# The Post

#### POWER OF SOBER THOUGHT



July 2020 VOLUME 16, ISSUE 7

#### **EDITOR'S CORNER**

Here we are again and half of the year has gone by...and oh what a few months it has been. Who would have thought a year ago we would be in the middle of a pandemic, holding meetings via Zoom, self-distancing, seeing business closings, and wearing face masks! July is the month we typically associate with celebrations of food, drink, fireworks, and gatherings of family and friends. For us alcoholics, it was more likely associated with partying, drinking to excess and oblivion, and then the dreaded day after, when the

remorse, shame, and more often than not, the dreaded four horsemen (Terror, Bewilderment, Frustration, and Despair) set in. For most in our country, this year may have looked a lot different. However, for some alcoholics, it may have looked no different than any other year. And sadly for some in recovery, it may have resulted in relapse or even death.

Today, I am grateful for my program of recovery and for the tools I have been given to help me stay sober. I am also grateful for the willingness to go to any lengths to maintain my sobriety. One of these being making sure I stay

Continued on page 3

### A.A. HISTORY First Sober Woman

Maybe we forget how limited A. A. was in its infancy and how it came that women and others had a hard time due to societal expectations.

While many hear about Marty M. as the first woman in alcoholics anonymous, the first woman to come in and maintain her sobriety was Sylvia K., "Keys of the Kingdom".

Sylvia K. \*Sobriety is listed in cards in Chicago as 9-13-1939.

Sylvia had married and had two children, then was divorced by age 23. She drank more and became alcoholic by 25 years old. From an affluent family she had access to health farms, doctors' pills and remedies, but to no avail. She tried methods of drinking which would not work. One of her Drs. had heard of Alcoholics Anonymous and bought the book, read it, and gave it to her. She went to Akron to meet with some of the first members. (Earl T. "He Sold Himself Short")and there she met Bill W. And Dr. Bob. Sylvia gleaned info and was told to return to Chicago to help other alcoholics. She along with help from Earl T. and her Secretary started the first known Intergroup in the country.

Marty M, although in alcoholics anonymous, could not maintain her sobriety as she had several personal battles with

society as a whole. Being gay was unacceptable so to squash some thoughts Marty had been married but divorced and kept the Mrs. in her name. Marty's last sobriety was early 1960s and she stayed sober until her death.

In 1990 I attended a women's conference in Ft. Walton where I heard a lady named Geraldine speak on attempting to get help with her problems. Geraldine had liked cocaine which was a nonthreatening issue at the time, and she would like drinking with it, but Prohibition was in play so she went across the Canadian border and smuggled alcohol in hot water bottles back under her dresses. She later was told of meetings and went but was told to stay in the back of the room as she didn't have a problem. She knew Bill and Lois and eventually started her sobriety. She said, "don't let the dry stuff start you back on the wet stuff.

So thankful these women and others continued and learned to give away their sobriety. Next time you see a woman in A.A. thank her for carrying the message to still-sufferers since our founders saw fit to allow them in the rooms. We do mix inclusive, we are not exclusive.

In love and service, C. Faye H. Fellowship



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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®.

#### **CONTACT US**

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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 1, 2020

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

District 8 Service Meeting Saturday, August 1, 2020

9:30 a.m. @ Legacies (via Zoom)

5th Annual Unity & Service Conference (Virtual) September 5-6, 2020

visit UnityAndServiceConference.org

\* SUBJECT TO CHANGE. Please check website.

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

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.

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

### The Post

**POWER OF SOBER THOUGHT** 

#### THE POST COMMITTEE

Editor/Coordinator–Natalie C. Copy Editor–Jill Z. Composer–James A. Distribution– Keith P.

#### **DEPARTMENTS**

History–Faye H.
Español Spoken Here–Oni S.
The Steps– Emily J.
The Concepts–Jay W.
The Traditions–Trei J.
Birthdays–Vicki B.
Events Recap– Service Opportunity
Literature–Service Opportunity
Mark Your Calendar– Service Opportunity

WE WELCOME YOUR ASSISTANCE! SUGGESTIONS ON TOPICS YOU WANT EXPLORED? TO GET INVOLVED, CONTACT US AT POST.EDITOR@CENTRALALAA.ORG WWW.CENTRALALAA.ORG
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LITERATURE AT CENTRAL OFFICE

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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.

#### **Staying Sober Under All Conditions**

It was not so very long ago that a situation such as we find ourselves in now would have driven me to self-pity, anxiety, high drama and drink. I am so grateful that today I have a solution that works under all conditions: carrying this message to alcoholics and practicing these principles in all my affairs.

As more and more of our communities cope with the coronavirus pandemic, so too are our A.A. groups and members facing difficult questions that must be asked and answered. In the greater River Region (District 8, Area 1) our members stand fast in their dedication to carrying the message of hope and recovery from alcoholism to the next suffering alcoholic. We have had to make some changes: some of our landlords are not letting us hold our meetings; some groups have searched their conscience and have closed their doors temporarily, moving to a digital platform as the group or together with other

groups; some groups continue to meet at their normal time, but are mindful of social distancing both in the meeting itself and in prayer. All of us want to be available.

Your District 8 web committee will try to keep our information up to date. Groups which have notified us they are closed for whatever reason have been removed from the meeting guide temporarily. They are also listed below. Please know that as soon as you alert us, we will put you back in all places. If your group makes this decision, please notify us (email webservant@centralalaa.org) and we will likewise update our schedule and post. If any information on the schedule, the meeting guide app, or this website is incorrect, please let us know that, too.

If you are looking for an A.A. meeting and cannot find one, please call the A.A. Hotline, 334-264-4122, and our volunteers will do everything we can to put you in contact with the fellowship you need – online or in person.

Reprinted from District 8 website

#### **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

#### **EDITOR'S CORNER** Continued from page 1

plugged in, continuing to perform AA service work, and continuing to reach out to the still suffering alcoholic. I think more than ever it is important for each of us to look around and take notice of who we are not seeing or hearing and reach out...we never know when that may be the hand or call they need. I try to always remember I myself have only a daily reprieve, that I am not cured of this insidious disease. But as our literature tells me, my reprieve is contingent on my spiritual condition. I can't help anyone if I am not continuing to seek and maintain a conscious contact with God. I know for myself, can't do that if I am not staying plugged in to the program of Alcoholics Anonymous.

During these uncertain times when our "normal" is not so "normal", it can be easy to let up on the program of recovery. I assure you I was kind of slack the first month or so after the pandemic hit. I thought things would be back to normal sooner rather than later so I let a few of my "basics" slide. But as time passed, it became clear this was not going to be the case and I had to get back to the basics

of my program. We may have a "new normal" and may be uncertain from day to day what that may be, but I am certain alcoholism is still the rapacious predator it has always been. So I pray that we all continue to be willing to go to any lengths to stay sober and that we continue to practice the principles in all areas of our lives. And I hope that we all reach out and check on members of our fellowship and don't "assume" everyone is ok....this is a program of WE.

Responsibility Declaration: "I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible!"

Perhaps now is the time to be the hand that reaches out TO help.

Thank you for allowing me to serve as your Post Editor.

In love and service, Natalie C. - Strange Camels



#### 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
<b>Chisholm Group of AA</b> 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 *	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	С-D 6р		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 <sup>nd</sup> 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.

MONTGOMERY INTERGROUP DIRECTORY OF A.A. GROUP MEETINGS							
Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAPLESVILLE	<del>.</del>	<del>i</del> .			-	Ť.	
Maplesville Group of AA Highway 139, PO Box231, 36750					O-D 8p O-S 3 <sup>rd</sup> 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	С 6р		С бр				
TALLASSEE							
Ray of Hope Group of AA 2872 Kent Road, Kent	O-L 7p		C-D 7p		О-D 7р		C-D <b>3</b> p
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						О-D 6р

#### Legend

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

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

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

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

### STEP SEVEN "HUMBLY ASKED HIM TO REMOVE OUR SHORT-COMINGS."

The process up to Step Six prepared me to be ready to have my defects of character removed. A willingness was procured through Steps One through Five. A preparation of proportions to lead to a life of humility not been previously found. Enough of the problem, myself, had to be removed for me to see the answer to my solution, which was a power greater than myself. I wrote last month of my experience in realizing that it would not be up to me which defects were removed and that leads me directly to Step Seven. The ability to humbly ask my creator to remove my shortcomings.

The Twelve and Twelve calls it the final crushing of our self-sufficiency. By removing my grasp at trying my hand to control the ebb and flow of the world around me, I have sequentially asked for help. Now I place that help into the hands of one much more qualified to run the show with the complete understanding that I do not have the ability to remove these shortcomings.

I do have that awareness that began to develop and discovered at the culmination of the first five steps into six of recognizing a defect. For my own personal experience, I know today that if I recognize a defect, it is just the first part of the issue. I have to recognize a defect, be in discomfort from that defect more often than not, to fully present myself into Step Seven and ask it to be removed. Pain remains my greatest motivator into a learning frame of mind to humbly ask for help.

There have been defects I thought were removed that crop back into existence when some sort of fear is allowed to creep back into my life. For me, it is usually the fear of losing something I feel I already have earned. Fear remains the corrosive factor that can try to rock the foundation, but humility and reliance upon a power outside of myself remains the solution. By practicing humility and reliance on my higher power, I have found myself in a place to be of service to others and more often than not that is the medicine that abates the fear.

Emily J. - Strange Camels



## **TRADITION SEVEN**EVERY A.A. GROUP OUGHT TO BE FULLY SELF-SUP-PORTING, DECLINING OUTSIDE CONTRIBUTIONS.

Tradition Six addresses why we do not lend our name to outside enterprises, i.e. contribute to external causes. Tradition Seven is the flip side of the idea. We do not accept external contributions. Both ideas would lead to arguments. Arguments over where money goes, who controls it, where we take it from, etc. All debates would gravely impact our Groups spirituality. Also, there is an old saying of "whoever pays the piper is apt to call the tune". We do not need any outside influence on our Groups. Nothing to divert us from our primary purpose.

The long form of the tradition states:

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

"Self-supporting alcoholics?" These words begin the first paragraph in our 12X12 for Tradition Seven. Who would have believed that us alcoholics could be or even want to be self-supporting? Money would solve any problem we had. Most of us were dependent on one something or someone for money, shelter, baby-sitting us, etc. We were not responsible for our own way by any measure. We thought we owned the world and the world owed us.

Self-supporting, no thank you. But as our fellowship grew with sober alcoholics, we saw we had to be this if were to stay true to our primary purpose and unified.

At first thought, and rightly so, self-supporting is about money and A.A. When A.A began, we had big ideas. We believed we deserved a lot of money. The problem was most early A.A.s were poor. We thought surely we could persuade those with money to give to our cause. Fortunately, they had other ideas such as alcoholics paying their own way. After a few years of A.A. growth, we swung in the other direction. We believed money and A.A. could not mix; "we had to separate the spiritual from the material". This was born out of fear also. Many sober alcoholics had tried to use their A.A. connections to make money and we feared exploitation. There were even times when clubhouses were given sums of money but there were always strings attached.

Eventually we started to gain some balance regarding money. A.A. groups have to function, therefore, money is needed. As A.A. grew, we saw there must be offices set up to handle literature and services to carry our message. We saw we must be willing to support ourselves. We ought to pay our own way; we should not accept outside contributions. Many times, this belief of A.A. poverty has been put to the test. One example mentioned in our 12X12 describes a woman leaving A.A.'s New York office \$10,000 dollars in her will. As one can imagine, a lot of debating took place. Eventually the trustees declared A.A. must remain poor. Bare running expenses and a prudent reserve is all we need at any level of A.A. service. No outside donations are accepted. Financial independence is a spiritual principle we must follow. The principle of corporate poverty was firmly embedded into A.A.

So naturally this financial independence means Groups must support themselves and A.A as a whole. For many years' we alcoholics were takers. My experience is I used

#### **Tradition Seven,** Continued from page 6

everything and everyone I could. This tradition provides an opportunity for me to give not only money, but time and energy to my Group. This tradition ensures my Group will not become so focused on money that we lose our primary purpose of carrying our message to the still suffering alcoholic.

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



#### **CONCEPT SEVEN**

"The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. Purse for its final effectiveness."

The relationship between the General Service Board and the Conference is the main focus of Concept VII, which can be a delicate balance of powers between the two. As Bill states, "This concept may appear to be contradictory; it may look like the collision of an irresistible force with an immovable object." Which is a very appropriate way to describe it. On one side, the Board of Trustees has complete legal power over A.A. services and funds. On the other side, A.A.'s General Service Conference has great traditional power and influence. In fact, it could prevail over the legal rights of the board. Therefore, the practical power of the Conference is greater than the legal power of the board.

This ultimately greater power of the Conference over the Board comes from the Conference Charter: from the fact that all of our delegates make up at least two-thirds of our Conference members. And at any time, our delegates have the ability to cut off financial aid from the groups. This is where the saying "power of the purse" is derived. So, looking at this from a group level, if a group I attended on a regular basis began to implement what I thought to be unfair "rules and regulations" to follow, or began to act against our 12 traditions, then I could "protest with my wallet" so to speak and not contribute to said group. This same logic could be applied to the relationship between the Board and the Conference.

The Conference also makes recommendations to the General Service Board. One of the Board's responsibilities is to carry out these recommendations. These recommendations

more often than not carry the weight of directives to the Board. The Board could in theory veto these recommendations, but in actual practice, it does not often happen.

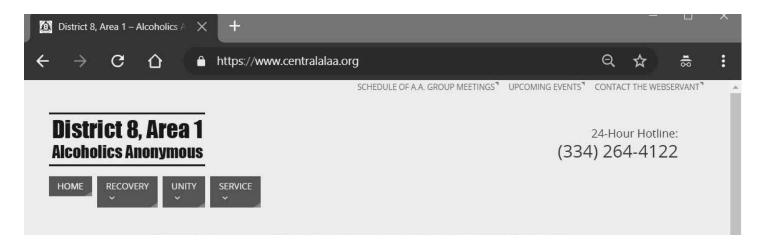
So, the Conference is the ultimate service authority, and "we may be sure that neither will be seriously tempted to make a "rubber stamp" out of the other." And hopefully any issues that could possibly arise can be solved through harmonious cooperation with our thinking attuned to the welfare of others and God as we understand him as our final ultimate authority.

Love & Service Jay W., Legacies Group



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

# Stay up to date on New - Events - Meetings and More! <a href="https://www.centralalaa.org">www.centralalaa.org</a>





### June Birthdays

#### Fellowship Group

JUNE		76 yrs
Tradition 3 G Chris B. Total	roup 06/04/2016	4 yrs <b>4 yrs</b>
Legacies Gro Regina S. Christine C.B. Sean M. Total	06/06/2007	13 yrs 4 yrs 9 yrs <b>26 yrs</b>
Strange Came Krista J. Total		19 yrs <b>19 yrs</b>
Leigh Ann S.	06/10/2018 06/11/2016 06/13/2016 06/25/2003	2 yrs 4 yrs 4 yrs 17 yrs <b>27 yrs</b>

#### **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, 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 información y recursos en Espanol

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



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