

THE POST

POWER OF SOBER THOUGHT

DRUNK AGAIN

The first thing that I really identified with in the Big Book was reading Bill’s story, especially where he talks about his wife “coming home exhausted to find me drunk” (Pg. 4). Then to see Bill’s resolve to stop drinking only to be drunk again wondering to himself, “where had been my high resolve? I simply didn’t know. It hadn’t even come to mind” (Pg. 5). This is what the book calls “the insanity of the first drink” (pg. 8). It is the insanity that we need to believe we can be free from in step two.


A lot of people trying to take the steps get hung up on step two because it talks about “a Power greater than ourselves” and they start thinking about some version of God they don’t like (continued on pg. 2)

INSIDE THIS ISSUE	
Editorial.....	P. 1-2
The Legacy of Service.. P. 4
Hope in the Cells.....	P. 6
Service Opportunities and Events.....	Pg. 8
Meeting Guide..	P. 10-11
District 8 Min...	P. 12-16
Integroup Min.....	P. 17

ALCOHOLIC INSANITY


“Whatever the precise definition of the word may be, we call it plain insanity” - Big Book Pg. 37

“Rumor had it that he had been committed for alcoholic insanity” - B.B. Pg. 9




I’m alright, I just got sent to treatment once. It was really just a big misunderstanding. The DUI wasn’t really my fault and I was going to return to the scene of the accident the next day to pay for the flower bed I ran over.

“Then came the insidious insanity of the first drink” - B.B. Pg. 8




I know I just got out of the hospital for kidney damage from drinking, but I don’t think one drink is going to hurt anything. In fact, I think I deserve a drink since I’ve gone a whole week without one.

“The insanity of alcohol returns and we drink again.” - B.B. Pg. 66



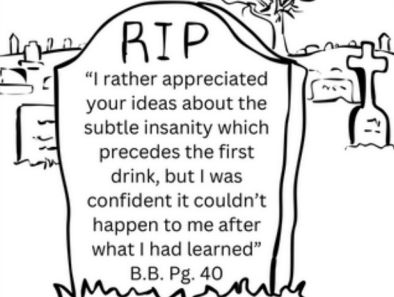
For me? I really shouldn’t, I’ve been sober for six months. But what’s the harm in one night out? I can always go back to A.A. later if I need to.

“Again it was the old, insidious insanity - that first drink.” - B.B. Pg. 154



Let’s face it. You’re going to drink and nothing is going to stop you. You need this to feel okay. Those other people don’t understand you.

RIP



“I rather appreciated your ideas about the subtle insanity which precedes the first drink, but I was confident it couldn’t happen to me after what I had learned”
B.B. Pg. 40

DRUNK AGAIN continued from page 1

and they completely miss the point about being restored to sanity. The insanity that we have is also called “the mental obsession” (12 & 12 pg. 22). This insanity is so strong that we are powerless over it, which is why we need a Power greater than ourselves to overcome it. This is a difficult situation for the alcoholic since we alcoholics come from every imaginable religious and non-religious background imaginable. How can we possibly get in touch with a Higher Power if we can’t even agree if one exists? This is where one of the most powerful ideas A.A. has to offer comes into play. Instead of telling the alcoholic struggling with belief in the supernatural what they need to believe, we just ask them if they are open to the idea of a Higher Power, then we let them come to their own conclusions about what and who that Higher Power is. One questions I like to ask people struggling with this concept is, “can you remember a time in your life when you could see a supernatural Power looking out for you?” Although there is no one question or approach that is going to work with everyone, especially on a difficult issue like spirituality, I’ve found this question to be effective in getting people to think about a Higher Power they could connect with.

I’ve said enough about Step Two, Sam N. has some more to say about his experience with this step. He recently came and shared his story at PDG on a Monday night and it was incredible to hear about how he had found recovery and freedom when he asked a judge to sentence him to a year in jail! For our service article this month we have Jen, a GSR who spoke at a workshop at one of our Area 1 Assemblies last year about “The Legacy of Service.” We have an article on Tradition 1, which I was supposed to put in last month’s edition, but now we are behind a month, so maybe we’ll catch up at some point, but I was running out of room in this edition, I guess if I didn’t write such a long editorial that wouldn’t be a problem.

There are a bunch of events coming up! The Valentine’s event, “Lovers and Friends” will be this Friday, from 6-9pm. Bring a potluck dish and hangout with friends! It is put on by the ALCYPAA Host Committee, but that doesn’t mean you have to be young to go. Then in a few weeks we have the Montgomery Anniversary which will be in Millbrook from 2-6pm. If you haven’t been to any events in a while, or know someone who needs some fellowship, get out to one of these events and see what it does for you.

- Mike D. PDG

The 2024 ALCYPAA Host Committee Presents

**LOVERS
AND
FRIENDS**

SPEED FRIENDING

-

"SANE AND SOUND IDEAL!"

ASK-IT-BASKET PANEL
ATHENA R. & MIKE H.
ASHLEY B. & JASON B.

-

BINGO

-

50/50 RAFFLE

-

POT LUCK

-

**FELLOWSHIP
AND FUN!!!**

FRIDAY FEBRUARY 9TH 2024

OLD MARY B'S

**3428 ATLANTA HWY
MONTGOMERY, AL 36109**

**\$10 SUGGESTION
CONTRIBUTION, OR
BRING A POTLUCK DISH**

THE LEGACY OF SERVICE

I'm Jen and I'm an alcoholic. I'm here to cover the legacy of service. The origin of the word Service goes back to the Latin word *servitium* which meant slavery. I don't believe A.A.'s legacy of service means a legacy of slavery, but it represents one of the paradoxes found in A.A. that to keep it one must give it away. After all, during my drinking days I was a slave, a slave to John Barleycorn--I was in bondage because I did not know how to function without it. But after coming to A.A. I was shown how to break the bondage of self and to attain freedom from addiction. I had to offer myself to serve others. Prior, the ism of alcoholism (I, Self, Me) ruled over me. I made, and still make, life about me. My ego takes over and the old-self returns, but now I have the chance to catch it midstride. Self-will dukes it out with God's-will. When I am selfish my actions are taking center stage. When I am self-centered my thoughts are competing obsessively. Together self-will runs riot. Self-pity, self-seeking, self-loathing, or self-doubt raises its ugly head. These are just some of the obstacles that get in the way of God's will for me. Rather than being willful over my fears and frustrations, I am now drawn over to God's love for others. I pray how best can I be a channel for God to build with me and do with me as God wills. By turning my will over I surrender fear for love. The word surrender makes me balk, because I have to admit defeat, but this is not surrender to an enemy, this is surrender to my greatest Advocate. This is surrender to my Higher Power who brings life, hope, joy, forgiveness, and everything that is honorable and good. The choice is relapse and bondage or recovery and freedom. How best can I escape Self? Service! Service to others!

Opening the A.A. Service Manual I find on page 51 the very topic bestowed to me in Bill W's words, "Our 12th Step--carrying the message is the basic service that the A.A. Fellowship gives; this is our principle aim and the main reason for our existence." So the purpose of A.A. simply put is the service of passing on the message. I highlight it here because A.A. boiled down to its bare bones is simply one alcoholic helping another alcoholic. This service is carried out in every meeting--it is the ever present spiritual approach of helping one another. In another example in the Big Book, one ex-drunkard shared his experience, strength, and hope with Dr. Bob. Found on page 180 in the chapter, "Dr. Bob's Nightmare," it is especially italicized, "*Of far more importance was the fact that he was the first living human with whom I had ever talked, who knew what he was talking about in regard to alcoholism from actual experience. In other words, he talked my language.*" Sharing our experience, strength, and hope in a meeting could make the difference of inspiring another to not drink and to act on faith instead of fear.

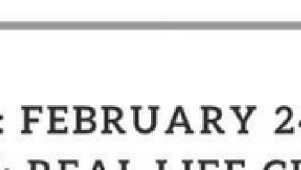
- Jen

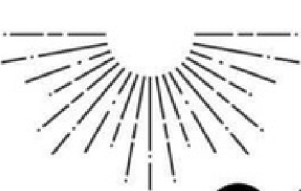
80  **80**
80 FAITH OVER FEAR **80**

 80

**AA IN MONTGOMERY
 IS 80!!!**

Can't wait to celebrate 80 years with y'all.

80  **80**
80 WHEN: FEBRUARY 24, 2024
 WHERE: REAL LIFE CHURCH
 FELLOWSHIP: 2:00
 HISTORY & FUN: 3:00
 EAT: 4:00
 SPEAKER: BOB D. (VEGAS) 5:00

80  **80**
80

Please bring a spaghetti dish, salad, bread, or dessert.

*Real Life Church
 1834 1-65 service road east
 Millbrook AL 36054*



FINDING HOPE IN THE CELLS

"To one who feels he is an atheist or agnostic such an experience seems impossible, but to continue as he is means disaster, especially if he is an alcoholic of the hopeless variety. To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face." - Alcoholics Anonymous, pg.44

"Well," says the newcomer, "I know you're telling me the truth. It's no doubt a fact that A.A. is full of people who once believed as I do. But just how, in these circumstances, does a fellow 'take it easy'? That's what I want to know." The 12 steps and 12 traditions. Pg. 26

In a jail cell, I embarked on a journey through the Twelve Steps of Alcoholics Anonymous, a journey that would reshape my understanding of powerlessness, unmanageability, and the possibility of redemption. The realization that I was powerless over the allure of that first drink marked the first step towards a transformative experience.

Having attended AA meetings in the past without engaging in the work, I found myself at a crossroads within those walls. The pattern of attending meetings without committing to the necessary change had left me stagnant. I was confronted by the reality that my life had become unmanageable due to my inability to resist that initial sip.

Prior attempts at religious solutions had been half-measures, leaving me skeptical that a higher power could truly intervene in my life. The skepticism stemmed from the belief that my endeavors were lacking the depth required for divine intervention. Yet, within the confines of my incarceration, a sliver of hope

In the midst of an AA meeting, my initial willingness to simply be present took an unexpected turn. As someone shared their heartfelt story, I found myself laughing out loud at a particularly sensitive moment. It dawned on me that my lack of emotional intelligence had led to a display of insensitivity.

After the meeting was over, an elderly man approached me, cutting through my discomfort. He asked a pointed question: "What are you scared of?" Initially offended, I retorted with a curt "nothing." He proceeded to list the fears he believed I harbored and the delusions I may have been grappling with.. These were the same demons that troubled him, and he assured me that there was a solution for each of them. In that moment, a belief that there was something that could get me out of this hopeless state of mind was formed.

This encounter with the old man became a turning point—a moment of unexpected connection. Through his candid assessment and shared issues, I glimpsed the possibility of a transformative journey towards recovery and restoration.

-Sam N. We Stopped In Time

Tradition 1 “Our common welfare comes first, personal recovery depends on A.A. unity.”

7

The first word in the 12 Traditions is “our” just like “we” is the first word of the 12 Steps. That is how this program works, we need each other. The 12 Traditions are all about unity, but unlike the 12 Steps, they are not action steps, they are actually principles to be applied by inaction. Joe and Charlie said to look for what we are not supposed to do with each of the 12 Traditions. With that in mind, what are we not supposed to do in regard to the first tradition? What I’m not supposed to do is put my welfare ahead of the group’s welfare. There are a lot of ways I can do that. I could stop attending meetings once I have recovered. That might mean I will eventually lose my sobriety, but that should not be the only reason I go to meetings. I need to put the welfare of other suffering alcoholics ahead of my own, so I need to suit up and show up to be there for the rest of the group. I might be able to share something that is helpful, but at the very least, I will keep the doors open by attending meetings and dropping a few dollars in the basket. I am so thankful there were recovered members of A.A. in my home group the first time I walked through the door.

Another way that I can be tempted to put my welfare before the group’s is by not giving to the group, and not just a few dollars in the basket. If enough of us do not donate our time and energy to the group, the group will die. I need to attend group conscience meetings, take service positions, sponsor newcomers, and do the little things like take out the trash. By doing these things, I lead by example and thereby teach others to do the same. If we don’t do this our groups will die a slow painful death as members leave to go to groups that are doing the work to keep their groups healthy.

This principle not only applies to each of us individually, it also applies to the group. Each group needs to put the welfare of their district, area and A.A. as a whole fellowship ahead of their local group. We do that as a group by donating to our intergroup, district and the AA office in New York. The group also needs to elect members to go to their local intergroup, district, and area meetings then report back to the group. The reason the group should do this is to ensure that A.A. is functioning both locally and globally. Although each group is autonomous, which means each group makes their own decisions and supports themselves, no group should be separated from the unity of the A.A. fellowship. Groups do not start off on their own, groups start when people that have experience in A.A. come together to form new groups and then bring more people in to get recovery. So although our groups are self-sufficient, they shouldn’t be selfish by not being willing to help other groups. Insular groups that only focus on themselves usually end up closing their doors or shrinking down to a handful of members. Groups that grow and attract new members are often groups that see themselves as part of the larger A.A. community and take part in events put on by other groups through Intergroup and District.

Lastly, we see all three of the A.A. legacies in this tradition: recovery, unity and service. My personal recovery depends on AA unity, how do I insure unity? By being of service. How does my recovery depend on A.A. unity? Because I need to get rid of my selfishness and think about the needs of others, which I do by continually taking the steps, which lead me to step 12, which is being of service to the next suffering alcoholic.

Mike D. PDG

February 2024 Committee Meetings and Activities

District 8	Saturday February 3	9:30 AM	Legacies / Hybrid*
ALCYPAA 2024 Host Committee Meeting	Saturday February 10, 24	6:00 PM	Eastern Hills Baptist Church
Archives	Saturday February 17	8:30 AM	Happy Hour
Corrections & Treatment	Saturday February 17	10:30 AM	Legacies / Hybrid*
Grapevine & Literature	Saturday February 24	10:00 AM	Legacies / Hybrid*
Intergroup	Saturday February 3	8:00 AM	Legacies / Hybrid*
Website	Thursday February 15	6:00 PM	3428 Atlanta Hwy / Hybrid*
CPC	Thursday February 22	6:00 PM	Online - See flyer

TREATMENT SERVICE OPPORTUNITIES

Renaissance	Tuesdays 7 PM	215 Clayton Street Montgomery, AL 36104	**
Aletheia House	Sundays 6 PM	1153 Air Base Blvd Montgomery, AL 36108	**
Lifehouse	Tues & Thurs 6 PM	8197 Decker Lane Montgomery, AL 36117	**
ALR	Sundays 6 PM	131 Beth Manor Drive Prattville, AL 36066	**

Fellowship / PDG / Happy Hour take meetings to Elmore County Detox. Please contact your Treatment Committee chair to join your groups Service activities.

EVENTS

Fellowship 27th Anniversary Saturday February 17, 3:00 PM - 8:00 PM Potluck, Raffles, and Speaker at Landmark Church of Christ

Montgomery Area Anniversary Saturday February 24, 2:00 PM - 5:00 PM Potluck - Bring Spaghetti or Italian food at Real Life 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

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-SM6p	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 * 6p	C-D & BG * 6p		C-D & BG * 6p	C-L & BG * 6p	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	C-D 12p	C-D 12p O-D/BG 6p
The Legacies Group of AA 3412 Atlanta Highway (Enter on Forrest Hills) ID798-727-9234 PCAwakening	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			

Continued on reverse side

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Group/Locatio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
n 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 7:30p			

Legend

O = Open Meeting (for anyone interested in the AA Program)

C = Closed (attendance limited to those with a desire to stop drinking)

Meeting

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 or 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

DISTRICT 8 MINUTES | * Pending approval by District 8 on February 3, 2024.rd

GROU

| Strange Camels, PDG, Fellowship, Legacies, Happy Hour, We Stopped In Time, Clanton, Intergroup and Millbrook Primary Purpose (23 people present in person and on ZOOM).

OPENING | WELCOME | Becky P. |

The meeting was called to order and opened with the Serenity Prayer.

David H. | Read Long Form Tradition 1 - Sandra V. | Read and explained Long Form Concept 1
Introductions were done. **READING OF THE TRADITION(S) & EXPLANATION OF THE CONCEPT(S)**

READING SCHEDULED for February 3rd, 2024.

Natalie M. | Read Long Form Tradition 2 Les H. | Read and explain Long Form Concept 2

OFFICER REPORTS:

SECRETARY'S REPORT

| **Ashley B. | SECRETARY@CENTRALALAA.ORG |** Not present. Report presented by

Lesley H. presented December minutes. Motion to accept made and passed. **TREASURER'S REPORT**

| **Alex T. | TREASURER@CENTRALALAA.ORG | Present.**

Treasurer report presented. MOTION to approve passed. All IOU's need to be given to Becky by the end of year and

District Committee's need to communicate if more money is needed in their budget for this next year. **DCM**

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

o

Will be attending Area Assembly next weekend in Auburn. Doing a panel during the DCM meeting o

Since Archives is now an open position working with them for storage solutions o

Added to the agenda for 2024 - a line for ALCYPAA to give a committee report this year - next meeting is

Feb 3 at 9:30am o

Motion at district - if it is about money, please talk to the treasurer, o

2024 ALCYPAA report will be no sort of voting position, it will be informational.

ALTERNATE DCM

| **Jay W. | ADCM@CENTRALALAA.ORG | Present.**

Attending Area and will have a table there for ALCYPAA. **COMMITTEE REPORTS:**

PROGRAM CHAIR

| **Vicki S. | Program@centralalaa.org | Present.** Craig M. gave a presentation on assisting the Structures and Procedure Committee at Area with an hour long "Welcome to Area 1" presentation. Craig used The

Service Manual as a reference and gave the District a report on the "Orientation" to Area 1. **ARCHIVES CHAIR**

| **Vacant | ARCHIVES@CENTRALALAA.ORG | No report.**

CORRECTIONS CHAIR

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

Mt. Meigs: meetings will start there on 1/21/24. Need more MALE volunteers for this meeting. New volunteer training will be 1/17/2024 at Mt. Meigs. There will be additional training opportunities in January and February. Jeremy can provide those details if anyone is willing and able.

Maxwell Prison meetings take place every Wednesday.

Montgomery County Jail having meetings every Wednesday for men and women.

Elmore County Jail continues to have meetings every Saturday at 1pm for both males and female.

Next committee meeting: 1/20/24 10:30am at Legacies and on ZOOM. Please see the website calendar for ZOOM details.

Someone reached out to the website about building a library in a prison. Jeremy, not sure of what this request

means and what we are being asked for, will report back with more details. **CPC CHAIR**

| **Les H.** | **CPC@CENTRALALAA.ORG** | **Present.**

Monthly CPC Committee Zoom Meeting on December 28, 2023, Joe W from "We Stopped In Time" attended.

The committee went through some general material about CPC for Joe as well as navigated the aa.org to show him other resources ○ Information can be located for our monthly CPC Meeting in District 8's P.O.S.T.

Les will be attending Area Assembly this coming weekend Jan 12 - Jan 14 Les' phone number is 505-314-6200 if

there are any questions about CPC or trouble trying to our Monthly CPC Zoom Meeting **GRAPEVINE CHAIR**

| **Natalie M.** | **GRAPEVINE@CENTRALALAA.ORG** | **Present.**

Monthly Meeting: we are in collaboration with the Literature Committee. This will take place on the last Saturday of every month at 10:00am. It is a Hybrid Meeting at Legacies and on Zoom. Next Two Meetings because of the Holidays: Saturday January 27th, 2024, and Saturday February 17th, 2024.

If you have any questions or concerns, please contact me at 270-929-0205 or at grapevine@centralalaa.org

Updates:

- Jill and Natalie met together for a second time to begin the Archival and Organization process of all the Grapevines that have piled up over the years.
- Organized everything by decade and then year, finding editions dating back as early as the 1950's.
- After all, in order, all was separated into all the duplicates, triplicates, and quadruplicates.
- One of each copy to be archived and the rest went home with Natalie to be sorted and distributed. Copies have been given copies to Bo at Lifehouse to keep in their common space. Colby W. our District Treatment Chair has some bundles to be able to take to the different treatment facilities.
- The rest of the extras are here today, bundled up by different decades. Please take them to your home groups and those who need them!

- This January's Issue is about Emotional Sobriety!! Wonderful story from Bob H. in Pinetop Arizona. He discussed being the manic-depressive type of alcoholic. His experience, strength, and hope of getting sober, and working through his anger and real mental disorders, keeping honesty and God at the front of his program. He had a beautiful quote at the end that read, "I've had continuous sobriety for 46 years, despite anger and grave emotional and mental disorders, God has been good to me."

- The committee continues to encourage members to contribute to the Grapevine.

- Submit a Story
 - Submit a Caption for the Cartoons in the Magazine
 - Ask a Question in the Podcast's Digital Ask It Basket It
- Submit a photo to the "If Walls Could Talk" project. (A photo journal of AA meeting places)
- Ask Natalie about additional opportunities.

- Grapevine Subscriptions
 - Grapevine App
 - 1 Month – \$2.99
 - 1 Year – \$29.99
 - Grapevine Complete Subscription
 - 1 Month - \$4.99
 - 1 Year – \$49.97
 - 2 Years - \$88.14
 - 3 Years - \$117.53
 - Grapevine Print
 - 1 Year – \$28.97
 - 2 Years - \$54.00
 - 3 Years - \$69.00

INTERGROUP/CENTRAL OFFICE

| **Parker M** | **INTERGROUP@CENTRALALAA.ORG** | **Not present.** David H.

gave report. •

O

Read Minutes and new business of Intergroup. o

ALCYPAA representative appointed for Intergroup, Dave H. o

Anniversary is Feb 24th- speaker is Bob D. & next committee meeting is tomorrow 1/07 at 1:15pm

LITERATURE CHAIR

| **Craig W.** | **LITERATURE@CENTRALALAA.ORG** | **Not Present.** Colby W. gave report.

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Literature meeting with grapevine on Jan 27th **PI COMMITTEE CHAIR**

| **Nick P.** | **PI@CENTRALALAA.ORG** | **Not Present.**

Continue to meet on the 3rd Monday of the month at 6pm at strange camels. Trying to carry the message and provide information about AA & Meetings to the Public. Needs participation at meetings as there has not been

anyone attending in the last couple of months. **TREATMENT CHAIR**

| **Colby W.** | **TREATMENT@CENTRALALAA.ORG** | **Present.**

Still continuing every Tuesday at 7:00pm open discussion meeting at the Renaissance House in downtown Montgomery. Every Tuesday at 7:00pm book study carried by Alex T to the Lifehouse as well as regular open discussion meeting every Thursday at 6:30pm that Donny from Legacies has been heading up with help from Billy M. Lifehouse is in Bridal Book (Pike Road). Sundays at 6:00pm a meeting is taken to the Alethia House off Airbase Blvd.

Continue to need help with all these meetings and anyone interested please let Colby know. ALR in Prattville is looking for men in the area to come lead a book study at their house meetings which are at 6:00pm on Sundays. They really need volunteers. Colby spoke with Angel this week and she is supposed to be reporting back regarding Bradford meetings. Last week we were told we were getting into Bradford first of the year. More information to come.

We have set the date and time for our Treatment/Corrections workshop. It's going to be Sat. 2/10/24 from 2-4:00 at Legacies. This will be a Hybrid workshop. Angel is excited to come. She will be having help from District 10's Treatment Chair. This workshop should be helpful to anyone trying to learn more about either of these committees.

Next Treatment/Corrections Committee meeting is Saturday, 1/20/24 at 10:30am at Legacies and on zoom. Please pass the word along and come get involved. We could really use the help. Please contact Colby for any assistance or

questions. **WEBSITE CHAIR**

| **John W.** | **WEBCHAIR@CENTRALALAA.ORG** | **Present.**

The Website Committee met December 21st. 4 were in attendance. We reviewed the Web Policy and discussed the role of committee members. Members have three responsibilities. The first is communicating the website's purpose and suggesting group and individual features that help with AA's Primary Purpose. The second is to assist with data collection and updating of group information and activities. The third is to bring group needs back to the committee to discuss available options to assist within the website's policies.

We took a tour of the website and discussed how it is based on AA's three-legged stool. Recovery, Unity, and Service are the categories on which the website is based. We discussed the importance of timely maintenance of the site, so information is updated and current.

This month we will review what members found after exploring the website. Verify their group information is current and learn how to make changes to a group profile. Each meeting will include about 20 minutes reviewing and discussing Anonymity and guideline direction from GSO.

NEXT WEBSITE MEETING: JANUARY 18, 2024

Hybrid Meeting / 3428 Atlanta Hwy Montgomery AL 36109

Zoom Logon

[https://us06web.zoom.us/j/7928039598?](https://us06web.zoom.us/j/7928039598?pwd=VWRRZmhhDblNjOXVlMlRlM0cyczNVUT09&omn=81567025113)

[pwd=VWRRZmhhDblNjOXVlMlRlM0cyczNVUT09&omn=81567025113](https://us06web.zoom.us/j/7928039598?pwd=VWRRZmhhDblNjOXVlMlRlM0cyczNVUT09&omn=81567025113)

All are welcome and encouraged to attend!

OTC CHAIR

| **Patti A.** | **OTP@CENTRALALAA.ORG** | **Present.** No report. **ALCYPAA REPRESENTATIVE** | **Dave H.** | **Present.**

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Needing support from the district by word of mouth o

Meet every month on the 2nd and 4th Saturday at 6pm at Eastern Hills o

Hybrid meetings in the works. Meetings as of now are all in-person. o

All subcommittee meetings are during the week and on zoom. **GSR SHARING & ANNOUNCEMENTS:**

Mike from PDG - doing a group inventory at the end of January. **OLD BUSINESS**

: Archives position is an open position. **NEW BUSINESS:**

OPEN SHARING:

1. Motion: \$200 for the 2024 budget for Grapevine. Motion was seconded. Discussion held about current budget. Motion was voted on and passed.

David: put all committee meetings on the calendar and he has keys for the building.

Les: language that might discourage or frighten someone to attend a meeting. Reminding everyone to make AA a safe place for sick and suffering alcoholics.

CLOSING | Becky P. |

There being no further business, the meeting was adjourned with the Responsibility Statement.

NEXT DISTRICT 8 MEETING: | February 3rd, 2024 9:30am. Hybrid meeting

NEXT AREA ASSEMBLY: April 5-7th, 2024 (subject to change depending on Auburn University A-Day game)

Clarion Inn and Suites- Auburn Al. **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 **WRITE YOUR ARTICLE FOR THE POST!**

CONTACT THE EDITOR TO SUBMIT MATERIAL, MAKE SUGGESTIONS, AND JOIN THE EFFORT TO CARRY THE MESSAGE THROUGH THE POWER OF SOBER THOUGHT. SUBMIT YOUR QUESTIONS AND ARTICLES TO:

Post.Editor@centralalaa.org

Intergroup Meeting January 6, 2024

Introductions

Read the Traditions

Reports:

Central Office Manager: No report

Treasurer Report: Emily. Beginning balance was \$1021.20, Contributions were \$555.03, Expenses were \$927.48, Ending balance was \$648.84.

Board Report: Tim P. Next board meeting will be January 20th at 9 am.

POST: Mike D. Some members of the POST committee are cycling off. We need someone for layout. Big thanks to Kent Q. for stepping up to help with copy editing and Melody for offering her help. Please send flyers and any other info to post.editor@centralalaa.org

24 Hour Hotline: Michael B. No report

Website Committee. Cushing P. Four people at the last meeting. Please encourage groups to check the meeting schedule to make sure it is accurate.

12 Step Committee: Open position, no report.

Anniversary Committee: Mary J. Next meeting January 7th, 1:15 pm at Happy Hour. The Anniversary will be at Real Life Church, February 24th.

Old Business: N/A

New Business:

Motion made and past - reimburse Anniversary speaker \$584.40 for plane ticket.

Motion made and past: ALCYPAA will have a voice but not a vote at Intergroup meetings.

Next meeting February 3 at 8 am.

Meeting closed at 8:42 am.