

### A.A. HISTORY

#### Beginning of A.A. District 8, Central Alabama meetings

In the fall of 1943, Charles A. returned to Montgomery after serving in WWII. He had a desire to stop drinking, but ended up drunk and either in the hospital or in jail. In late January 1944 he read an ad in the newspaper on wanting to stop drinking which read, "Write to a (P.O. box Birmingham, Alabama) for help". What we in Alcoholics Anonymous call coincidence is also a Godsend, as his sister-in-law had cut out the same ad. Contact was made and hope was started. Imagine if this had not occurred? Would A.A. for us be in place as it is today? By one person giving to another hope for our area was begun.

And so it grew- in 1949 in Selma Alabama, Glenn C., who came to the Montgomery Downtown Group while his wife went window shopping, was told about meetings by a gambler who was sober, Hugh M. He tried to start a meeting in Selma, but it folded as he thought it concerned his reputation. So they- Glen and "their wives who went window shopping", attended 3 meetings a week at the Downtown meeting until August 1949 and subsequently started the Selma A.A. Meeting. In 1964 an attorney Hugh M. who was considered a "goner" got sober in A.A. That so impressed a judge in Selma that he designated a room to A.A. in the basement of the courthouse, and today you can still see the sign above the door. How powerful we are as a source for others if we keep this as it is and do not dilute it, or as Bob told Bill "don't louse this thing up".

In 1950, three people started an A.A. meeting in Clanton. They later leased (1958), with five other members, a hall above a furniture store that was called the A.A. Club of Clanton. My memory just fondly recalled I was asked to speak at that club in 1991. They have since moved to another location. Do you recall going or speaking there? What priceless memories for others this would be so please share them!

I could take a look at many more starts of District 8 meetings and histories, but will ask you to research those in what we call District 8 archives today. Take a look through your archives and the beginnings of other meetings. Maybe ask an old timer, or look at the tree of history and find your roots there. It all started with the Downtown Club, aka The Downtown Group.

With these Godsend and beginnings by one person letting another know of a way out of their alcoholic misery, the meetings became groups as A.A. grew, and carry on opening and folding today. As history shows, we must continue to share this undiluted message so another alcoholic can receive a solution. So carry the message, make your history by giving it away-keep A.A. for future sufferers of this deadly disease.

Your servant in service,  
C. Faye H. - Fellowship

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Suggestions on topics you want explored? Contact us at [Post.Editor@centralalaa.org](mailto:Post.Editor@centralalaa.org)

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TO GET INVOLVED, CONTACT US AT [Post.Editor@centralalaa.org](mailto: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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Stay up to date on New - Events -  
Meetings and More!  
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**MARK YOUR CALENDAR**

**Intergroup Monthly Meeting  
Saturday, June 27, 2020**

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

**District 8 Service Meeting  
Saturday, June 27, 2020**  
9:30 a.m. @ Legacies (via Zoom)

\* **SUBJECT TO CHANGE. Please check website.**

**MORE EVENTS & INFO:**  
[WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/](http://WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/)



**SERVICE ALERT**

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Please contact  
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# The Post

**POWER OF SOBER THOUGHT**

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SUGGESTIONS ON TOPICS YOU WANT  
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**INTERGROUP/LITERATURE/**

**LITERATURE AT CENTRAL OFFICE**

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## 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](mailto: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 Legacies
- Tradition Three Group
- Strange Camels Group - Zoom Meetings 238 070 075 Camels (Mon. + Thurs.), outdoor meeting on Tuesdays
- County Hope Group
- Women's Meeting Sundays at 6pm: #9046071461 password howitworks

**Have a burning desire to share your experience, strength and hope? Send your article to [post.editor@centralalaa.org](mailto:post.editor@centralalaa.org).**

**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
<b>MONTGOMERY</b>							
<b>12 Steps Group of AA</b> Heritage Baptist Church, Rm 127 1849 Perry Hill Road		C-D-ST-BG 6p					
<b>A Vision for You Group of AA</b> Baptist Health Training Entrance 2010 Normandie Dr.			O-D 7p				
<b>Chapter 9 Group of AA</b> 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
<b>Fellowship Group of AA</b> 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-S 6p	C-D * 2p C-D Women's Mtg 6p
<b>Happy Hour Group of AA</b> 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
<b>The Legacies Group of AA</b> 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
<b>Living Sober Group of AA</b> Mental Health Building 1116 South Hull Street	C-D 6p		C-L 6p				
<b>Sole Purpose Group of AA</b> 22 North California Street	C-D 8p			C-L 8p	C-D 8p		C-D 8p
<b>Strange Camels Group of AA</b> Immanuel Presbyterian Church 8790 Vaughn Road	C-L 7p	C-D 7p		C-D 7p			
<b>Tradition Three Group of AA</b> 386 St. Luke's Drive Bradford Health Services building	O-D 11a	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
<b>We Stopped in Time Group of AA</b> Unitarian Universalist Fellowship Church (rear entrance, downstairs) 2810 Atlanta Highway		O-D 8p YP				O-D 8p YP	
<b>CLANTON</b>							
<b>Clanton Group of AA</b> Trinity Episcopal Church 503 2 <sup>nd</sup> Ave. S, Clanton, AL 35045	O-D 7p			O-L 12p		O-D 7p	
<b>GREENVILLE</b>							
<b>Camellia City Group of AA</b> Greenville Housing Authority 601 Beeland St, 36037 334-437-2015 or 334-662-7129	C-D 7p			C-D * 7p			
<b>HOPE HULL</b>							
<b>County Hope Group of AA</b> Hope Hull United Methodist Church 305 Wasden Road (Silver trailer behind church)		O-D 6p		O-BB 6p			

*Continued on reverse side.*

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

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MONTGOMERY INTERGROUP DIRECTORY OF A.A. GROUP MEETINGS							
Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MAPLESVILLE</b>							
<b>Maplesville Group of AA</b> Highway 139, PO Box231, 36750					O-D 8p O-S 3 <sup>rd</sup> Fri.		C-D 8p
<b>MILLBROOK</b>							
<b>Primary Purpose Group of AA</b> Church of the Nazarene, Fellowship Hall 3251 Browns Road		O-D 6p		O-D 6p		O-D 6p	
<b>PRATTVILLE</b>							
<b>Autauga S.O.S. Group of AA</b> 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	
<b>Prattville Downtown Group of AA</b> 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-CI 6:30p	O-D 12p C-ST 6:30p
<b>SELMA</b>							
<b>5th Tradition Group of AA</b> West End Baptist Church 504 Cahaba Rd 36701					C-D 6:00p		
<b>Selma Group of AA</b> 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
<b>Selma Men's Group of AA</b> St Paul's Episcopal Church 210 Lauderdale Street	C 6p		C 6p				
<b>TALLASSEE</b>							
<b>Ray of Hope Group of AA</b> 2872 Kent Road, Kent	O-L 7p		C-D 7p		O-D 7p		C-D 3p
<b>12&amp;12 Group of AA</b> E. Tallassee United Methodist Church 101 Central Blvd, East Tallassee		O-ST * 7p					
<b>UNION SPRINGS</b>							
<b>Bullock County Hospital Detox Unit</b> 102 Conecuh Ave Union Springs, AL	O-D 7p		O-D 7p				
<b>WETUMPKA</b>							
<b>Free World Group of AA</b> Elmore Co. Extension Office, metal bldg Highway 14, Queen Ann Road							C-D 7:30p
<b>Wetumpka Group of AA</b> 103 West Tuskeena St.	C-D * 7p						O-D 6p

**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      Sp = Speaker      L = Literature Study (BB, 12/12, or Other)      St = Step Study  
 Cl= Candlelight      W = Women's Meeting      LGBT = Lesbian, Gay, Bi, Transgendered      BG = Beginners  
 Sm = Smoking      YP = Young People & Young at Heart      \* = Al-Anon Meets Simultaneously      \*\* = Alateen Meets Simultaneously

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](http://www.centralalaa.org)  
 828 Forest Avenue, Suite A • Montgomery, AL 36106 • Open Mondays 10 – 2pm**

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## **STEP SIX "WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER."**

The idea of having my defects of character removed, was one akin to the idea of becoming saint-like. Like, many of my other misconceptions as I took each step, Step Six was a surprise for me in what it meant the first time through the Steps and what it continues to mean to me living the steps.

I had a list. I had made it sometime after going home, contemplating if I had left anything out of my inventory when doing my Fifth Step with my sponsor, and meeting with her the next time. I wrote out every possible thing I felt I did that was wrong. Cheat. Check. Lie. Check. Jealousy. Check. The list went on and on. Then I sat down with her and she pointed out if I was asking God to remove my defects, then it wasn't up to me to pick and choose what would be removed. If I could pick and choose how to make myself a better person I would have done so already.

So, I went back to the Book and back to my knees and readily said the prayer suggested for the Sixth Step. I

showed my willingness to place myself back into God's will as I had back in the Third Step. Now, I was just getting more practical application to move forward.

I have had to openly admit to my innermost self, and to others, several different moments in my sobriety where I have realized that I wanted to hold on to one or two specific defects. Whether it was anger at a perceived slight or holding on to a fantasy ideal, they brought some sort of pleasure, but were keeping me from being able to help others.

These are the times that I have had to pray for help with the desire to have these removed and the willingness to recognize that they would be removed when God felt it time, not when I did. It does not mean that I cannot be aware. My awareness today of the defects which at one time hounded every step, tend to show themselves with a tight feeling in my stomach and the need to be cautious else I place myself where I would need to make an amend.

It is that place that I often find my God consciousness has become a vital part of my being.

Emily J. - Strange Camels

**HOME  
GROWN**

## **TRADITION SIX AN A.A. GROUP OUGHT NEVER ENDORSE, FINANCE OR LEND THE A.A. NAME TO ANY RELATED FACILITY OR OUTSIDE ENTERPRISE, LEST PROBLEMS OF MONEY, PROPERTY AND PRESTIGE DIVERT US FROM OUR PRIMARY PURPOSE.**

Last month we covered that we have one purpose and one purpose only- carrying our messages to alcoholics who still suffer. Tradition 6 is an ideal we practice as a group to ensure we have unity by holding true to our reason for existing. This was no surprise once we saw we had a solution for alcoholism. We felt we also had an answer for a lot of other things. Our 12x12 states how we thought we could enter into business by financing any endeavor in the field of alcoholism. In our arrogance, we thought we should throw "the whole weight of the A.A name behind meritorious cause(s)". We had many lofty dreams from hospitals to educating the public on alcoholism. We were going to gather up those on skid row, help rewrite laws for alcoholic treatment and clean up dope addicts and depressives alike. No, not surprising at all. I am bankrupt idealist by myself so a group of people like me were almost certainly a little grandiose.

The long form of the tradition states:

Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well

as other places of recuperation, ought to be well outside A.A.—and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.

Today, we might still be grandiose but we have this Tradition to temper our egos. We have to separate the spiritual from the material. But we still have egos so the problems of money, property and prestige manifest themselves if we do not inventory ourselves as a group. We do not need a lot of money nor do we need much property. A core principle of our sobriety is one alcoholic talking to another. We can do that with very little cost. In Language of the Heart, I love the quote "It's the message, not the place; it's the talk, not the alms."

Nothing causes more controversy at any level within A.A. than money. Each group is different so there is not a definite answer to cover every group. Do we have too little? Do we have too much? What should we spend it on? To whom does the money belong? Who has the authority over the money? In the District 4 where I sobered up, we had a problem with allocation of contributions (monetary and time). Every year we had an annual picnic. The venue that hosted the picnic cost a lot. For years our committees suffered for money because we put having a good time with each other above carrying our message. Our focus became the annual picnic and making money for next year's picnic instead of carrying our message through our committees.

What happened? We became so focused on ourselves we forgot about the still suffering alcoholic who had not heard our message. We focused on what we thought we should do. Some member claimed we were still suffering and this helped with their sobriety. We were delusional. While we might still suffer from other issues once we get sober, this is not the suffering defined in Tradition 5. We eventually found out that, while the picnic was a good thing, it was not the best way we could carry our message.

How often do well meaning alcoholics want to start

*Continued on page 7*

**Tradition Six, Continued from page 6**

A.A. clubs and other ventures that are actually not a part of A.A. service structure? While clubs are important and can be vital to Groups, it is suggested clubs ought not use the A.A. name. There is nothing wrong with clubs nor the use of them by A.A. groups. However, the clubs ought to be separate from the Groups who use the clubs' services. Their relationship ought to be one where the Group could discard the club without much impact on its ability to carry its message. A club or its managers should never dictate Group business even though they might be A.A. members. Also, Groups have no say in club affairs (I know it is a jump ahead, but good case of Principles before Personality).

The short form of the Tradition states we should never "endorse, finance or lend the A.A. name to any related facility or outside enterprise". A related facility is a club. An

outside enterprise is an elaborate picnic (or any non-service-related event). Don't get me wrong, I am not bashing either one. On the contrary, there is nothing wrong with either. A.A. members who want either should not hesitate to participate in both. Clubs allow A.A. Groups to have a common meeting place. Picnics allow us to fellowship with each other. But these activities do not need to be taken on by Service Structure entities within A.A. lest they divert us from our primary purpose. These activities should have their own separate managing bodies and ought not to interfere with our primary purpose.

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


**CONCEPT SIX**

**On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board**

Just like some of the preceding Concepts, Concept VI deals primarily with proper delegation of responsibilities. For example, our A.A. groups as a whole could not act effectively or decisively with World Service affairs unless they delegate much authority and care to the Conference. In the same way, the Conference must delegate responsibility to the General Service Board so that the Trustees can act properly without the presence of the Conference itself.

A question that may arise is why should our Trustees be given this much freedom to act on our behalf? Primarily because we are holding them responsible for the majority of our service activities. The General Service Board (GSB), A.A. Grapevine, and A.A. World Services (including A.A. Publishing) as of 2017, brings an annual income of 25 million dollars. So, in a way they are literally A.A.'s bankers. They are responsible for investment and use of our substantial reserve fund. On top of that they are expected to formulate A.A. policy and its' proper execution. They are in charge of our world public relations and are the active guardians of our Twelve Traditions. These are just a few of their responsibilities. So, a very wide latitude of judgement

and action must be granted to them in order for things to run effectively and efficiently.

This, however, does not give our trustees free rein completely to act as they see fit. A couple of years back the GSB pursued a lawsuit for the possession of a manuscript of the Big Book. This ultimately led to legal fees in the hundreds of thousands and also made the news. This obviously did not sit well with A.A. as a whole. A motion was put forward to unseat the board for these actions. This motion came from Area 1 Alabama/NW Florida. More than that, it started from a group in our very own District! The motion made it all the way to conference and while the GSB was not removed and replaced, the impact was undoubtedly felt. This was the first time in the history of the Conference that such a motion was considered. So, although we delegate responsibility and authority when necessary, it does not mean that our trusted servants get a free pass to do whatever they please.

Although our world service is structured like a large corporation and deals primarily with matters of policy and business, our ultimate objective will always be a spiritual one. This just happens to be the best vehicle to help us reach that destination through effective business operation. Through proper delegation of authority and responsibilities we can more effectively reach the alcoholic who still suffers and hopefully continue to carry out our primary purpose for as long as we are needed.

Love & Service  
 Jay W., Legacies Group



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

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## Recovery and Living Abroad

25 years ago, Christine and I were asked to share in The Post our experiences of AA around the world as we have lived on 6 of the 7 continents and have had the privilege granted by our continued sobriety to have experienced AA meetings on all of them. Due to a short project in the US we discontinued them and have been recently asked again to continue them. As we are currently living in Sri Lanka, this would be as good as any to start.

Sri Lanka is an island nation located in the Indian Ocean SE of India. It is half the size of Alabama but has 4 times the population. The capital city is Colombo and that's where we currently live. Alcoholics Anonymous came to Sri Lanka on the 17th of August, 1964. The Secretary of the YMCA in Colombo, a Mr. Wijeyasinghe, was interested because he suspected his son, who was still in collage, to be an alcoholic. Mr. Wijeyasinghe contacted AA New York & received the necessary literature and the first meeting was held at the YMCA. It was attended by a few sailors but Mr. Wijeyasinghe's son never turned up and did not want to have anything to do with AA.

A few of the founding members were Sena N., Joy W., Sothinathan, and Casichetty. After a while there were 5 very active groups in Peter A, Leo G, Ranjith K, Neville W. Mike C, & Ronnie B. all who gone to be with their maker. Steven C, Nawam X Wije & Elmo K are still in active service. In the early eighties meeting reached the outskirts of Colombo and meetings were conducted in the local Sinhala Language. Thanks to Leo G, Elmo K & Jeremy D. Nawam X. and Hilary B, meetings were started in the North & East of Sri Lanka started in Mannar, Pesalai, and Batticaloa.

These groups are still active and some members have over 25 years of sobriety even without ever seeing or owning a Big Book. Most of the sharing the AA program was done during their 26 year Civil War period from 1983 to 2009. Some awareness programs were in the military

camp, and neither sides had problems with the meetings as knew that alcoholism was a major problem.

With the new millennium, groups started in the suburbs of Colombo. AA also reached districts of Matara, Puttalam, Kandy, and Badulla.

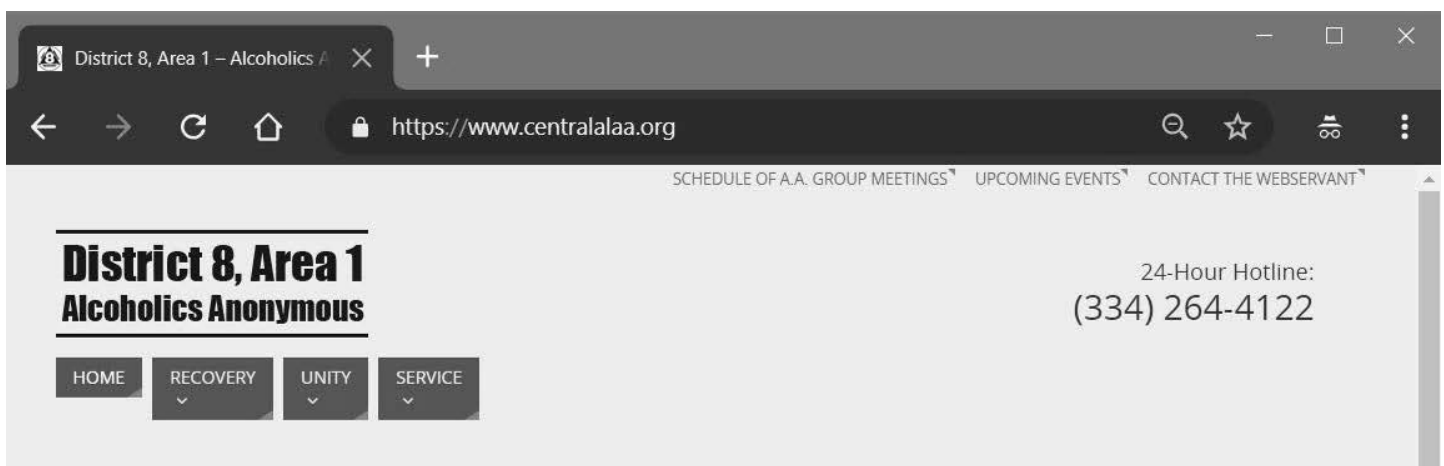
The growing fellowship had no structure and hence many questions arose as per the need of some sort of structure, so in 2011, 47 years after the beginning of AA in Sri Lanka, a member sought help from neighboring countries. They sent 2 of their roaming trustees, Fransisco N. and Sunil G. who spent two weeks with the groups, sharing their experience, strength, and hope. A few weeks after their departure the Treasurer of the General Service Office in India arrived in Sri Lanka and the first intergroup meeting was held at Lawrance S. residence and the 1st Intergroup Committee was elected. The Committee consisted of- Chairman Jeremy D.; Secretary, Newton F; Treasurer Pushpa P.; Public Information Chairman George P; and Treatment Facility Chairman was Lawrance S.

By now AA had really come to stay and on November, 23rd, 2013 The Turning Point was created. It facilitates AA Intergroup Meetings, provides storage facilities for AA literature, and serves as the Sri Lanka Central Office. It also serves as a halfway home in case we have a visitor or alcoholic patient who needs to be tapered off. The present Chairman is Newton F. We currently have a team-MARUPAA-Mega Awareness Round Up Program of Alcoholics Anonymous that is traveling the island performing PI works at schools, churches, and police departments. We've also conducted media interviews (anonymously of course) explaining what we are and meeting times and locations. During this island wide curfew, we are currently holding Zoom meetings and attendees usually include former members who have relocated. Most of these meetings are attended by our members on at least 4 continents.

Dale J.

Stay up to date on New - Events - Meetings and More!

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Continued on page 11





## May Birthdays

### Strange Camels

Becky P.	05/10/2011	9 yrs
<b>Total</b>		<b>9 yrs</b>

### Millbrook Primary Purpose Group

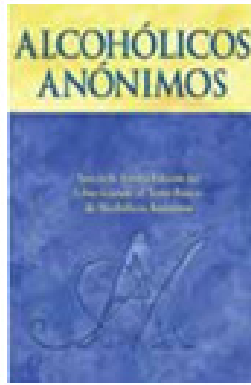
Rose S.	05/09/1993	27 yrs
<b>Total</b>		<b>27 yrs</b>

<b>MARCH</b>		<b>36 yrs</b>
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## 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

[Intergruop@centralalaa.org](mailto:Intergruop@centralalaa.org)  
<https://www.aa.org>

>> para mas informacion y recursos en Espanol

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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](mailto:Post.Editor@centralalaa.org).

**Alcoholicos Anonimos**  
"Grupo 3 de Noviembre"  
*Un mensaje de vida.. vida que deseamos compartir*

Si deseandolo sinceramente te das cuenta de que no puedes dejarlo del todo, o si cuando bebes tienes poco control de la cantidad que tomas, probablemente eres alcoholico.  
Si deseas mas informacion o si solo quieres ser escuchado llamanos o visitanos en:

1028 Commerce Boulevard Pelham AL 35124      Telefonos: (205) 305-6611  
Reuniones de Lunes a Sabado de 7:30 pm a 9:00 pm      (205) 422-3676

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