

EDITOR'S CORNER

Yesterday I attended the funeral of yet another member of A.A. that went on a spree and was met with disastrous results. I don't know why he relapsed, even though I talked to him just a few days before he died, and several others did as well, warning him that another relapse might kill him. I do know that the book tells us that, "It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" (page 85). I hope

that this issue of the Power Of Sober Thought (P.O.S.T.) helps with your recovery today.

There is a lot going on this month; if we forget something, I apologize. Please let us know about any upcoming events for August or even further out than that. Please let me know as well if your group would like some paper copies of the P.O.S.T. or feel free to print it off and hand it out or forward it to anyone that might be interested. I'm so thankful to be part of the A.A. family, y'all are the best!

Happy reading,
Mike D.



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Suggestions? Contact us at
Post.Editor@centralalaa.org

WOULD YOU LIKE TO VOLUNTEER OR CONTRIBUTE TO THE POST?

TO GET INVOLVED, CONTACT US AT
Post.Editor@centralalaa.org

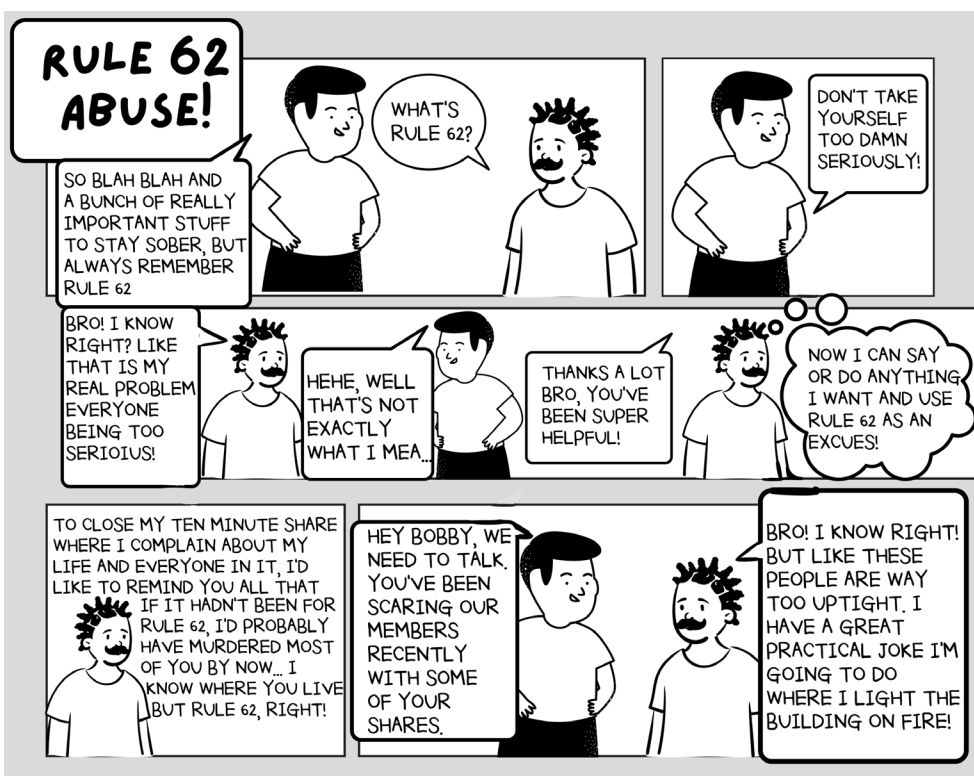
THE POST is published to improve communication between local A.A.® groups and encourage the participation of A.A. members in services and activities that promote sobriety. Opinions expressed in letters and articles are those of the authors and do not indicate endorsement by Montgomery Area Intergroup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

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



MARK YOUR CALENDAR

**Intergroup Monthly Meeting
Saturday, July 1, 2023**

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

**District 8 Service Meeting
Saturday, July 1, 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!

Intergroup Monthly Meeting Sat, July 1st @ 8:00 am - 9:00 am at Legacies and on Zoom (see the website, centralalaa.org for the link)

District 8 Monthly Meeting Sat, July 1st @ 9:00 am - 10:00 am at Legacies and on Zoom

Area 1 Delegate's Conference Report Sat, July 1st @ 10:30 am - 11:30 am at Legacies

Our Summer Area 1 Assembly meeting is July 7th - 9th at The Clarion Inn & Suites in Auburn. You can see the schedule at aaarea1.org

District 8 Treatment/Corrections Committee Meeting Sat, July 15th @ 10:30 am at Legacies.

Archives Meeting Sat, July 15th @ 10:30 am at Happy Hour.

Prattville Downtown Group eat and speak meeting Sat July 15th. Doors and games at 4, food at 5, raffle and prizes at 6, speaker at 6:30. Bring food and friends!

PI Committee Meeting Mon, July 17th @ 6:00 pm - 7:00 pm at Strange Camels
PI meets the third Monday Each Month.

Website Committee Meeting Thurs, July 20th 6pm at 3428 Atlanta Hwy (around the corner from Legacies) and on Zoom.

* SUBJECT TO CHANGE. Please check website.

The Post

POWER OF SOBER THOUGHT

THE POST COMMITTEE

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Various

WE WELCOME YOUR ASSISTANCE!
SUGGESTIONS ON TOPICS YOU WANT
EXPLORED?

TO GET INVOLVED, CONTACT US AT
POST.EDITOR@CENTRALALAA.ORG

**FOR THE MOST UP TO MEETING SCHEDULE,
PLEASE VISIT**

www.centralalaa.org/meetings

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: April 14, 2023

Montgomery Intergroup Central Office 24/7 Hotline 334-264-4122

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY							
A Vision for You Group of AA R.O.S.S. Recovery Center 925 Forest Ave Montgomery, AL 36106			O-D 7:30 p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Boulevard						O-D 1:30 p Temporary Inactive	O-D 1:30 p Temporary Inactive
Chisholm Group of AA I-409 Federal Dr. Montgomery, AL 36107 in back of strip mall	C-D-SM 12p C-ST-SM 6p	C-D-SM 12p C-D-SM 6p	C-D-SM 12p C-L-SM 6p	C-D-SM 12p C-D-SM 6p	C-D-SM 12p C-D-SM 6p	C-D-SM 6p	O-SP 6p
Fellowship Group of AA Grace Church at Bell Road 5 Bell Road (Corner of Bell Rd & Atlanta Hwy)	C-L & BG * 6 p	C-D & BG * 6 p		C-D & BG * 6 p	C-L & BG * 6 p	O-SP 6p	C-D* 2p C-D-W 6p
Happy Hour Group of AA 3466 Eastdale Circle (Next to Fortis College)	C-D 6:30 am 12p & 6p	C-D 6:30 am & 12p C-L (12x12) 6p	C-D 6:30 am C-L/BB 12p C-D 6p	C-D 6:30 am & 12p O-D/BG 6p	C-D 6:30 am 12p & 6p O-SP 7p 1st Friday	C-D 12p	C-D 12p O-D/BG 6p
The Legacies Group of AA 3412 Atlanta Highway (Enter on Forrest Hills) Zoom ID 798-727-9234 PC Awakening	C-D 12P C-D 6 pm Zoom	C-L BB 12p	C-D 12p O-SP 8p Hybrid (in person and on-line)	C-L (12X12) 12p	C-D 12p C-D-CI 8p C-D-CI 8p Zoom	C-D 12p	C-D 9am C-D 9am Zoom
Grupo Ayudate a Ti Mismo 3412 Atlanta Highway (Enter on Forrest Hills)	O-D 7:30-9p HISP	O-D 7:30-9p HISP				O-D 7:30-9:30p HISP	O-D 11a-1p HISP
Living Sober Group of AA Church of the Ascension 315 Clanton Ave. 36104 meeting in the Joshua house	C-D 6p		C-L 6p				
Sole Purpose Group of AA 22 North California Street		C-D 7:30p		C-L BB 7:30p			
Strange Camels Group of AA Immanuel Presbyterian Church 8790 Vaughn Road	C-L 7p	C-D 7p		C-D 7p			
Tradition Three Group of AA First Christian Church 1705 Taylor Montgomery, AL 36117	O-D 11a	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
We Stopped in Time Group of AA Eastern Hills Baptist Church 3604 Pleasant Ridge Road		O-S/D 8pm YP Temporary Inactive				O-SP/D 8pm YP	
CLANTON							
Clanton Group of AA Church of Christ 111 Lay Dam Rd. Clanton, AL 35045	O-D 7p			O-L 12p		O-D 7p	
GREENVILLE							
Camellia City Group of AA Greenville Housing Authority 601 Beelant St, 30637 334-437-2015	C-D 7p			C-D 7p			

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

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HOPE HULL							
County Hope Group of AA Hope Hull United Methodist Church 305 Wasden Road (Silver trailer behind Church)		O-D 6p		O-BB 6p			
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene Fellowship Hall 3251 Brown Road		O-D 6p		O-D 6p		O-SP 6p	
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 E 4th Street	O-L/BB 12p	C-D 12p		C-D 12p	O-L(12x12) 12p	C-D-W 9a	
Prattville Downtown Group of AA 326 West 5th Street	O-SP 6:30p	O-BG 6:30p	O-D 12p C-D 6:30p	C-L 6:30p	O-SP 6:30p	C-D 12p O-D-CI 6:30p	O-D 12p C-L /12x12 6:30p
SELMA							
Selma Group of AA Courthouse, Alabama Ave & Lauderdale St	O-D 12:30p	O-D 6p	O-D 12:30p	O-D 6p	O-D 12:30p		O-D 6p
Braveheart Group St. Paul's Episcopal Church 210 Lauderdale St	C-D 6p		C-D 6p			C-D 6p	
THORSBY							
Thorsby Group of AA 20466 US-31 Thorsby, AL 35171			O-D 7:30p				O-D 8a
WETUMPKA							
Wetumpka Group of AA 103 Tuskeena St	C-D * 7p			C-D 7:30 p			

Legend

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

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

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

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

STEP SEVEN HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS

Step seven is where we humbly ask our Higher Power to remove our shortcomings. We've identified our shortcomings with our sponsor in our fourth step. It's what I like to call "Opposite Day" for newcomers. Whatever you'd normally do as an alcoholic without recovery, throw that away. These are old habits and we're trying to learn a new

way of living! It's about building a relationship and staying in communication with your Higher Power. Asking what the God of your understanding would have you do when certain people, places, or situations arrive. We've already tried everything imaginable to rid ourselves of the phenomenon of craving. I've got to stop trusting my instincts as a newcomer in recovery because they suck! Trust in your infinite God rather than your finite self.

Mike H. PDG

HOME
GROWN

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

What would happen if A.A. did take outside contributions? Would we all relapse because of it? I don't think so. It would probably start off great. A.A. could build retreat centers at nice vacation spots and fancy clubhouses in major cities. Then would come the disputes about how to use the money, the embezzlement scandals, and complaints about misuse of funds. A.A. would be in the news, because we love being the center of attention, then some A.A. groups would leave and start their own organizations. It would be a mess. Some might complain, "But we already have some of those problems, does being broke really help avoid them?" I get it, some of our meeting locations are less than desirable, our Area Assembly is held at a dingy hotel, we look like a two-bit organization compared to the fancy new treatment centers and non-profits with big budgets helping alcoholics. That's fine for them, but it's not fine for A.A.

One reason that's important for A.A. to stay broke and unprofessional is that we are not a professional organization, which is what Tradition Eight is about. We are made up of volunteers, but we are unique among volunteer organizations - we have volunteered to be members in order to help ourselves! And on top of that, we need to stay members because we'll never be fully cured of our alcoholism. That doesn't mean that we're all irresponsible and can't handle money, a lot of A.A. members do very well financially, but this situation puts us in a unique position as an organization. We're not like some civic groups that take donations for the good of the public, we ourselves need the help. Because of this situation our founders decided not to take

outside contributions, actually this was decided for them when Bill W. first went asking investors for money. When Bill told the investors about A.A.'s need for money, one of them asked, "Won't money spoil this thing?" Other questions they asked were, "Won't money create a professional class?" and "Wouldn't professional member's spoil the man-to-man approach that is now successful?" Thankfully A.A. didn't get any huge donations from these donors, but they did help by giving advice and some of them became trustees on the World Service board of A.A. In 1948 that board of trustees decided that A.A. would not take any large contributions and established the principle of corporate poverty. (See the chapter "Service: The Third Legacy" in A.A. Comes of Age for more details).

"Corporate poverty" or being broke, doesn't mean we don't use money, it just means that we try to operate on a zero budget. What that means is that we take in money from our members and use it for operating costs and getting the message of recovery out. If we have money left over we don't stockpile it, we try to spend it so we don't end up fighting over it.

We also only take money from A.A. members, so it's important for each member to contribute. There is no rule for how much to give, but my grand-sponsor suggested \$30 a month, one dollar for each day of the month. I think that makes good sense, if each member did that our groups wouldn't have to worry about money that much. Of course some people may find that unfeasible and that's why "there are no dues or fees for A.A. membership but we do pass the seventh tradition basket to help cover expenses."

Mike D. PDG

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

**CONCEPT SEVEN
THE CHARTER AND BYLAWS OF THE GENERAL
SERVICE BOARD ARE LEGAL INSTRUMENTS, EM-
POWERING THE TRUSTEES TO MANAGE AND
CONDUCT WORLD SERVICE AFFAIRS. THE CON-
FERENCE CHARTER IS NOT A LEGAL DOCUMENT;
IT RELIES UPON TRADITION AND THE A.A. PURSE
FOR FINAL EFFECTIVENESS**

This concept is about the balance of power in A.A. On one hand, the 21 trustees have the legal right to veto any decision the 93 elected delegates make, but the delegates give directions to the board of trustees for what they want done. The trustees have never used that legal right, but they could do so if they thought a decision made by the delegates was in violation of an A.A. tradition or principle. However, the conference could also override the trustees after that, but they would have to have the full support of all the A.A. groups to do so.

The situation is similar to that of the president of the United States. The president has the right to veto the decisions of congress, but that very rarely happens because congress could override the president.

The difference between the United States government and A.A. is that neither the board of trustees nor the delegates have any power over the groups. The decisions they are making are about services to A.A. especially the printing of A.A. literature, the International Conference, and helping groups get started in new areas around the world.

The way this relates to local groups is that the elected service positions in a group, like the G.S.R, the treasurer, the secretary, treatment etc. are like the board of trustees and the rest of the members are like the delegates. The group tells the service representatives what to do at the group's business meeting through their group conscience and then the servants do it then report back to the group at the next business meeting. This is why it is so important for members to be at their home group's business meeting. The servants of the group need clear direction from the group so they can be effective.

Mike D. PDG

HOME
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ARCHIVES CORNER

1939 - Warren C. joined A.A. Cleveland, caused debate because he was not hospitalized.

1944 - Bob writes an article for Grapevine "On Cultivating Tolerance".

1962 - 'Victor E' cartoon first appeared in Grapevine. (some say May 1962).

July 1-3, 1960 - 25th Anniversary of AA in Long Beach, CA.

July 2-3, 1955 - 20th Anniversary Convention at St. Louis, MO. The Three Legacies, of Recovery, Unity, and Service, turned over to the movement by the old timers. AA comes of Age.

July 2, 1960 - Father Ed Dowling dies.

July 2, 1965 - "Best of Bill" and Pocket-Sized "12 and 12" 1st sold.

July 2, 1965 - 1st "La Vigne", Canadian Grapevine, published.

July 2-4, 1965 - 30th Anniversary of AA in Toronto. Adopted "I Am Responsible."

July 2, 1993 - 50 years of AA celebrated in Canada.

July 2, 2000 - 20 millionth copy of Big Book given to Al-Anon in Minneapolis, MN.

July 3-5, 1970 - 35th Anniversary of AA in Miami. "Declaration of Unity". Bill's last public appearance.

July 3-6, 1980 - 45th Anniversary of AA in New Orleans. First true marathon meeting was held.

July 3-6, 1980 - Gay AA's have their own program at 40th AA Anniversary in New Orleans.

July 4, 1939 - 1st AA meeting started in Flatbush, NY.

July 4-6, 1975 - 40th Anniversary of AA in Denver. World's largest coffee server serves 1/2 million cups a day.

July 5-7, 1985 - 50th AA Anniversary in Montreal, Canada. Ruth Hock given 5,000,000th Big Book. House of Seagrams flew their flags at half mast for 3 days.

July 5-8, 1990 - 55th AA Anniversary in Seattle, WA. Nell Wing given 10,000,000th Big Book.

July 7, 1940 - Bill attends 1st Summer Session at School of Alcohol Studies at Yale University.

July 8, 1940 - 1st AA Group formed in Dayton, Ohio.

July 10, 1941 - Texas newspaper publishes anonymous letter from founding member of Texas AA Group. (Larry J)

July 11, 1960 - Time published an article called "Passionately Anonymous" on the 25th Convention.

July 14, 1939 - Dr Tiebout gives Big Book to Marty M. who promptly throws it back at him.

July 15 1938 - 1st documented use of the name Alcoholics Anonymous, A.A. archives letter Bill to Willard Richardson.

July 16, 1965 - Frank Amos, AA Non-Alcoholic Trustee, dies.

July 18 1938 - in a letter to Dr. Richards at Johns Hopkins, Bill used Alcoholics Anonymous as working title for Big Book and name for the fellowship.

July 20, 1941 - First AA group formed in Seattle, Washington.

July 22, 1877 - Willian Duncan Silkworth born in Brooklyn, NY.

July 22, 1980 - Marty M. an early AA woman and founder of NCADD dies.

July 23, 1940 - Philadelphia AA send 10% of their kitty to the Alcoholic Foundation, which sets a precedent.

July 23, 1943 - New Haven CT Register reports arrival of AA's to study with E M Jellinek.

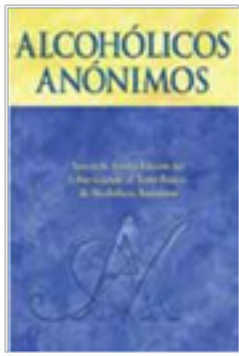
July 24, 1943 - L.A. press reports formation of all-Mexican AA Group.

July 28-30, 1950 - First AA International Convention held in Cleveland, Ohio. Twelve Traditions adopted. Dr. Bob made his last appearance at a large AA gathering.

July 31, 1972 - Rollie H dies sober in Washington DC.

In love and service,
Jill Z - Happy Hour Group

HOME
GROWN



¿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.

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