

EDITOR'S CORNER

Merry Holidays!

This issue has been a long time coming, I'll spare you the excuses. Thankfully I have had some new volunteers to help out. I do want to give a big thank you to Jill Z. for helping with the POST longer than anyone remembers. I also want to say welcome aboard to Melody B. and Kent Q. who have just signed on as indentured servants. I also want to thank James A. who keeps saying he wants to quit but keeps helping out with layout anyway, maybe we'll find a new layout person for you someday James.

The big bad exciting news for our local young people is that this year's ALCYPAA (which stands for Alabama Conference of Young People in Alcoholics Anonymous) will be held

somewhere around Montgomery in November 2024! There are a lot of people that will be working on related events to prepare for this event. If you would like to get involved you can come to the next meeting which will be on December 30th, 6:00pm at Eastern Hills Baptist Church.

2023 has been a good trip around the sun. We've had some losses and some victories. We don't know what this next year has waiting for us, but we know that if we are humbly reliant on God, he will "enable us to match calamity with serenity" and victory with joy (Big Book pg. 68).

Blessings,
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®.

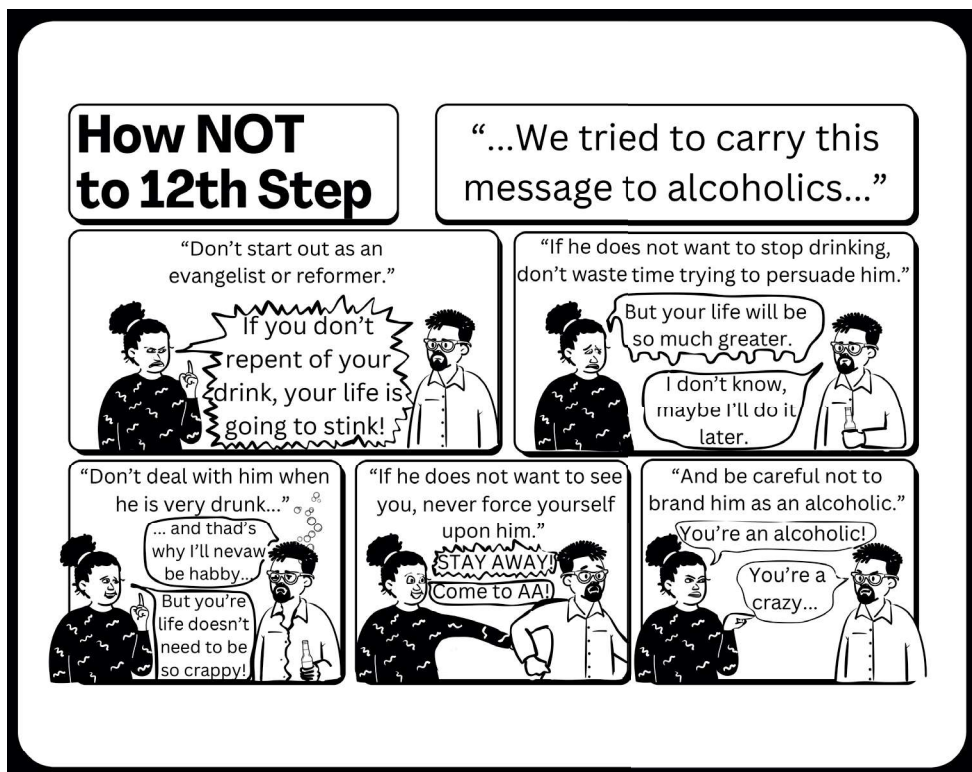
CONTACT US

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

Intergroup Monthly Meeting

Saturday, January 6, 2023

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

District 8 Service Meeting

Saturday, January 6, 2023

9:30 a.m. @ Legacies and 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

Please contact

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

Meeting Combined Monthly committee meeting for Corrections and Treatment Sat, December 16th, 10:30 am at Legacies

Archives Meeting Sat, December 16th, 10:30 am at Happy Hour

PI Committee Meeting Mon, December 18th at 6:00 pm - 7:00 pm at Strange Camels

Website Committee Meeting, Thur, December 21st 6:00-7:00 pm at 3428 Atlanta Hwy, Montgomery AL 36109 (Around the corner from Legacies) for the Zoom link see the Centralalaa.org website under events.

District 8 CPC Committee Meeting, Thur, November 30th, 2023 6PM ONLINE/Zoom Cooperation with the Professional Community Committee Group liaisons review what's working, CPC specific literature, and exchange ideas.

Alcathon, From Sun, December 31st 2pm - Mon, January 1st 2am at 3428 Atlanta Hwy, Montgomery AL 36109 (Around the corner from Legacies). See flyer for schedule.

The Area 1 Assembly will meet Fri, January 12th to Sun, January 14th at The Clarion Inn and Suites in Auburn, AL. See the aarea1.org for the schedule.

See Centralalaa.org Calendar for Zoom links

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**

The initials A.A. and the name Alcoholics Anonymous are registered trademarks and should be followed by the ® mark, to comply fully with trademark law.

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: September 8, 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			

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			

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 Transgenderly
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 TWELVE
HAVING HAD A SPIRITUAL AWAKENING AS THE
RESULT OF THESE STEPS, WE TRIED TO CARRY
THIS MESSAGE TO ALCOHOLICS, AND TO
PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.**

The biggest breakthrough I've had in recovery is practicing step twelve. The first thirty days of my recovery I was encouraged to call others in recovery who had less time than I did. I didn't initially see how important that was to my recovery, but I was at least broken down enough to take a few suggestions. The breakthrough came when I realized that helping the next suffering alcoholic was helping me get out of myself so I didn't sit around brooding over my own problems.

At first, carrying the message just meant hanging out with some other newcomers on the back porch before A.A. meetings, then I started making a few phone calls. Then I started giving people rides to meetings. Not long after that, I had gotten to step twelve with my sponsor and a guy asked me to sponsor him.

That's probably similar to the process most people that recover from a hopeless state of mind and body experience in A.A. Working steps one through nine helped me get recovery and steps ten through twelve help me keep it, but for me, step twelve is the secret sauce. It's what you always hear from old timers: "we keep it by giving it away." The only way to stay in recovery is to give it away to others, even if

they don't seem to get it.

When I first started sponsoring, an old timer told me that he had been one hundred percent successful with all his sponsees. He then asked me, "do you believe that?" I was pretty sceptical until he explained that it wasn't that they had all stayed sober, a lot of them hadn't, but he had stayed sober through carrying the message.

The twelfth step isn't just about sponsorship, it includes going to hospitals, treatment centers, and correctional facilities. It means taking phone calls at inconvenient times and making house calls to alcoholics that need help. Doing some of these things has been the most exciting and enjoyable part of my recovery. I've had the opportunity to pick up a guy from a trap house, flush drugs and alcohol down toilets, drop off a semi-automatic weapon at a pastor's house so the gun's owner could get into a sober-living facility, give several guys a ride to the ER, visit other guys in the hospital and detox, and best of all, see some of them recover!

Carrying the message doesn't stop with alcoholics though, the twelfth step says, "and to practice these principles in all our affairs." That means that I'm honest and helpful with my family, people at my job, and whoever else God puts in my path. I pray and ask for God's help to be of service to whomever and however he wants. When I'm being of service like that, things seem to go pretty well, because things aren't going my way, they're going God's way.

Mike D.

**HOME
GROWN**

**TRADITION TWELVE
ANONYMITY IS THE SPIRITUAL FOUNDATION OF
ALL OUR TRADITIONS, EVER REMINDING US TO
PLACE PRINCIPLES BEFORE PERSONALITIES.**

I found a speech by Bill W, that is included in the book, Alcoholics Anonymous Comes of Age, page 286, that says all I could ever say about Tradition 12 and it is so pertinent to our days and times:

"As never before, the struggle for power, importance, and wealth is tearing civilization apart—man against man, family against family, group against group, nation against nation.

Nearly all those engaged in this fierce competition declare that their aim is peace and justice for themselves, their neighbors, and their nations. 'Give us power,' they say, 'and we shall have justice; give us fame and we shall set a great example; give us money and we shall be comfortable and happy.' People throughout the world deeply believe such things and act accordingly. On this appalling dry bender, society seems to be staggering down a dead-end road. The stop sign is clearly marked. It says, 'Disaster.'

What has this got to do with anonymity, and Alcoholics Anonymous?

We of A.A. ought to know. Nearly every one of us has traversed this identical dead-end path. Powered by alcohol and self-justification, many of us have pursued phantoms of self-importance and money right up to the disaster stop-sign. Then came A.A.

We faced about and found ourselves on a new highroad where the direction signs said never a word about power, fame, or wealth. The new signs read, 'This way to sanity and serenity. The price is self-sacrifice.'

Bill's speech goes on to describe various scenarios when

A.A. members challenged the need for anonymity and how they failed, the result of that being the twelfth tradition. From page 292:

"The old files at A.A. Headquarters reveal many scores of such experiences with broken anonymity. Most of them point up to the same lessons.

They tell us that we alcoholics are the biggest rationalizers in the world, and that, fortified with the excuse that we are doing great things for A.A., we can, through broken anonymity, resume our old and disastrous pursuits of personal power and prestige, public honors, and money—the same implacable urges that when frustrated once caused us to drink, the same forces that are today ripping the globe apart at its seams. These lessons make clear, moreover, that enough spectacular anonymity breakers could someday carry our whole society down into that ruinous dead end with them.

So we are certain that if such forces ever rule our Fellowship we will perish too, just as other societies have perished throughout human history. Let us not suppose for a moment that we recovered alcoholics are so much better or stronger than other folks, or that because in twenty years nothing has ever happened to A.A. nothing ever can.

Our really great hope lies in the fact that our total experience, as alcoholics and as A.A. members, has at last taught us the immense power of these forces for self-destruction. These hard-won lessons have made us entirely willing to undertake every personal sacrifice necessary for the preservation of our treasured Fellowship."

Thank you all for allowing me to serve this past year by copy-editing for The Post.

Jill Z. - Happy Hour

**HOME
GROWN**

CONCEPT TWELVE

GENERAL WARRANTIES OF THE CONFERENCE: IN ALL ITS PROCEEDINGS, THE GENERAL SERVICE CONFERENCE SHALL OBSERVE THE SPIRIT OF THE A.A. TRADITION, TAKING GREAT CARE THAT THE CONFERENCE NEVER BECOMES THE SEAT OF PERILOUS WEALTH OR POWER; THAT SUFFICIENT OPERATING FUNDS, PLUS AN AMPLE RESERVE, BE ITS PRUDENT FINANCIAL PRINCIPLE; THAT NONE OF THE CONFERENCE MEMBERS SHALL EVER BE OF ALCOHOLICS ANONYMOUS WHICH IT SERVES, THE CONFERENCE ITSELF WILL ALWAYS REMAIN DEMOCRATIC IN THOUGHT AND ACTION. PLACED IN A POSITION OF UNQUALIFIED AUTHORITY OVER ANY OF THE OTHERS; THAT ALL IMPORTANT DECISIONS BE REACHED BY DISCUSSION, VOTE, AND WHENEVER POSSIBLE, BY SUBSTANTIAL UNANIMITY; THAT NO CONFERENCE ACTION EVER BE PERSONALLY PUNITIVE OR AN INCITEMENT TO PUBLIC CONTROVERSY; THAT THOUGH THE CONFERENCE MAY ACT FOR THE SERVICE OF ALCOHOLICS ANONYMOUS, IT SHALL NEVER PERFORM ANY ACTS OF GOVERNMENT; AND THAT, LIKE THE SOCIETY OF ALCOHOLICS ANONYMOUS WHICH IT SERVES, THE CONFERENCE ITSELF WILL ALWAYS REMAIN DEMOCRATIC IN THOUGHT AND ACTION.

The Twelve Concepts for World Service were written by Bill W. in order to give direction for the General Service Conference (GSO). The Concepts are guidelines for the GSO. The Traditions came first in 1950, and the Concepts were adapted by the GSO in 1962. Not all the Concepts align with the Traditions number to number, but this twelfth Concept definitely coincides with the twelfth Tradition. Tradition Twelve is about practicing anonymity, which is done by practicing humility. But it's not only the individuals in A.A. and the groups that need to practice humility, our entire fellowship needs to practice it. So the General Service Conference which serves the entire fellowship of A.A. is also based on practicing humility.

This is important for anyone involved in service in A.A. because we don't serve each other in order to get personal prestige or power, as our Sixth Tradition reminds us. Whatever kind of service we perform in A.A. it should be done selflessly for the benefit of others. That's not always an easy task for us since we are all human. We each want a taste of the glory, to be in the limelight, and to have people think well of us. It's nice to have an applause once in a while. But the funny thing about A.A. is that we applaud people who have just ruined their lives. Where else can you go to get a room of people to cheer for you after you have just screwed up your life for the tenth time? We all walked up and got our first silver chip and were probably humiliated or embarrassed by all the people clapping

and hugging us after the meeting. But once we've stuck around A.A. a while things change.

After staying sober and getting all our rainbow chips we settle into the routine of staying sober. We attend meetings, sponsor people, take a service position, and after a few years of that might wonder when this amazing life is supposed to start. Is this all there really is to sobriety? We keep hearing the relatively new people in sobriety talk about how amazing it is to be relieved of the burden of alcohol. We remember how great that was, but we think there has to be something more. Some try relationships to fill that hole, and that might work for a while, but after a time that gleam wears off, especially when we find out how hard it is to make relationships work, so we keep wondering what we are missing.

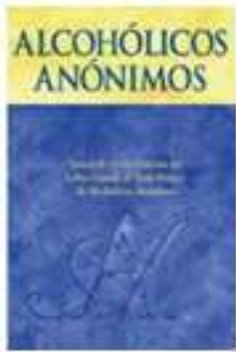
Then we think that if just more people knew who we were or if we had more say so in what went on in A.A., then we might feel better. So we get some more service positions, we try to climb the ladder at District and Area. We get on committees, we plan events, we go to events, we clap and cheer, then walk away wondering if it was really worth it. The bitter irony of it all is that we came into A.A. desolate, at least in spirit if not materially poor, and we learned that our selfishness was the root of our problem. We had a complete ego disaster as we hit bottom, and we learned how to live life by the Spirit as we took the steps and began to live life on spiritual principles. But then somewhere along the way, without us even noticing, our egos began to rebuild and we came kicking and screaming back to our sponsors, complaining about how unfair life is and how no one notices us, only to find out that we are full of self will again. It might look a little different than it did before, instead of getting drunk on alcohol, we get drunk on the approval of others, or the power we can exert on others, but it's still there and it still makes us miserable.

Just like the first time we came in, we have to take the steps. Admit our lives are unmanageable and that we are powerless, not just over alcohol, but over our alcoholism. As we take the steps again with this in mind, we must see how easily we can turn out service in A.A. into a self-promoting binge. There is no way to completely avoid this, but we must struggle against it on a personal level, but not by self-deprecation, which is really just another form of selfishness. I have to ask my higher power to remove it, then surrender and go along for the ride. We must work with others to insure that A.A. remains democratic on all levels, whether this is in our home groups, Districts, Areas, or international level. So we end the Concepts like the steps and traditions end, preserving unity and humility by seeking to help others.

- Mike D.

**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.

ALCATHON 2023

OLD MARY B'S

**SUNDAY DECEMBER 31ST 2023 -
MONDAY JANUARY 1ST 2024
2:00PM - 2:00AM**

2:00pm - Meeting Hosted by Legacies

4:00pm - Meeting Hosted by Fellowship

6:00pm - Meeting Hosted by Happy Hour

8:00pm - Meeting Hosted by Prattville Downtown Group

10:00pm - Speaker Meeting featuring Bennett E.

11:00pm - 1:00am - GUMPYAA Hosted Dance Party
and Countdown

1:00am - Meeting Hosted by We Stopped in Time

Fellowship, Potluck, and Games between every meeting!

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

PROFFESIONALS 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

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