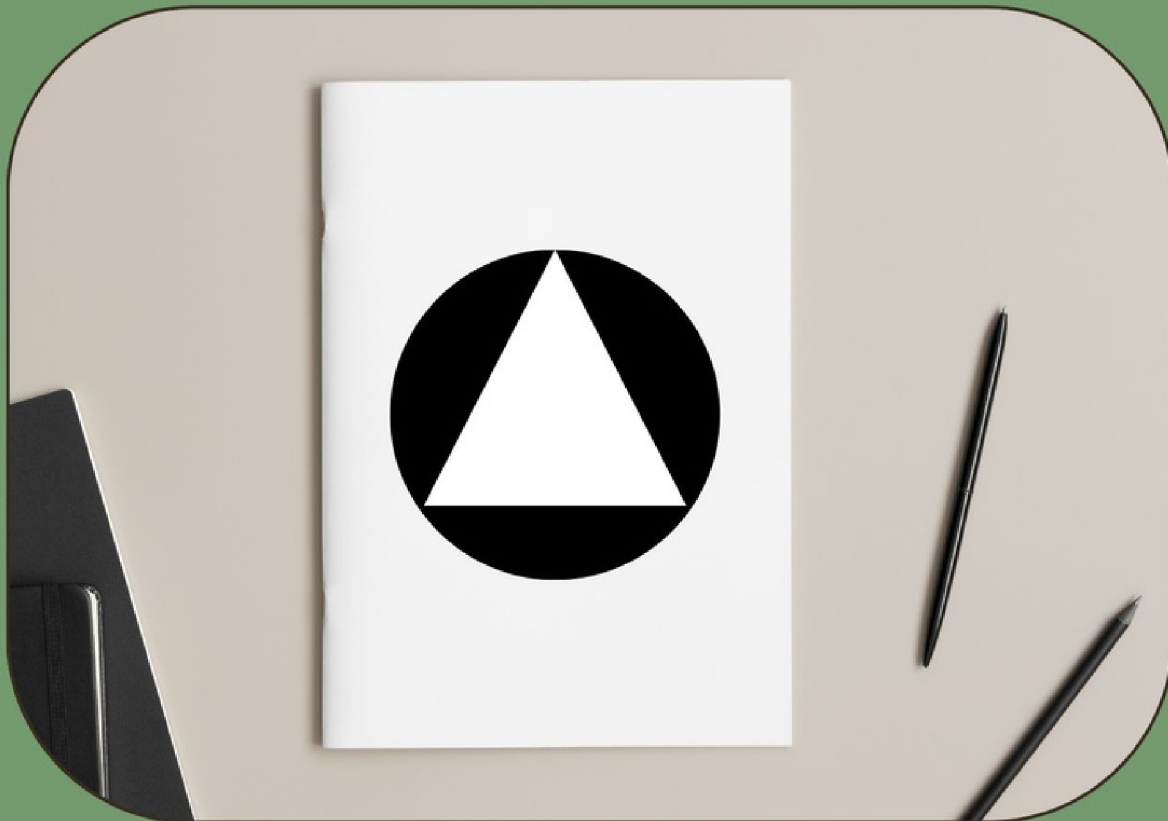
Every 4th Thursday 6:00 pm ONLINE/Zoom
Cooperation with the Professional Community Committee Group liaisons review what's working, CPC specific literature, and exchange ideas.
Zoom Login: 86386925068 Password: 121212

Website Committee Meeting

Thursday April 18th @ 6pm to 7pm
HYBRID / 3428 Atlanta Hwy, Montgomery AL 36109
(Forest Hills Shopping Center)

All District 8 members are invited to the Website Committee meeting. No computer experience required. Discover the purpose of the website and help carry its message to District 8 groups. Provide your experience, strength and hope to guide the group with decisions for improvements to the site. See you there!

DISTRICT 8 GRAPEVINE WORKSHOP



**Learn about the history of
Grapevine and make your
own Sober 'Zine!!**

2:00pm - Fellowship and Food

2:30pm - Kevin D. Speaking and Questions about Grapevine

3:30pm - Make your own Sober 'Zine

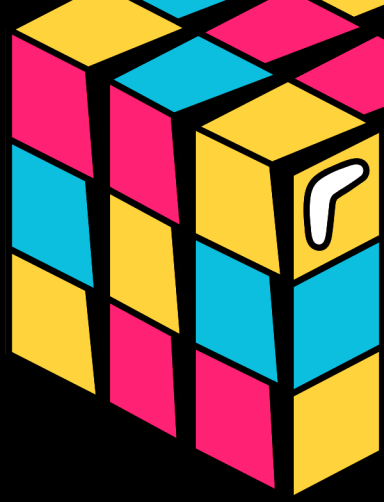
Saturday May 11th 2024

2:00pm - 5:00pm

Legacies Group - 3412 Atlanta Highway Montgomery AL



LOOKING FOR
OPPORTUNITIES TO BE
OF SERVICE???



JOIN THE

ALCYPAA

2024

Host Committee

BUSINESS MEETING

EVERY 2ND AND 4TH SATURDAY AT 6:00PM
EASTERN HILLS BAPTIST CHURCH



CPC

**DISTRICT 8, AREA 1
MONTHLY COMMITTEE MEETING**

**THE LAST
THURSDAY
OF EVERY
MONTH
6:00 PM**

Information for Professionals



COOPERATION WITH THE PROFESSIONAL COMMUNITY

PROFESSIONALS ARE:

- PHYSICIANS • HUMAN RESOURCES
- CLERGY • NURSES
- COACHES • LMSW
- EDUCATORS • COURT REFERRAL
- JUDGES • ...AND MORE

JOIN US ON ZOOM!

LOG IN: 863 8629 5068:

PW: 121212

CALL LES H FOR MORE INFO:

505-314-6200



WE STOPPED IN TIME'S

9TH
BIRTHDAY

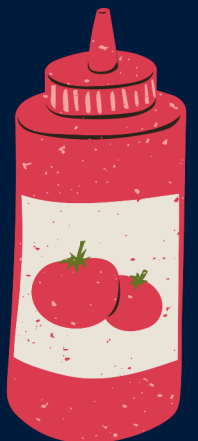
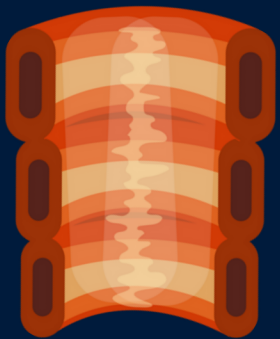
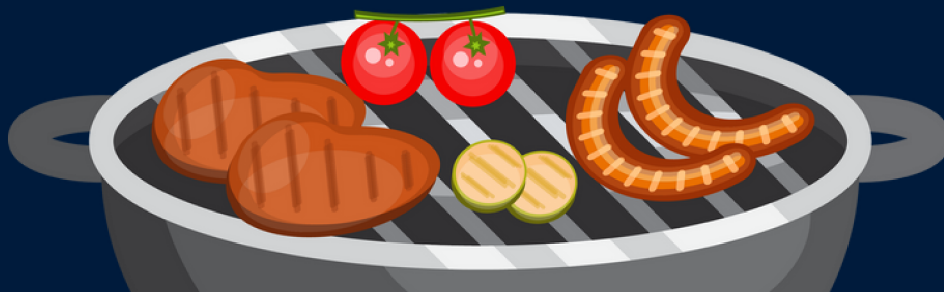
BBQ POTLUCK

FELLOWSHIP

SPEAKER - DEANNA W
FROM DOTHAN

SATURDAY APRIL 20TH | 6:00PM - 9:00PM

EASTERN HILLS BAPTIST CHURCH
3604 PLESANT RIDGE ROAD
MONTGOMERY AL 36109



MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: March 13, 2023

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 Forest Hills) Zoom ID 798-727-9234 PC Awakening		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 Hybrid	C-D 12p	C-D 9am Hybrid (in person and on-line)
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 Frazer Church 6000 Atlanta Hwy, Room 3103 Montgomery, AL 36117				C-L BB, 12X12 6:30p			C-D 6:30p
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	O-D 11a	O-D 11a		
We Stopped in Time Group of AA Eastern Hills Baptist Church 3604 Pleasant Ridge Road		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			

Continued on reverse side

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
Braveheart Group St. Paul's Episcopal Church 210 Lauderdale St	C-D 6p		C-D 6p			C-D 6p	
TALLASSEE							
Tallassee 12 & 12 East Tallassee Church of Christ 101 Central Blvd.		O-D 7p					
THORSBY							
Thorsby Group of AA 20466 US-31 Thorsby, AL 35171			O-D 7:30p				O-D 8a
WETUMPKA							
Wetumpka Group of AA 103 Tuskeena St	C-D * 7p			C-D 7:30 p			
ECLECTIC							
Downtown Eclectic Group 40 Kowaglia Rd Eclectic, AL 36024	C-D * 7p			C-D 7:30 p			

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