

EDITOR'S CORNER

Became willing...This sounds so simple, yet for most of us, it is a tall order. In looking up the words "willing" and "willingness", I am struck by this definition... "eagerly or ungrudgingly ready to act"...mmm, what? Who is 100% "ungrudgingly ready" to do anything that may be painful? I know that is not my initial go to response. However, I have become teachable, so with the help of good sponsorship, I was and am today able to keep moving forward. I believe that all of us have some degree of willingness when we arrive in AA. Just

to walk into a meeting showed some form of willingness. However, most times, that small degree of willingness is not enough to keep us sober, as our memory seems to lapse as to how we came to be here in the first place. ("We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.") (pg. 24 of the Big Book) In looking up some of the occurrences of the word willing or willingness in our literature, the words are almost always

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A.A. HISTORY Autonomy and the Chip

I love that 1st paragraph Bill W. wrote in our 12x12, pg.146, Tradition Four, that, in referring to autonomy states "it is a \$10 word". So each group manages its affairs as it pleases except when A.A. as a whole, is threatened. He goes on to speak of us ego driven individualists, "children of chaos and defiance". So true are these shortcomings that not only do we get sober, but we still want recognition for doing the next right thing. It is autonomy at its best to get it humbly, but not receive recognition for our sober way of life as individuals. Please re-read that last line. I am one of the millions of these mentioned in my past. So I can own my part today, also with the grace of sobriety, added by a bit of ego and a chip to show. "What a hoot we are."

These excerpts are from a history page, Sponsor.org. I found some history, on reminders called chips, when I was perked by the thought of chips and autonomy. Some people don't get chips which is their choice. Some groups give chips in different ways, their choice. * ("People early on carried mementos to remind themselves of the importance of their sobriety. Clarence Snyder "The Home Brewmaster", had

his last drink on 2/11/1938, and carried a silver dollar which had 46 holes in it when he died on 3/22/1984. He started A.A group #3 in Cleveland, Ohio. Before this the Sacred Heart medallions were given by Sister Ignatia, the nun friendly to drunks, to have as reminders at the hospital St Thomas in Akron, Ohio when they left, but with a promise to return it to her if they were going to drink. These were also used prior to her by Father Matthew (Temperance Movement of the 1840's, and the Pioneer's, a temperance Movement of 1890's.)

Early in my sober life in 1989, '90, '91- I remember the chips were as follows: 1-Desire chip 2-30 days 3-3 mths 4-6 mths 5-9 mths 6- Medallions of years. Benighted, I was so interested in why this occurred in these increments, and found we are cyclic people in our diseases. The cycle generally runs about every 3 months, after your initial freedom from being inundated with booze and the "likes" such as other outside issues.

As for your choices, it's free, but remember, history shows with autonomy to keep your chip close to your heart, but not on display in case there's personal failure and A.A. is blamed. I want it available for the generations yet to come.

As for me "I was "sponstold" not to

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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.

For email subscriptions contact:

Post.Subscription@centralalaa.org



MARK YOUR CALENDAR

**Intergroup Monthly Meeting
Saturday, August 29, 2020**

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

**District 8 Service Meeting
Saturday, August 29, 2020**
9:30 a.m. @ Legacies (via Zoom)

**5th Annual Unity & Service Conference (Virtual)
September 5-6, 2020**
visit UnityAndServiceConference.org
for more info

* **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 for Editor 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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Literature–Service Opportunity
Mark Your Calendar– Service Opportunity

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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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EDITOR'S CORNER *Continued from page 1*

used in a context of being of utmost importance. In reflecting upon when I first walked through the doors of my first AA meeting, I was at that place where I knew I was going to die if I didn't do something different and for the first time I was willing to do whatever it took to stay sober. Willingness was the first step to my sobriety and was of utmost importance.

However, willingness by itself probably would not have been enough for me to sustain sobriety. I was told when I started working with a sponsor that willingness, honesty, and open-mindedness were essentials (absolutely necessary) of recovery. (Spiritual Experience in Appendix II of the BB) Therefore, honesty had to also become of utmost importance for me. I had to be willing to be honest, which quite frankly was not easy for me. I had long ago lost the ability to be honest, even where the simplest things were concerned. It took my being willing to work through the 12 Steps with a sponsor and to be intentional about being honest, before clarity even remotely began to return. But it did, little by little, and I realized reality was so different from what I had convinced myself it was for so long. My willingness to do something different by accepting guidance, doing the next right thing, and striving for honesty in all that I did was the foundation to my being able to stay sober, one day at a time.

Fast forward a number of years and my disease convinced me I was "well" and I could stay sober outside of AA. And I did....or at least I did not pick up a drink or other outside substance. However, my peace and serenity, and ultimately my sanity started to suffer. As I got further and further away from the program and fellowship of AA, I realized I was standing on sinking sand. It was subtle at first, but it culminated in my feeling like my world was crumbling out of control and like my feelings were crawling on top of my skin. I was absolutely miserable, just like when I first walked through the doors. There was nothing really different going on in my life, no crises or major changes, but I had a good case of RID (restless, irritable, and discon-

tent) and I KNEW it would not be long before I soothed it with a drink.

I had to get honest and ask myself when was the last time I felt that peace and serenity? When had I last not felt miserable? When had I had joy and felt like my world was in balance? The answer was when I was in the middle of AA. So I humbly walked back through the doors, willing to do whatever it took to keep my sobriety and my sanity. It was amazing to not only me but to others around me how quickly the restlessness, irritability, and discontentedness began to fade. All it took was a little bit of willingness to admit I had made a mistake and that I needed to do something different. I needed the program of Alcoholics Anonymous...and I needed the Fellowship. WE understand each other and WE call each other on our mess. We also recognize when one of us is not on the beam. Today, I can admit I will never be "cured" of this disease of alcoholism. Even though I may not have picked up a drink, the insanity of my disease kicked in and it was but a matter of time before I did. I am grateful once again for that gift of desperation and willingness to admit defeat.

For me, willingness, honesty, and open-mindedness are absolutely necessary to all areas of my program of recovery. The phrase states "and", not "or" which means I can't leave one out and expect to get the results I desire. They work together. But so do meetings, working with newcomers, and daily maintenance of my spiritual condition. I won't question which one is keeping me sober...I just know that I need ALL of the above to live a happy, joyous, and free life...pretty simple, but it works!

My prayer for each of us is that we can once again find and keep that "eager and ungrudging readiness to act" that we so desperately clung to when we first came to AA. And if you ever think you are cured...let's chat! I am more than willing to share my experience!

In love and service,
Natalie C. - Strange Camels

**HOME
GROWN**

A.A. History *Continued from page 1*

be arrogant and clap for myself in sobriety, as I could have been doing the "next right thing" all along, but rather to be gracious and grateful I was given a chance and to thank God I quit those bedevilmments that I thought made me take the poison. Thank you N.J.C. in the big group in the sky, for your firm suggestions, and to The GOD of my

understanding in the rooms of Alcoholics Anonymous. Thank you.

In love and service,
C. Faye H. - Fellowship

**HOME
GROWN**

Groups Temporarily Closed:

- Legacies Group - Zoom Meetings 798 727 9234 Awakening
Legacies also has In Person Meetings as well as Zoom meetings for their regular schedule.
- Tradition Three Group
- Strange Camels Group - Zoom Meetings 238 070 075 Camels (Mon.), outdoor meeting on Tuesdays/Thursdays
- County Hope Group
- Women's Meeting- Sundays 6 pm via Zoom # 904 607 1461 howitworks

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
MONTGOMERY							
12 Steps Group of AA Heritage Baptist Church, Rm 127 1849 Perry Hill Road		C-D-ST-BG 6p					
A Vision for You Group of AA Baptist Health Training Entrance 2010 Normandie Dr.			O-D 7p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Boulevard						O-D 1:30p	O-D 1:30p
Chisholm Group of AA 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
Fellowship Group of AA 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
Happy Hour Group of AA 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
The Legacies Group of AA 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
Living Sober Group of AA Mental Health Building 1116 South Hull Street	C-D 6p		C-L 6p				
Sole Purpose Group of AA 22 North California Street	C-D 8p			C-L 8p	C-D 8p		C-D 8p
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. Luke's Drive Bradford Health Services building	O-D 11a	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
We Stopped in Time Group of AA Unitarian Universalist Fellowship Church (rear entrance, downstairs) 2810 Atlanta Highway		O-D 8p YP				O-D 8p YP	
CLANTON							
Clanton Group of AA Trinity Episcopal Church 503 2 nd Ave. S, Clanton, Al 35045	O-D 7p			O-L 12p		O-D 7p	
GREENVILLE							
Camellia City Group of AA Greenville Housing Authority 601 Beeland St, 36037 334-437-2015 or 334-662-7129	C-D 7p			C-D * 7p			
HOPE HULL							
County Hope Group of AA Hope Hull United Methodist Church 305 Wasden Road (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
MAPLESVILLE							
Maplesville Group of AA Highway 139, PO Box231, 36750					O-D 8p O-S 3 rd Fri.		C-D 8p
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene, Fellowship Hall 3251 Browns Road		O-D 6p		O-D 6p		O-D 6p	
PRATTVILLE							
Autauga S.O.S. Group of AA 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	
Prattville Downtown Group of AA 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
SELMA							
5th Tradition Group of AA West End Baptist Church 504 Cahaba Rd 36701					C-D 6:00p		
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
Selma Men's Group of AA St Paul's Episcopal Church 210 Lauderdale Street	C 6p		C 6p				
TALLASSEE							
Ray of Hope Group of AA 2872 Kent Road, Kent	O-L 7p		C-D 7p		O-D 7p		C-D 3p
12&12 Group of AA E. Tallassee United Methodist Church 101 Central Blvd, East Tallassee		O-ST * 7p					
UNION SPRINGS							
Bullock County Hospital Detox Unit 102 Conecuh Ave Union Springs, AL	O-D 7p		O-D 7p				
WETUMPKA							
Free World Group of AA Elmore Co. Extension Office, metal bldg Highway 14, Queen Ann Road							C-D 7:30p
Wetumpka Group of AA 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
 828 Forest Avenue, Suite A • Montgomery, AL 36106 • Open Mondays 10 – 2pm**

www.centralalaa.org Intergroup@centralalaa.org

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

STEP EIGHT "MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL."

Step eight was the step that my sponsor had to constantly remind me I was not at yet for the first couple months of my sobriety. I wanted to figure out who all I need to apologize to...at least once, every single day. By the time we actually reached step eight and I was ready to finish the list I started in the fourth step, I was in a place where I actually had a much better grasp of the who and why that would need to be on my list. My sponsor had to remind me at this point that the "how" of the amends would come later. I was only making my list at this point.

The idea of cleaning away my wreckage became much more proportionate to human-sized when I was able to start the list of people I had harmed and not say, "I did this, but they did this..."

I say all of that to bluntly say that if I had made a list prior to reaching step eight there would have been a long list of excuses and "I'm sorrys". There would have been a great desire to feel better inside, but a lack of caring about how I affected the person on my list. A distinct lack of humility was present until steps one through seven had been completed.

Still, this is where I started to make excuses while making my list;

"But it says that I shouldn't injure another," I whined to my sponsor.

"You're on step eight, quit trying to play God and control your step nine experience before you get there. You are only making a list right now, not injuring anyone," my sponsor retorted.

I turned back to making my list. I tried not to think about

whom I wasn't willing to make amends to as I wrote down my ex-mother-in-law's name and I tried not to think about the people who were no longer living that I harmed. I wrote them all down, one by one. Most of these people were on my fourth step, but the deeper I delved I found people that didn't strike the resentment chord in me as I had inventoried.

I kept going. Living, dead, a passing person I would probably never see again, the people I saw every day, children too young to understand the formality of amends, and institutions that no longer existed.

Honestly, I've heard many people say they are exhausted by the time they put the pencil down after finishing their inventories. I have never felt heavier than when I finished that list. I understand why so many people run before they start making those amends. I felt horrible. I felt dirty. I didn't know how I was going to ever be clean again and how I would ever make things right for everyone and everything I had stolen, hurt, lied, or cheated on.

Once again, I am grateful for the experience of sponsorship. Without that lady that loved me enough to not let me stall, I would have run for the hills. If there ever was a time that I wanted a drink when working through my first set of steps, this was it. Step eight is where I felt the rubber hit the pavement for me.

There were only days between doing my fifth step with my sponsor, to step six, step seven, and my step eight list. The day after I finished my list, my sponsor met with me to get me started on my amends. Her sense of urgency and importance in doing it this way is absolutely what I credit to my staying sober.

That's where step nine comes in, though, and like that first time...we're not there yet.

Emily J. - Strange Camels

**HOME
GROWN**

TRADITION EIGHT ALCOHOLICS ANONYMOUS SHOULD REMAIN FOREVER NONPROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS.

Tradition Six and Tradition Seven explore general ideas of money, property and authority and our relationships to outside enterprises. We do not get involved with outside enterprises. We need to carry our message to the alcoholic who has not heard how we stay free from alcohol one day at a time. We are sober drunks. We are not professionals. This idea of non-professionalism is half the theme for Tradition Eight. It describes how we should carry our message; we should do it for free and for fun. As the 12x12 simply states, "... at the point of professionalism, money and spirituality do not mix". But the other half of the tradition points to where money does mix within our fellowship.

The long form of the tradition states:

Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. "12 Step" work is never to be paid for.

Early on, we understood we could not charge for our 12th step work. But how is 12th step work defined? From what I read, 12th step work is defined by carrying the A.A. message person to person, face to face. We are never paid for this work. Only the desire to help and be helped should be the basis for our work with other alcoholics. The first sentence in the 12x12 states emphatically, "Alcoholic Anonymous will never have a professional class". We are not professionals in A.A. We share our stories and our experiences with the still suffering alcoholic. Early in my sobriety I was fortunate enough to go on a few 12th calls (to both men and women) with my sponsor. Going into those situations began teaching me what we really should do. I love meetings, don't get me wrong, however, the feeling of giving has never been as strong as when my sponsor and I sat and talked to those men and women. All we did was talk about ourselves, talk about what we found in A.A. and if they were interested, we would take them to a meeting. The phrase "the best ideas are often simple" seem to be echoed in those visits. The men and women did not know we were paying the premium on our own sobriety with those visits. More than once we were offered money. It was a great feeling to say no.

Now, what about where money and A.A. can mix- the second idea in Tradition Eight? In our beginnings, we AAs saw a need for paid workers. Those AAs who were paid

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Tradition Eight, Continued from page 6

to do non-12th step work were often criticized for "making money out of A.A.". These jobs included secretaries, authors, cooks and janitors, plus a few more. Most of these jobs were thankless tasks no one else wanted. Eventually, most of us saw these jobs were not 12th step work. These service workers were doing jobs non-alcoholics would be hired to fill. Why not let some of us fulfill the need? As A.A. grew, we saw the need for full-time workers to make our 12th step work possible (GSO).

There was also a cry of professionalism with those of us who accepted jobs within alcohol education or dealing with alcoholism in a professional manner. These members were also accused of making money from A.A. Again, slowly, it was seen they were not. A therapist working at a treatment center who happens to be in A.A. is not doing A.A. service work. They are a paid employee of the business. They are not there to carry the A.A. message. It is no different than a bus driver who is in A.A. They are simply paid for a job.

All of our traditions help define where the material and spirituality do and do not mix. Sometimes the material means money, other times it means property, and still another time it can mean professionalism. The spirituality within the framework of the Traditions always means carrying our message. Our fellowship from the beginning has thrived on the phrase, "freely ye have received, and freely ye give". Tradition Eight ensures we see where the divide is between professional and non-professional. This way we can continue to give freely of ourselves but ensure those special workers are paid a fair wage.



Trei J., Strange Camels Group
<http://www.centralAA.org/unity/the-twelve-traditions/>

CONCEPT EIGHT

"The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committee directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of the entities."

The Trustees of Alcoholics Anonymous are comprised of 21 men and women, 14 alcoholic (class B) and 7 nonalcoholic (class A). Their purpose and mission is to serve Alcoholics Anonymous and to ensure A.A. and its promise of recovery will be available to all who wish to receive it. They are tasked with providing clear and effective leadership to our fellowship and are concerned with all matters affecting our primary purpose of carrying the A.A. message to the still suffering alcoholic. They are the guardians of A.A.'s 12 Traditions.

The role of Trustees is devoted mainly to larger matters in A.A. dealing with policy, finance, group relations, public relations and leadership. These things demand all of their attention and service to be discharged effectively and efficiently. Therefore, they can't be burdened with matters and difficulties that arise daily. The board cannot possibly manage everything. So it must delegate in order to operate harmoniously.

So the General Service Board is basically a holding company which is comprised of different subsidiaries, all of which have separate management with defined titles, duties, and responsibilities. The Board's role in this capacity is that of custodial oversight of these separate but wholly

owned and incorporated subsidiaries. This has proven to be the most effective way of operation for the board, but it has not always been this way.

In earlier days the board tried to manage G.S.O. and the A.A. Publishing Company through Trustee committees. However, it proved difficult to define authority in this way, and responsibilities could not be kept in balance. In fact, those who signed the checks and held the money naturally held greater authority over the others. But the moment we developed a corporate structure with defined duties and responsibilities (which was provided with its own working capital, employees and facilities) we began to see improvement in the overall functionality of the board and its subsidiaries.

In the Twelve Concepts for World Service, Bill W. concludes his commentary of Concept VIII by stating "There is always a powerful connection between money and authority. Whenever we concentrate money, we shall inevitably create the temptation for the exercise of too much executive authority, an undesirable condition for us. Therefore we should strenuously avoid placing too much money or too much authority in any one service entity. These are potent reasons for maintaining separate incorporations for each of our active services." So even though in some cases it may seem much more simple and efficient to consolidate some of our services, it has been proven out of experience that the costs far outweigh any benefits that may come of it.

Love & Service
 Jay W., Legacies Group



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

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July Birthdays

Strange Camels

James A.	07/11/2011	9 yrs
Donna P.	07/---/2016	4 yrs
Total		13 yrs

Legacies Group

Craig M.	07/13/1994	26 yrs
Tom H.	07/27/1999	21 yrs
Ashley B.	07/20/2005	15 yrs
Total		62 yrs

Millbrook Primary Purpose

April T.	07/28/2012	8 yrs
Freddy D.	07/15/1992	28 yrs
Total		36 yrs

Chisholm

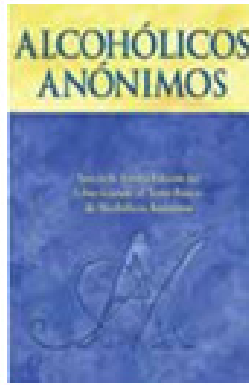
David P.	07/01/2018	2 yrs
John H.	07/04/2017	3 yrs
Alvin P.	07/21/2008	12 yrs
Total		17 yrs

JULY 128 yrs

CELEBRATING AN AA BIRTHDAY?

AT YOUR NEXT BUSINESS MEETING ASK
YOUR G.S.R. OR GROUP SECRETARY TO
SEND IN MEMBER BIRTHDAYS TO
POST.EDITOR@CENTRALALAA.ORG

¿QUÉ ES A.A.?



Alcohólicos Anónimos es una comunidad internacional de hombres y mujeres que ha tenido un problema con la bebida. Es no profesional, 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

Intergruop@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.

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
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