

EDITOR'S CORNER

I'm thankful I can be thankful today. Recently some of my friends have been sending me their gratitude lists which has in turn prompted me to write some of my own. My wife saw me writing a gratitude list the other day and she asked if I was okay, knowing that I normally do that when I'm in a bad mood. That was my initial experience with gratitude lists and how I've treated them for most of my recovery. The first time I did a gratitude list I had been complaining to my sponsor on the phone for about ten minutes and he told me to write a gratitude list. I said, "what's that?" He said it was a list of everything I was thankful for. I couldn't believe the nerve of this guy, didn't he hear anything I just said? But I did it anyway because my complaining wasn't helping me much. As I wrote that first gratitude list I watched my attitude change. It still works, but now I've learned that I don't have to be in a bad mood to try and be thankful, I can just try and be thankful to try and be thankful.

It's sad that I can also practice the program like I treated my gratitude list. I get in pain, then try to work some steps, go to meetings, help some newcomers, then I start feeling better and ease up on my program. I stop praying, stop going to so many meetings, stop reading recovery literature, stop helping newcomers, and start running the show and suddenly I'm in pain again. I don't like that cycle, what I need to do to stay joyous, happy and free is to keep practicing these principles of honesty, surrender, service, humility, love, unity, and gratitude etc. Thankfully I have a lot of people in recovery supporting me and plenty of people to try and encourage.

If you want to get involved there are some great opportunities you can read about here, both online and in-person. I recommend especially what Justin D. shares about his experience with going to treatment facilities.

Happy reading,
Mike D.



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Suggestions? 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

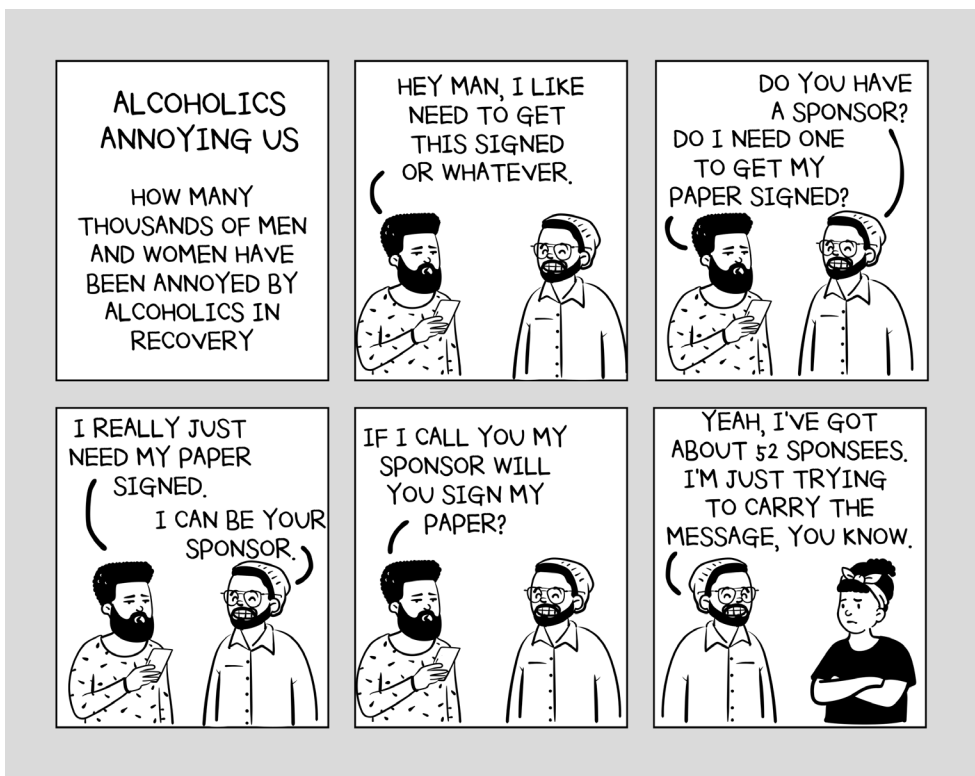
THE POST is published to improve communication between local A.A.® groups and encourage the participation of A.A. members in services and activities that promote sobriety. Opinions expressed in letters and articles are those of the authors and do not indicate endorsement by Montgomery Area Intergroup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

CONTACT US

Montgomery Area
Intergroup Central Office
Office Hours:
Monday 10 A.M. - 2 P.M.
828 Forest Avenue
Montgomery, AL 36106
24/7 Answering Service
(334) 264-4122

E-MAIL ADDRESS

Intergroup@centralalaa.org
Contributions for print subscriptions are encouraged.
For email subscriptions contact:
Post.Subscription@centralalaa.org





MARK YOUR CALENDAR



SERVICE ALERT

**Intergroup Monthly Meeting
Saturday, August 5, 2023**

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

**District 8 Service Meeting
Saturday, August 5, 2023**

9:30 a.m. @ Legacies and via Zoom

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

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

Intergroup Monthly Meeting Saturday, August 5th @ 8:00 am - 9:00 am at Legacies and on Zoom

District 8 Monthly Meeting Saturday, August 5th @ 9:30 am - 10:30 am at Legacies and on Zoom

Website Committee Meeting Thursday, June 15th 6pm Hybrid: 3428 Atlanta Hwy (around the corner from Legacies) see Centralalaa.org for Zoom link. Topic: Website and the PI Committee / Ideas and suggestions District 8 Treatment/Corrections Committee Meeting Saturday, August 19th @ 10:30 am - 11:30 am at Legacies

Archives Meeting Saturday, August 19th @ 10:30 am at Happy Hour

Old Timers Celebration Saturday, August 19th, Landmark Church 1800 Halcyon Blvd Montgomery AL, 3pm Fellowship, 3:30 pm Food, 4:30 pm Sobriety Countdown and Raffles, 5 pm Speaker

PI Committee Meeting Monday, August 21st @ 6:00 pm - 7:00 pm at Strange Camels

Fellowship Group Eat & Meet Saturday, August 26th @ 4:30 pm - 7:30 pm at Grace Church

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

* **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: April 14, 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 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	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			

<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
Braveheart Group St. Paul's Episcopal Church 210 Lauderdale St	C-D 6p		C-D 6p			C-D 6p	
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			

Legend

O = Open Meeting (for anyone interested in the AA Program)
C = Closed Meeting (attendance limited to those with a desire to stop drinking)

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

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

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

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

This is another preparation step, which is a familiar pattern of the 12 steps. Steps one and two are preparing us for the action of step three, step four prepares us for step five, step six for step seven, now step eight will get us ready for step nine.

A lot of people starting the program want to jump straight into step nine. This was my experience, I tried to do step nine before I even got a sponsor and of course it wasn't a thorough step nine, there was just my ex-wife that I was trying to get back, so I had some obvious expectations on that amends. I was pretty honest, but that's the only redeeming thing about what I tried, when she didn't respond how I wanted I got defensive and we had a huge argument. I can now see in retrospect that the steps are in order for a reason.

I got a sponsor not long after that and I told him I had already started on my amends. Can you believe he told me I had no idea what I was doing! He said I needed to wait until I had worked the other steps before I did any more amends. This annoyed me, but I complied. As I worked through the steps and finally came to step eight I was a lot more cautious about making amends and I had a better idea why I was doing them.

We go out to make amends in order to "attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves" (Big Book pg. 76). We aren't trying to make everyone like us in steps eight and nine, so it's important that we list everyone we have harmed, not just the people that we think will re-

spond well to our attempt at amends. By making this effort we get clear of looming relationship problems that will make us feel guilty and ashamed. It's also a change from self-justification to doing the right thing for others.

I can't have expectations attached to my amends list when doing step eight. I need to make a list of all persons I have harmed, that means everyone. Not just the people I hurt while drinking, not just my immediate family, not just the people I'm still in contact with. All means all. Of course there are going to be people that I can't contact for various reasons, but that's an issue for step nine.

Before we go out and start step nine we need to pray about our list, also for wisdom and courage. It's important to talk to your sponsor before each amends because it's so easy to imagine how each scenario will go in our heads beforehand. I said to myself, "I know they're going to be so angry at me they'll probably call the police, then I'll lose my job and my family will be homeless. It would be better if I just didn't make this amends because it's going to hurt my family." I also used the classic: "they don't even know what I did, so I don't need to tell them. I'll just make a living amends." My personal favorite was, "I'm definitely going to make this amends, now just isn't the right time." Another favorite was, "they owe me an amends! Why am I having to make an amends to them!?" Of course these are all just excuses for inaction, which leaves me stuck in sick thinking. If I want to be free I need to be totally honest with my sponsor and totally honest with God, which enables me to be totally honest with myself. Then I can go make the amends. Another great thing about talking to my sponsor about amends and praying is that it reminds me that I'm not doing any of this alone. This is a "we" program and I don't have to do any of it by myself.

Mike D. PDG

**HOME
GROWN**

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

There was a time in early recovery when I would imagine myself working someplace like Bradford in Warrior, Alabama, the camper becoming the counselor. Gone would be the days of feeling regret for prioritizing my drinking over my education; in this arena my experience was quite valuable, coveted even, at least by all the normal people working there, surely. A treatment center in an idyllic setting, putting

my own experience as an alcoholic to good use, helping others like me, and getting paid for it? Well, that sounded terrific, not very altruist, but terrific nonetheless!

I know better these days, and the Twelve and Twelve is pretty clear about where the line between 12th step work and professionalism lies. It tells us that "The job was not to do Twelfth Step work, but to make Twelfth Step work possible." To me, that was a literary mic-drop; it will stick with me when I think about this tradition. For now at least, it's all the acid test I need.

Lea B.

**HOME
GROWN**

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

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 COMMITTEES 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 THESE ENTITIES."

There is a lot to do in A.A. and nobody can do everything, so we have service positions with responsibilities to fulfill certain tasks. Sometimes service positions require

service representatives to form committees in order to get things done. The servant is still responsible for the overall task, but they can now delegate responsibility. That is basically what this concept is saying about the trustees. They are responsible for what goes on at A.A. World Services, but they don't do everything themselves. They have committees that they meet with in person quarterly and then report to the General Service Conference annually.

Bill W. explains in the Twelve Concepts for World Service that the purpose for this structure is to have clearly defined roles and responsibilities so that no one in A.A. is responsible for too much, which could lead to inflation of egos and also impede service.

Mike D. PDG

HOME
GROWN

ARCHIVES CORNER

Aug 1, 1943 - Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.

Aug 3, 1954 - Brinkley S. gets sober at Towns Hospital after 50th detox.

Aug 8, 1879 - Dr. Bob born in St. Johnsbury, VT.

Aug 9, 1943 - LA groups announce 1000 members in 11 groups.

Aug 11, 1938 - Akron & NY members begin writing stories for Big Book.

Aug 15, 1890 - E. M. Jellinek is born, author of "The Disease Concept of Alcoholism" and the "Jellinek Curve".

Aug 16, 1939 - Dr Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

Aug 18, 1988 - First Canadian National AA Convention in Halifax, Nova Scotia.

Aug 19, 1941 - First AA Meeting in Colorado is held in Denver.

Aug 25, 1943 - AA group donates Big Book to public library in Quincy, MA.

Aug 26, 1941 - Bill writes Dr Bob to tell him Works Publishing has been incorporated.

Aug 28, 1954 - 24 Hours a Day is published by Richmond W.

Other significant events in August for which we do not have a specific date:

1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

1939: Dr. Bob wrote an article for Faith magazine.

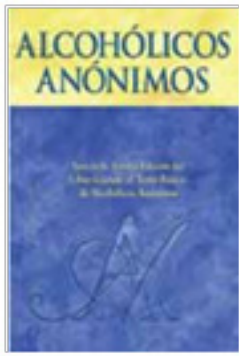
1941: First meeting in Orange County, California held in Anaheim.

1981: Sales of the Big Book passes three million.

In love and service,
Jill Z - Happy Hour Group

HOME
GROWN

Have a burning desire to share your experience, strength and hope? Send your article 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, automantenida, multiracial, no política y disponible en casi todo el mundo. No hay requisitos referentes a edad ni nivel de educación. Puede hacerse miembro cualquier persona que desee hacer algo para solucionar su problema con la bebida.

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

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

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



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

828 Forest Avenue, Suite A
Montgomery, AL 36106

Tel: (334) 264-4122

Intergroup@centralalaa.org

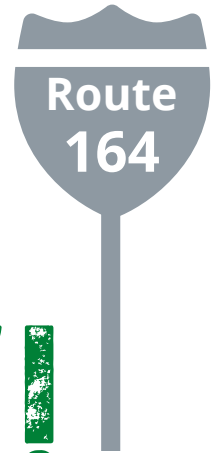
<https://www.aa.org>

>> para mas informacion y recursos en Espanol

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

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

Area 1 Alabama/NWFL



**AREA 1
LITERATURE COMMITTEE**

ROAD SHOW!

INCLUDES:

- ★ **AA Literature Jeopardy Game**
- ★ **What is Conference-Approved Literature?**
- ★ **My Favorite Pamphlet**

... AND MORE!

Want to host us in your district?

Email Patty H. - Area 1
Literature Committee Chair:
Literature@AAarea1.org

See you soon!



Area 1 Alabama/NWFL

AREA 1

LITERATURE COMMITTEE Monthly Workshops

July 25, 2023

Finding Our Traditions in
All of Our Literature

Presented by Craig W

Past Delegate, Panel 65 – Sandy Hook, CT (Area 11)



August 29, 2023

Using Literature in Your
Area / District Committees

Presented by Area 1 Committee Chairs

Area 1 Alabama/NWFL

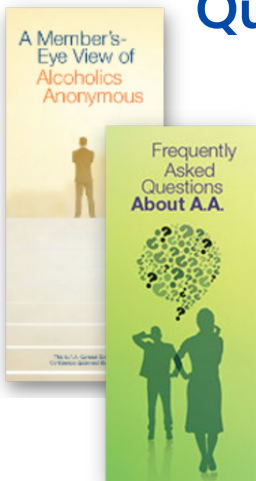
September 26, 2023

Pamphlet Workshop:

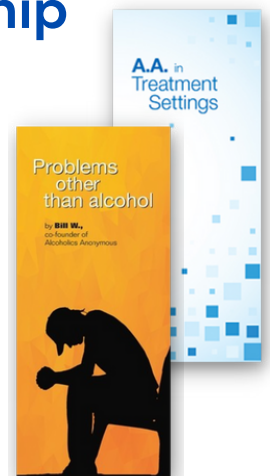
"Questions & Answers on Sponsorship"

Presented by Regina V

Area 1 Secretary – Robertsdale, AL
(District 19)



ZOOM ID: 629 006 1411
PW: 1935
7:00 PM Central



31st OldTimers Celebration

**SATURDAY
AUGUST 19TH**

**FELLOWSHIP @ 3
EAT @ 3:30**

**RAFFLES &
SOBRIETY
COUNTDOWN**

@ 4:30

**SPEAKER-
VICKI B @ 5**

Please bring a side & or dessert

Landmark Church
1800 Halvcon Blvd
Montgomery Al

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