

# THE POST

## THE SECRET TO SERENITY

When someone tells me they have the secret to happiness, peace, joy, or anything else that sounds too good to be true, I immediately try to figure out what their angle is. I start wondering when are they going to ask me for money, or what religion I need to join. But what if it was possible to have those things? When I came into A.A. I just wanted the consequences of my drinking to stop, but as I started going through the steps with my sponsor, I started to realize that A.A. has a lot more to offer than abstinence from alcohol. The whole program of A.A. is actually designed to bring peace, joy, love, contentment, and a whole flood of other positive feelings I've always... (continued on page 2)

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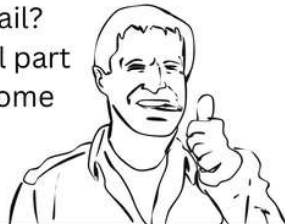
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### THE AA-TEAM

You need to get sober, but which member of the A.A. Team will you choose as your sponsor?

Oh, your home burned down, your wife left, and you got sent to jail? Don't worry, it's all part of the plan, it'll come together!

**HANNIBAL**



SHUT UP, FOOL! WHAT DO YOU MEAN YOU AIN'T DOIN' NO FOURTH STEP, SUCKER? I'LL COME OVER THERE AND FOURTH STEP YOU OFF A BRIDGE!

**B.A.**



**FACE MAN**

I wish I could help, really I do. But I'm too busy speaking at A.A. conventions.



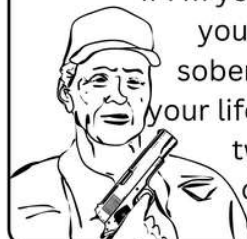
**HOWLING MAD MURDOCK**

I don't know Mr. Sock, do you think he'll stay sober?



**COL. DECKER**

If I'm your sponsor, you will remain sober the rest of your life. There are two ways we can do that.



## THE SECRET TO SERENITY

... wanted been never been able to capture. The secret to serenity is surrender and that begins with step one. When I fully concede that I am an alcoholic, then I'll be willing to let God in, serve my fellows, and stop trying to control my life. That's why the first step is so important. We have a fantastic article from Sam N. from the We Stopped In Time group in this issue.

There is a lot of excitement over at that group right now since a lot of them are involved in this year's ALCYPAA! A whole group of them came over to the Area Assembly this past weekend and had a table where they sold merch and generally got excited about recovery. They also came to the Alcathon and had a table there and brought a lot of hype! If you haven't been over to the WSIT group, I would highly encourage you to check it out on Saturday night.

- Mike D. PDG

## **"WE ADMITTED WE WERE POWERLESS OVER ALCOHOL—THAT OUR LIVES HAD BECOME UNMANAGEABLE."**

Sometimes when a person gets to this point, there is no meeting they can get to. There might not be someone around who has had a spiritual awakening as a result of working the 12-steps as outlined in Alcoholics Anonymous. For example, while incarcerated. Many of us in Alcoholics Anonymous have been isolated from the outside world. Sometimes our drinking isolates us. And sometimes the department of corrections isolates us.

I have been incarcerated my fair share. And most of those incarcerations I did not have access to a program of recovery. There were many occasions when I admitted to myself that I couldn't stop drinking. Many times I had been down and out, with life piling on circumstances and consequences that I had created. Weighed down by unmanageability, feeling like I am suffocating.

In August of 2021, this was the case once again. I was stuck in the "revolving door" of the prison system. Sick and tired, and with the desperation of a man drowning, the hand of AA met me right where I was. I was 12 -stepped inside of a correctional facility by a man that was doing his best to pass the message on to other alcoholics like me. That day I started taking suggestions that changed my life. (Continued on pg. 3)

I began working steps. Alcoholics Anonymous, from inside of correctional facilities has transformed my life. Where there was darkness there is now light in my life. Today I have a spirit of forgiveness. I used to be so uncomfortable with myself! Today I have balance, internally, as well as in society. I have made it out of what our society calls "the revolving door."

Alcoholics Anonymous led me to God. God removed the obsession to drink. The life that AA gave me has made me a law-abiding citizen. I hope that someone reading this may answer the call. I hope that I can encourage at least one person to practice step number 12 inside of the walls of a correctional facility. One person doing so is all it took for me to subscribe to this way of living.

- Sam N. WSIT

**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**

# FIVE REASONS TO BE OF SERVICE

In 1950 when the Traditions were officially adopted by the General Service Board of A.A. the conference theme was the three legacies of A.A. which are recovery, unity, and service. Those are the three things the POST attempts to promote. In an effort to do that, we want to shine a light on different avenues of service in our local A.A. each month.

Service is an important part of my program of recovery because it gets me out of myself. When I'm doing something for someone else I spend less time thinking about myself, which is very helpful for me. There are five reasons I thought of for why I need to help someone else. If you come up with some more, please email them to [post.editor@centralalaa.org](mailto:post.editor@centralalaa.org) and we will make list of them in our next issue:

1. When I'm rehashing my own problems I make them worse than they are. So helping someone else can put my problems in perspective.
2. If I'm doing something to help someone else there is a chance I might actually be helpful to them. Which sometimes gives me that good feeling deep down that I was actually helping someone else (funny how that works).
3. Helping others changes my attitude from resentment and fear to generosity and gratitude, because helping others teaches me to be grateful for others who have helped me. The most thankful people I know are the people who are most invested in others.
4. Doing something kind can repair damaged relationships. Of course I can't have any expectations of how others should respond to my attempts at helping them, that would be using my actions of service to try and control others. Old King Solomon said, "a gift given in secret pacifies anger," and that still holds true today. When I do nice things for others in secret and don't tell anyone what I'm doing, then I'm not putting any pressure on the person to respond in any particular way.
5. Investing in other alcoholics strengthens my home group and A.A. as a whole. By being of service to my home group, I feel a sense of responsibility to my fellow home group members. The more we invest in each other the stronger we feel we are a group and not just some place we go when we have problems. The more healthy groups there are, the stronger A.A. will be to help help future alcoholics.

# January-February 2024 Committee Meetings and Activities

District 8	Saturday January 6 and February 3	9:30 AM	Legacies / Hybrid*
ALCYPAA 2024 Host Committee Meeting	Saturday January 27 and February 10, 24	6:00 PM	Eastern Hills Baptist Church
Archives	Saturday January 20 and February 17	8:30 AM	Happy Hour
Corrections & Treatment	Saturday January 20 and February 17	10:30 AM	Legacies / Hybrid*
Grapevine & Literature	Saturday January 27 and February 24	10:00 AM	Legacies / Hybrid*
Intergroup	Saturday January 6 and February 3	8:00 AM	Legacies / Hybrid*
Website	Thursday January 18 and February 15	6:00 PM	3428 Atlanta Hwy / Hybrid*
CPC	Thursday January 25 and 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

- Prattville Downtown Group Saturday January 20 4:00 PM - 7:30 PM Potluck, Raffles, and Speaker eating meeting
- 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 2:00 PM - 5:00 PM Potluck - Bring Spaghetti or Italian food at Real Life Church