

EDITOR'S CORNER

Character defects, delegating responsibility, committee meetings, and singleness of purpose. If you resonate with those terms, you're an informed member of Alcoholics Anonymous. Those are some of the topics this issue of the P.O.S.T. is about. They are things we all should be informed of and involved in wherever we are in our recovery journey. I want to give big thanks to the members who have sent in articles, and if you're wondering why

I'm writing most of the articles, it's because you need to write one! You can write about a step, tradition, concept, or just share your experience on something A.A. related. There are also a lot of service opportunities to bring meetings to rehabs, Colby W. lets us know about those opportunities in this issue and Carla has a great article on the power of transformation in steps five and six.

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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Post.Subscription@centralalaa.org



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!

Website Committee Meeting June 15th 6pm Hybrid: 3428 Atlanta Hwy (around the corner from Legacies) for Zoom link see Centralalaa.org

District 8 Treatment/Corrections Committee Meeting Sat, Jun 17th @ 10:30 am - 11:30 am at Legacies Combined Monthly committee meeting for Corrections and Treatment

Archives Meeting Sat, June 17th @ 10:30 am at Happy Hour

District 8 Archives Meets the third Saturday of each month.

PI Committee Meeting Mon, June 19th @ 6:00 pm - 7:00 pm at Strange Camels Third Monday each month 8790 Vaughn Road, Montgomery AL 36117

Intergroup Monthly Meeting Saturday, July 1st @ 8:00 am - 9:00 am at Legacies and Zoom You're Invited! Come help us carry the message.

District 8 Service Meeting Saturday, July 1st @ 9:30 am at Legacies and Zoom

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

The Assembly meets quarterly at The Clarion Inn® & Suites University Center 1577 South College St, Auburn, AL 36832 Our Summer Assembly meeting is July 7th - 9th, 2023. You can see the schedule at aaarea1.org

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

The Post

POWER OF SOBER THOUGHT

THE POST COMMITTEE

Editor/coordinator: Mike D.
Copy Editor: Jill Z.
Composer: James A.
Distribution: Vacant

DEPARTMENTS

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			

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 SIX WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

Love to the Fullest—and Live! A Miracle of 5th and 6th Step Transformation

I floundered like an unanchored vessel in violent seas, crashing against razor-sharp rocks, when safe harbor existed to lovingly shelter me and had been there all along—I simply had to open my eyes to its warm and welcoming turquoise colors and use my ears to listen for its music of tranquil waters.

As an artist, that statement best reflects how I see and feel about the comprehensive transformation which has taken place in my life because of God and A.A. My thorough Steps 5 and 6 actions played a crucial role in the revival, or perhaps more correctly the regeneration, of my perspective and attitude. I say crucial because it erased the years of guilt I needlessly carried to beat myself with as a proverbial self-imposed whip and transformed it into an asset to share with others.

My experience seemed long in coming but erupted suddenly as if it were a geyser, launching me over the "invisible wall" after two significant events. This is a short story of changes—of my transition—and the fact there was buried deep within my subconsciousness a loathing with which I used to batter myself. You see, years into my sobriety a piece of my original nemesis called Terminal Uniqueness remained within, and it's just that I didn't know it—yet. Here is what happened to me.

I remember in my first A.A. meeting looking at the Steps and Traditions posted on the wall, but the only thing I understood and wholeheartedly agreed with was Step One and I thought Step Five looked exciting, because I believed I was going to finally, finally have a chance to get my say about my life and my problems! I'd been plagued by issues of self-pity, loneliness, despair, guilt, unacceptance, fear, anger, resentment, jealousy, laziness, negativity, self-reliance, procrastination, perfectionism, unrealistic expectations, intolerance, very low self-esteem, and I just didn't like myself.

I had become a professional self-loather. It began in my young family life, and there isn't enough room here to explain why things were as they were. The important fact is, I became psychologically self-abusive in response, and my prejudicial attitude proved to be nothing more than a destructive waste of time.

However, what was my solution? I looked for love and affection in all the wrong places, becoming pregnant at fifteen during the mid-1970s. When I admitted the truth after six months' time, it was a social embarrassment my parents weren't about to endure. I was hastily whisked off to NYC to a figurative butcher shop—so the situation didn't end well for anyone. It was a horrible experience, and I felt guilty deep within my heart that I wanted a permanent erasure, just like my parents. But then I saw myself as a murderer.

That experience was a major element in the perfect storm for my perspective as unacceptable, because I was seeking an unattainable perfection which could "fix" me forever. I was afraid of my feelings, hated being a social misfit, blamed myself into self-pity, and despised being so "defective" or imperfect. I never was told, nor had I once

ever realized or understood, I was simply human. And, although God forgave me long ago for the teen pregnancy, I never realized I'd not forgiven myself. But, nothing happens in God's world by mistake, does it.

It was an ordinary A.A. lunch meeting on an ordinary day. There wasn't any indication that something profound would happen—until it did. I truly believed that never, not in a million years, would I ever encounter another person who had nearly an identical experience as I regarding their teen pregnancy. Then, a woman about my age began to share. As each sentence poured out, she talked about her same experience at about the same age as I had been, during the same time period—and she ended up in NYC just like me, experiencing the same bad results. Suddenly, I felt overwhelming waves of realization that I singled myself out in a Terminally Unique fashion, and it shook me to my core!

However, it still took months before what happened could resonate. Then, one evening I attended a speaker meeting I'd not been to before. I was somewhat familiar with the speaker, but little did I know a part of that person's story would bring me to my knees so profoundly that I had to walk out in the midst of their testimony! It involved a family tragedy in the speaker's life, and although the situation and circumstances were nothing like mine, children were a vital component.

But, what had I felt? A panic-type emotion that welled up inside me which I didn't even know existed, and it took my breath away! I'd been suppressing the truth regarding my teen mistake, my guilt, and my self-imposed punishment because I hadn't let go of the singularity which was causing me to stand in the way of my own progress. I was a self-destructing nemesis with a subconsciously-ingrained warped attitude about myself! Now...who was I to be playing God? At the first opportunity, I openly shared with that speaker what happened and did all I could to make things right.

The point is, God used those people to make His point. I didn't understand what was wrong with me until after this pivotal situation presented itself, and the dust settled. However, when it had time to fully resonate, my Terminally Unique attitude had disappeared!

As a result, what changed? I transitioned from fantasies inside my head and self-justifications into having a realistic, sane view of myself and able to take corrective actions for progress. And, I went from despair, self-pity and self-loathing to self-respect, being responsible and accepting myself as a child of God, equal in His eyes, and worthy of His grace and Love. When I stopped living in my thinking and began to deal with my feelings, I went from infinite What ifs? to the What IS. And once I discovered my deeply-buried self-prejudice, soul-searching honesty sparked effective change in my Spiritual program, and I could live at peace with myself. But, it was God using two, seemingly inconceivable-to-me events to ignite the fire of doom to my Terminal Uniqueness.

Therefore, this story of transition all comes down to Hope. Hope is the very first thing I found in AA; Hope is what I've found in the Steps; Hope is what I've found in forgiveness, including self-forgiveness; and Hope is what I find today. Now, I seek to live like the magnificent St. Francis' Prayer suggests—in love, gratitude, kindness, compassion, understanding, and doing the next right things.

And so, I close with a message of Hope and encouragement that a thorough Steps 5 and 6—and I had to recognize both conscious and subconscious facts—may provide you with fresh, new energy for change just as it did for me. May the God of your understanding bless and care for

you, today. Love to the fullest, and live!

Carla S.

**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**

AA doesn't affiliate with any other organizations because we can't be responsible for what other organizations are doing. Tradition six is linked to Tradition five, that our primary purpose is to help the suffering alcohol. There are a lot of great recovery services and we are free to associate with any of them on an individual level, we can also bring AA meetings to treatment centers and other facilities but when doing that we must only do it as representatives of Alcoholics Anonymous, not as AA members and whatever the organization is. This could potentially confuse our message to the newcomer and tie AA to whatever that organization is doing.

AA also doesn't oppose any other groups or causes (Tradition ten), even if I might think some other recovery based

institution isn't doing it right that doesn't mean that AA is against what they are doing. AA doesn't have an opinion on what other organizations are doing. Personally, I find this is a better way to view life in general.

I tend to be very opinionated and judgmental, but if I can let other people and organizations be who they are, I find I'm a lot more at peace with the world around me. Surprisingly, most of these groups haven't yet asked my opinion on what I think they should be doing, so I can just let them carry on however they see fit, and I can also believe that they are doing what they think is best. This even works at my job, with the government, and other institutions I have to deal with. I just remember that I'm not really responsible for how they run things. I can keep myself right-sized by remembering that I'm just an employee or customer, a taxpayer or a voter, and that's it! It takes a lot of responsibility off me.

Life is a lot simpler when we can just be responsible for what we are doing, and that's the main point of this Tradition.

Mike D. PDG

**HOME
GROWN**

**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 OF ALCOHOLICS ANONYMOUS.**

This is another concept that is about the importance of delegated responsibility. A.A. is owned by the individual members of A.A. which make up our local groups, but it would be impossible for the individual members or local groups to make all the decisions necessary to do all the things A.A. World Services does, so the groups vote in representatives (GSR's) to represent them at district meetings and area assemblies, each area elects a delegate to represent them and that delegate is part of the General Service Conference. There are 93 areas in North America and each has a delegate, you can see the map at aa.org, and they come together with the General Service Board, there are 21 trustees on the board who are elected by board, and they all meet once a year to make decisions about A.A. World Services. The things they discuss are

about what literature to publish, planning the international conference, regional forums, and a lot of other A.A. related issues.

Bill W. explains our structure this way in the chapter on concept six in Twelve Concepts for World Service: "From top to bottom, our whole service structure indeed resembles that of a large corporation. The A.A. groups are the stockholders; the Dellegates are their representatives or proxies at the 'annual meeting'; our General Service Board Trustees are actually the directors of a 'holding company.' And this holding company, the General Service Board, actually owns and controls the 'subsidiaries' which carry on our active world services."

If you're still reading this you might be wondering "what does all this bureaucratic BS have to do with me?" How do I know you're thinking that? Because you're a self-centered alcoholic like me! If you're not thinking that you've probably been involved in service at district and area and are only reading this shaking your head thinking, "there is so much more you could say about our upside down triangle!" The point is, in order for our fellowship to exist and keep reaching more suffering alcoholics, we need a structure of service representatives who help keep our doors open and our literature being published. We should be thankful for all these members of A.A. and non-alcoholic friends of A.A. who make that happen and do whatever we can to support them.

Mike D. PDG

**HOME
GROWN**

ARCHIVES CORNER

June 1: 1949 – Anne Smith, Dr. Bob's wife, died.

June 5: 1940 – Ebby Thatcher took a job at the NY Worlds Fair.

June 6: 1979 – AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois Wilson, Bill's wife, in New York.

June 7: 1939 – Bill and Lois Wilson had an argument, the first of two times Bill almost slipped.

June 10: 1935 – The Dates that is celebrated as Dr. Bob's last drink and the official founding Dates of AA.

June 11: 1945 – Twenty-five hundred attend AA's 10th Anniversary in Cleveland, Ohio.

June 16: 1938 – Jim Burwell, "The Vicious Cycle" in Big Book, had his last drink.

June 21: 1944 – The first Issue of the AA Grapevine was published.

June 25: 1939 – The New York Times reviewer wrote that the Big Book is "more soundly based psychologically than any other treatment I have ever come upon."

June 26: 1935 – Bill Dotson. (AA #3) entered Akron's City Hospital for his last detox and his first day of sobriety.

Please join the Archives committee on Saturday June 17th at 10:30 at Happy Hour and we can discover together the history of our district! Come one, come all!

In love and service,
Jill Z - Happy Hour Group


TREATMENT REPORT FOR DISTRICT 8

We are carrying a meeting to the Renaissance House everyday Tuesday at 7:00 p.m. it has been going well but we need some men volunteers who are willing and able to help with that. Sam N. and I have been rotating but he's no longer going to be able to until further notice so people willing to help would be much appreciated.

The meetings to Alethia house got halted temporarily because of a Covid outbreak but will continue Sunday, June 4th and every Sunday following at 4:00 p.m. We Stopped in Time has that slot and is carrying that meeting but it has just been Will C or myself carrying that meeting and we could absolutely use some more men to do that if anyone is willing and able and would contact either of us.

Aubrie N. from Legacies has the opportunity to start carrying a meeting to the Lifehouse on Tuesday nights at 6:00 p.m. but can't fully commit to doing so and has been unable to find anyone to help but the Lifehouse has agreed to allow us to start having a meeting there if we can find a person or group able to fulfill that commitment.

Legacies has filled the Monday night slot at Elmore County that was open and is going to be carrying a meeting at that time but Michelle W. still desperately needs people to come Friday evenings and Saturday or Sunday at anytime other than meals which is 7-8 a.m., 12-1 p.m., and 5-6 p.m.

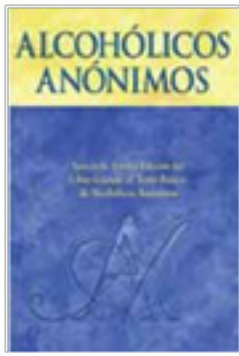
ALR, a men's recovery house in Prattville, still has some slots available on Sunday nights at 6:00 p.m. for people to host workshops on a variety of different recovery topics.

And lastly, attendance was down at our last Treatment and Corrections meeting. We still are meeting at Legacies and on Zoom the third Saturday of the month at 10:30 a.m., the next on being June, 17. Please bring this information back to your groups and make sure to let anyone know who is interested in serving for treatment or corrections. We have plenty of opportunities to be of service in both areas and could really use the help.

- Colby W. We Stopped in Time



**Have a burning desire to share your experience, strength and hope?
Send your article 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 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.

DISTRICT 8 MINUTES | May 6th, 2023

* Pending approval by District 8 on June 3rd, 2023.

GROUPS PRESENT | Strange Camels, WSIT, Happy Hour, PPG, Fellowship, Living Sober, Legacies, Thorsby, Clanton

OPENING | WELCOME | Becky P. | The meeting was called to order at 9:32am and opened with the Serenity Prayer. Introductions were done.

READING OF THE TRADITION(S) & EXPLANATION OF THE CONCEPT(S)

Vicky S | Read Long Form of Tradition 5

Dave H | Read and explained Long Form of Concept 5

READING SCHEDULE for JUNE 3RD

CHIS | Read Long Form of Tradition 6

Lee | Read and Explain Long Form of Concept 6

OFFICER REPORTS:

SECRETARY'S REPORT | Ashley B | SECRETARY@CENTRALALAA.ORG | Not Present

Becky presented April Minutes. Lee Z found the motion designating her as Archives Chair was missing. Tentative approval of minutes received pending addition of the motion.

TREASURER'S REPORT | Alex T | TREASURER@CENTRALALAA.ORG | Not Present

Treasurer's report and Bank Statement posted and reviewed. MOTION to accept, seconded and approved.

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

Polling conducted to find a preferred date that District would hear Conference Recap from Tomi G. May 27th and July 1st were discussed. Preferred date would be July 1st after District 8 Service Meeting. The Next Area Conference is scheduled for July 7th to July 9th.

ALTERNATE DCM | Jay W | ADCM@CENTRALALAA.ORG | Present (Zoom)

Jay stated he is up to date with current progress and communicates with Becky P on a regular basis.

COMMITTEE REPORTS:

PROGRAM CHAIR | Vicki S | PROGRAM@CENTRALALAA.ORG | Present

Vicki introduced Cushing P to present TRADEMARKS / COPYRITE / ENFRINGEMENTS. More detailed information can be found in the Service Manual. Cushing discussed the importance that all members of AA follow the guidelines when using trademarked and copyrighted materials. He discussed that items referencing properties for reference or purchase is acceptable. Any unapproved use of copyrighted materials makes it difficult to litigate when others violate the policies and associated laws. Photos of books or literature on flyers should not be used.

ie: No Image of the Big Book
No image of AA comes of Age
No Blue People

To receive approval, contact the owner of the item and request approval.
Do not be surprised if permission is denied.

ARCHIVES | Jill Z | ARCHIVES@CENTRALALAA.ORG | Present

Jill Z has contacted GSO for their Committee Policies to establish District 8 policies. There are a tremendous number of items to sort through currently stored at Happy Hours. Proper storage of documents is critical. Happy Hour has been storing the items for years. It's recommended a climate control storage location be identified and utilized to store the items once sorted and digitized. The documents and other District 8 items need to be removed so Happy Hour can reclaim the space for the groups use. Plans will be developed and presented to District for approval.

A Big Book donated by James B needs to be rebound. Jill Z requested that District 8 email box be forwarded to her email address. Archives Committee to work with Website Committee to develop an appropriate display of the information.

CORRECTIONS | Jeremy T | CORRECTIONS@CENTRALALAA.ORG | Not Present (Sam presented report)

We are continuing to take meetings into Montgomery County jail. Wednesdays from 7-9 for men. I need an update on how it's going with the female side. I haven't heard in a while how that's going.

We now have 2 men able to go into MGM Co. We do need a couple of more who can commit to going.

We are now going into Elmore Co Jail. We had our first meeting there April 29th. We are going to be going every other week this month and hopefully transition to every week soon. We will be having a speaker meeting there on June 3rd. Sam Noland will be passing out loads of experience, strength, and hope.

This is a new relationship with Elmore Co. They are very gracious in letting us come in. They seem to be as excited about it as we are. Our first meeting had 4 female AAs and 3 male AAs. The response from the inmates was great. Our goal is to have a discussion meeting for an hour or so (however long it lasts) and then break up into smaller groups and go through The Big Book and do some steps with those are are willing to do that.

New things coming with Mt. Meigs. Jeremy spoke to the volunteer coordinator, and she was very excited about the possibility. There is a more extensive background check for Mt. Meigs because it is working with juveniles. Jeremy is having a face-to-face meeting with the coordinator and her supervisor to discuss what it might look like and what AA has to offer.

No changes with State facilities. But we don't have the volunteers to go regardless. It is the goal of the committee to focus on county jails currently until we have the ability to do more. We don't want to commit to things we can't provide.

Vicki S announced 4 of 5 women have been through orientation for access to prison visitations. Looking for interested members to volunteer. This is a ONE day a month commitment only.

CPC | Les H | CPC@CENTRALALAA.ORG | Not Present

- Greetings from Loveland, Colorado (My apologies for not being there in person. I am helping my daughter with a newly arrived baby (yippie). Resources and time allowing I will join the District Business Meeting, otherwise, my apologies again.)
- Thank you for the opportunity to serve as your District 8 CPC Chair
- Unable to participate in Public Information's monthly meeting due to April's being canceled
- Given the close functional and intentional purposes of PI and CPC, I believe participating in PI's monthly meetings is still a good idea.
-

Next Steps • Continue to make myself available to Groups and individuals that are interested in CPC • When possible created the awareness of CPC Service opportunities within District 8 and its Groups ■ Beginning with my own Home Group help nurture a fuller understanding of Service in general, through our literature and example • "...The main difference between meetings and groups is that A.A. groups generally continue to exist outside the prescribed meeting hours, ready to provide Twelfth Step help when needed...) The AA Group pamphlet pg13

GRAPEVINE CHAIR | Open | GRAPEVINE@CENTRALALAA.ORG | Open Position

INTERGROUP/CENTRAL | Parker M | INTERGROUP@CENTRALALAA.ORG | Not Present

Central office manager report Parker-
secured a floater for the fifth Monday of the month and jackets for big books came in. Still need writers for The Post.

We are still in need of Intergroup chair. Discussion. Reps need to go back to their groups and spread the word.
Needs to have at least 1 year sobriety.

Next Intergroup is May 6th hybrid

LITERATURE CHAIR | Open | LITERATURE@CENTRALALAA.ORG | Open Position

PI | Nick P | PI@CENTRALALAA.ORG | Present

** Meeting 3rd Monday of each month, 6pm, at Strange Camels.
Last month's meeting cancelled. Danielle contacted the Public Health Fair for AA booth. Future events will be attended by AA providing names, photos and anonymity is maintained. QR code stickers were produced to be distributed at events.

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

** Meets 3rd Saturday at 10:30am, Legacies, Hybrid

Colby and Will attending Alethia House to chair an AA meeting. Looking for other volunteers to participate and assist with the larger groups. Elmore Detox are looking for AA to bring meetings to Fridays, Saturdays and Sundays. Michele at Elmore Detox and be contacted to set up the meeting times. Weekend meetings would provide a fresh perspective as the patients head for home. Looking for assistance for ALR in Prattville for Sunday 6pm meeting. Scheduled spots established through July.

A new contact from the Renaissance had been received. Dr Crowley is the contact for a halfway house in Montgomery. More to follow.

OTC | Chris B | OTC@CENTRALALAA.ORG | Present

OTC scheduled for August 19th with tentative location at Landmark Church from 3pm to 6pm

Old Business- Literature and Grapevine Chairperson Positions Remain Open

New Business- Becky asked the District for a consensus on having our Delegate's report on May27th or July 1st-10:30am following District Meeting. Consensus was to have report on July 1st, 2023.

GSR SHARING & ANNOUNCEMENTS:

ALCIPAA meeting tonight 5-6-23 at Warehouse 231, 6:30 pm. Joe S guest speaker followed by local band performance.

Fellowship having Eat & Meet Open meeting on May 20th, Grace Church, 4pm to 7pm. Madgie L – Al Anon Speaker and Trei – AA Speaker. All are invited. Refer to District 8 Events Calendar for details.

OPEN SHARING:

Vicky S relaying message from Linda G. "THEY ARE DOING MY TIME". Refers to the 'still suffering alcoholic' serving time which we avoided.

NEXT MEETING: JUNE 3RD, 2023 9:30AM HYBRID

CLOSING | Becky P | There being no further business, the meeting is adjourned at 10:26 am with the Responsibility Declaration.

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 Minutes for May 2023

8:05

Introductions

Parker(co office) not present

Treasurer(Emily) not present

Secretary(Mary Joyce) minutes accepted

Board report-July 19@9 , no new business, getting 501c3 still

Post(Mike d)post did come out

Hotline (Mike b) no report

Website (Cushing) no report

Anniversary(Casey) no report

Guy-no change or progress
Old business- motion made to put 12step motion back on the table. Discussion. Tabled.

Guy asked if we can get the word out for help with people that have announcements.

No group announcements.

Area assembly is July 14-16

Next Intergroup is June 3 hybrid



Attention District 8!!

Area 1 Delegate's Conference Report

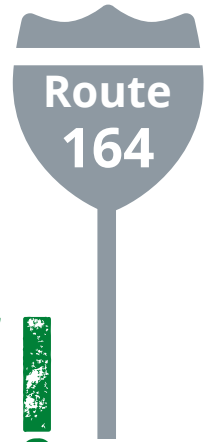
Tomy G.

presented on

Saturday, July 1 at 10:30 am

In person at Legacies Group Location, 3412 Atlanta Highway, Montgomery
and Hybrid via Zoom Meeting ID: 062 7626 3037

Area 1 Alabama/NWFL



**AREA 1
LITERATURE COMMITTEE**

ROAD SHOW!

INCLUDES:

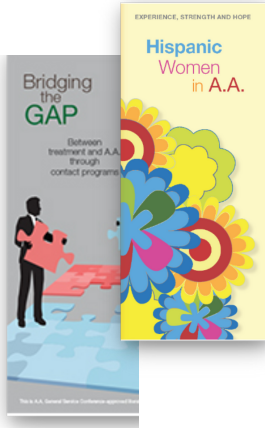
- ★ **AA Literature Jeopardy Game**
- ★ **What is Conference-Approved Literature?**
- ★ **My Favorite Pamphlet**

... AND MORE!

Want to host us in your district?

Email Patty H. - Area 1
Literature Committee Chair:
Literature@AAarea1.org

See you soon!



Area 1 Alabama/NWFL

AREA 1

LITERATURE COMMITTEE

Monthly Workshops

April 25, 2023

AA Literature History: Before there was CAL ...

Presented by Jim W

AA Member, Admin of "AA History Only" FB Group –
Cancún, Quintana Roo



May 30, 2023

What's Up with the Pamphlets? Animations – Cartoons – Illustrations

Presented by Tahtianna F
Area 68, District 7 – Victoria, TX

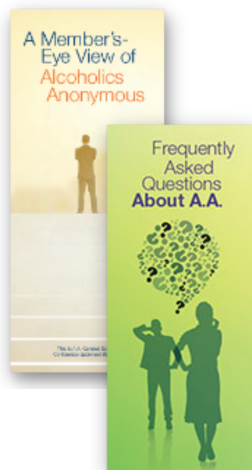
June 27, 2023

Pamphlet Workshop:

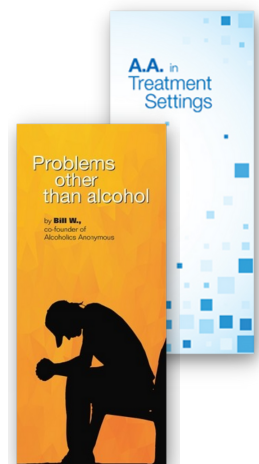
"Problems Other Than Alcohol"

Presented by Billy N

Past Trustee – Palm Beach Gardens, FL



ZOOM ID: 629 006 1411
PW: 1935
7:00 PM Central



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