

ALABAMA/NW FLORIDA AREA 1 ASSEMBLY APRIL 5-7, 2019

MORE INFO ON AREA 1 WEBSITE
[HTTP://WWW.AAAREA1.ORG/](http://www.aaarea1.org/)
CLARION INN & SUITES HOTEL
1577 S. COLLEGE STREET
AUBURN, AL 36830

STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood Him .

Step Three tells me to make a decision to turn my life over to God ... but I have been doing things my way for as long as I can remember. Right, wrong, or indifferent, I lived life on Catherine's terms. Now I am being told the next step is to turn all my life decisions, troubles, and successes over to something I can't see, touch, or feel! What an order!

Luckily, with the help of my sponsor, I realized that I didn't have to get this right on my first attempt. My sponsor also pointed out to me that I had already made a decision to let people in the rooms of AA, as I understood them, help me. Now I just needed to broaden my faith and become willing to believe that by turning my life over to a Higher Power, I could then have the potential of independence by gaining dependence on God. Surrendering to win!! Strange concept for me at first, yet, a life changing concept the more I practiced it.

I have heard in the rooms of AA and read in AA literature that most alcoholics have several things in common. We want to direct the show, and want people to act the way we want them to, when we want them to, and in the exact fashion we think they should. If any of these things fail to happen, we can exhibit varying emotional defects of character such as self-pity, anger, mean spirited lashing out, egotistical outbursts, disloyalty, and dishonesty. Step Three requires that we realize that God is the Director, not us. He places the people in our lives. He decides

who is in our lives and who isn't. God takes everything in our lives and uses it as He sees fit. We just have to learn to have faith and cease fighting.

For some, turning their life over to God may be easy. For me, I balked. It scared the crap out of me. Before coming into AA, I had no relationship with God and now, with yet another step in and more sober time up under my belt, I am being asked to turn everything over to Him, good and bad. I prayed for the willingness every night. The willingness came slowly for me. My desire to stay sober had to be stronger than my desire to hang on to things and do things my way before I could start getting any solid footing towards turning things over to God.

Each morning, after a night of prayers for Gods will for me, I awoke more refreshed and more willing to try my best that day and more open to give all of myself to what my Higher Power would have me to be. At meetings, I started wanting good things for friends, family members, and acquaintances. I wanted to be available to members within the rooms of AA and started trying to figure out how I could be of service, even if it was only cleaning out the ashtrays or arriving early to meetings and staying late after. I did whatever was asked of me by my sponsor.

By earnestly praying the Third Step Prayer and praying for the bondage of self to be removed, little by little I started feeling different. I started feeling as if my prayers were reaching higher than the ceiling tiles. At the same time, I almost felt like a young girl waiting to be told how to act, what to say, or what do. This was a very strange

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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®.

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Contributions for print subscriptions are encouraged.

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Post.Subscription@centralalaa.org

MARK YOUR CALENDAR



INTERGROUP MONTHLY MEETING

SATURDAY, APRIL 13, 2019

8:00AM @ LEGACIES GROUP

3412 ATLANTA HWY, MONTGOMERY, AL 36109

DISTRICT 8 MONTHLY MEETING

SATURDAY, APRIL 13, 2019

9.30AM @ LEGACIES

3412 ATLANTA HWY, MONTGOMERY, AL 36109

MORE EVENTS & INFO:

[HTTP://WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/](http://www.centralalaa.org/unity/upcoming-events/)

THE NEXT ALABAMA/NW FLORIDA AREA ASSEMBLY

APRIL 5-7, 2019

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CLARION INN & SUITES HOTEL

1577 S. COLLEGE STREET

AUBURN, AL 36830

PLEASE NOTE NEW EMAIL ADDRESSES:

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The Concepts—John V.

The Traditions—Jill Z.

Birthdays—*Service Opportunity*

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](http://www.centralalaa.org)

YOUR DISTRICT 8 ONLINE

[WWW.AAAREA1.ORG](http://www.aaarea1.org)

YOUR AREA 1 ONLINE

[WWW.CENTRALALAA.ORG/UNITY/INTERGROUP/LITERATURE/](http://www.centralalaa.org/unity/intergroup/literature/)

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 1980, LaVina.

Updated: September 6, 2018

Group / Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY							
12 Steps Group of AA Heritage Baptist Church 1849 Perry Hill Road, 36106 (Meeting in Room 127)		C-D-ST-BG 6p					
A Vision for You Group of AA Baptist Health Training Entrance 2010 Normandie Dr., 36111			O-D 7p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Blvd., 36108						O-D 1:30p	O-D 1:30p
Chisholm Group of AA 1409 Federal Drive, 36107	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, 36117 (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-W - 6p
Happy Hour Group of AA 3466 Eastdale Circle, 36117 (Next to Fortis College)	C-D - 6:30a C-D - 12p C-D - 6p	C-D - 6:30a C-D - 12p C-L - 6p	C-D - 6:30a C-L - 12p C-D - 6p	C-D - 6:30a C-D - 12p O-BG - 6p	C-D - 6:30a C-D - 12p C-D - 6pm 1st Friday O-S - 7p	C-D 12p	C-D - 12p O-D - 6pm
The Legacies Group of AA 3412 Atlanta Highway, 36109 (Enter off Forest Hills Drive)	C-D - 12p C-D - 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 America 1116 South Hull Street, 36104	C-D 6p		C-D 6p				
Sole Purpose Group of AA 22 North California Street, 36107	C-D 7:30p			C-L 7:30p			C-D 7:30p
Strange Camels Group of AA Immanuel Presbyterian Church 8790 Vaughn Road, 36117	C-L 7p	C-D 7p		C-D 7p			
Tradition Three Group of AA Bradford Health Services 386 St. Luke's Drive, 36117	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 2810 Atlanta Highway, 36109 (Enter at back off Dunn Drive)		O-D-YP 8p				O-D-YP 8p	
CLANTON							
Clanton Group of A.A. Trinity Episcopal Church 503 2nd Ave. S, 35045	O-D 7p			C-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, 36043 (Silver trailer behind church)		O-D 6p					
MAPLESVILLE							
Maplesville Group of AA Highway 139, PO Box 231, 36750					O-D 8p O-S 3rd Fri.		C-D 8p

<http://www.centralAA.org/recovery/AA-meeting-list/>

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

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Group / Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene 3251 Browns Road, 36054 (In the Fellowship Hall)		O-D 6p		C-D 6p			
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 East 4th Street, 36067	O-L 12p	C-D 12p		C-D 12p	C-D 12p	C-D-W 10a	
Prattville Downtown Group of AA 326 West 5th Street, 36067	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
SELMA							
5th Tradition Group of AA West End Baptist Church 504 Cahaba Rd., 36701					C-D 6:00p		
Selma Group of AA Dallas County Courthouse 105 Lauderdale Street, 36701	O-D 12:30p	O-D 6p	O-D 12:30p	O-D 6p	O-D 12:30p		O-D 6p
Braveheart Group of AA St Paul's Episcopal Church 210 Lauderdale Street, 36701	C-D 6p		C-D 6p				
TALLASSEE							
Ray of Hope Group of AA Kent Community Center 2872 Kent Road, Kent, AL 36078	O-L 7p		C-D 7p		O-D 7p		C-D 3p
12&12 Group of AA E. Tallassee United Methodist Church 101 Central Blvd, Tallassee 36078		O-ST * 7p					
UNION SPRINGS							
An A.A. Group Bradford Health Services 102 Conecuh Ave, West, 36089 (In Bullock County Hospital)	O-D 7p		O-D 7p				
WETUMPKA							
Free World Group of AA Elmore County Extension Office 340 Queen Anne Road, 36092 (Metal Outbuilding)							O-D 6p
Wetumpka Group of AA 103 West Tuskeena St., 36092	C-D * 7p						

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.

LEGEND			
O = Open Meeting <i>Anyone interested in the A.A. program may attend.</i>		C = Closed Meeting <i>Limited to those with a drinking problem and a desire to stop drinking</i>	
D = Discussion Meeting	Sp = Speaker Meeting	L = Literature Study (BB, 12/12, etc.)	St = Step Study
Cl = Candlelight Meeting	W = Women's Meeting	LGBT = Lesbian, Gay, Bi, Transgendered	BG = Beginners Meeting
Sm = Smoking Permitted	YP = Young People & Young at Heart	* = Al-Anon Meets Simultaneously	** = Alateen Meets Simultaneously

Montgomery Intergroup Central Office
828 Forest Avenue, Suite A, Montgomery, AL 36106
Open Mondays from 10 am until 2 pm.

www.centralalaa.org • Email Intergruop@centralalaa.org

<http://www.centralalAA.org/recovery/AA-meeting-list/>

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STEP THREE *Continued from page 1*

feeling but I

couldn't let it trip me up and send me running in the opposite direction. I wanted so desperately not to drink, not to lose the progress that I had made, and not to hurt any more people, including myself, that I was willing to go to any length to do as He would have me to do.

Any time I feel like life is threatening me or throwing me curve balls, I strive to do as I have learned from my sponsor and have heard in the rooms: I STOP, hit my knees, and say the serenity prayer. Yes, I said hit my knees. Don't knock it until you try it. It helps me to get right sized and provides some honest one on one time with my Creator.

There is a lot of freedom in letting go. If I start my day by giving it to God and then something happens and I take my will back, I can always say the serenity prayer and turn my life back over to God again. I can start my day over as many times as I need to. My God has a sense of humor, and He is just glad that I am finally beginning to get to know Him, to trust Him with my life, my loved ones, and everything else.

The more I turn over to God, the more freedom I experience. Every day I choose to turn my life over to God and as a direct result, my life today is so much better than anything I could have

envisioned for myself. I no longer view life full of gloom and doom. No more living in the wreckage of what's behind me, nor walking in fear of what lies ahead. Every day when I ask for God's help and His Good Orderly Direction, I am able to be where my feet are, not rehashing the past or planning and forecasting the future. As long as I can take the action to stay in His will as I understand it, I will never cease to be amazed by the many God sized gifts and continued blessings in my life.

Catherine S., Strange Camels Group



<http://www.centralAA.org/recovery/twelve-steps/>

TRADITION THREE

The only requirement for AA membership is a desire to stop drinking.

Perhaps if I had known about Tradition 3, I would have come into the rooms of AA years and years ago. I lived in such a state of denial about my alcoholism that the idea of coming to an AA meeting to stop my deleterious way of life was unthinkable. I was NOT an alcoholic!

I still hadn't lost much, not really. I mean, I had lost my house, but that wasn't because I drank, but rather because I moved away and couldn't sell it. I lost jobs, but that was because I didn't suffer fools well, not because of my drinking. I had lost my marriage, but that was because he slept with a friend, not because of my drinking. I mean, I wasn't homeless or a hobo. I didn't drink MD 20/20 or Ripple. I mean, I only drank wine most of the time. I wasn't that bad!!!!

I had tried to stop drinking for just a few days at a time and got really nervous about even trying to. I knew I had a problem but kept the thought deep inside for a long time. I even stopped drinking for almost four years, off and on, but was crazy as a bed bug. I just didn't see myself as an alcoholic even then, but I had a serious desire to stop drinking. I just couldn't do it on my own.

So, I finally went to an AA meeting. There, after years of denial, I picked up my first white chip, my beginner's chip. I realized then that I was an alcoholic and I had more than a desire to stop drinking. If there had been any other membership rules, I would not have been allowed entry. If there had been any other criteria for entrance, I would not have gone through that door.

If the founders of AA hadn't struggled so hard over this Tradition, I would never have been allowed in. Alcohol was my demon, but I had others equally as potent and potentially tragic. What if the

original AA groups had decided on a lot of rules and admission criteria? What if you all wouldn't let me in the rooms because I have different spiritual beliefs or was also addicted to pain pills or cocaine or shopping or...? What if you all wouldn't let me in the rooms because of my gender?

The original members did argue and debate this point ad nauseam. Originally, there were a lot of rules and regulations. But in the end, as it has been in almost all AA affairs, common sense and divine guidance occurred at the same time and the Third Tradition was created. AA's desire to include everyone and anyone who wants to stop drinking became it's only membership criteria and this has been honored since.

We have such a delightful spectrum of personalities, religious beliefs, careers, and ideologies, to think that some of us might not be admitted is difficult for me to even think about. We have pure alcoholics and those, like me, who have multiple addictions. Fortunately today, I don't have to think about excluding people. "The Language of the Heart," the last paragraph on the Third Tradition, page 80, sums it all up—"Let us of AA therefore resolve that we shall always be inclusive and never exclusive, offering all we have to all, save our title. May all barriers be thus leveled, may our unity thus be preserved. And may God grant us a long life-and a useful one!"

Jill Z., Happy Hour Group



<http://www.centralAA.org/unity/the-twelve-traditions/>

BBCA

BIG BOOK COMES ALIVE

with

LARRY S. & CAAN B.

Join us for a "Joe and Charlie"
style Big book Study!

JUNE 21 & 22, 2019

FRIDAY 6-9:00P,

SATURDAY 9-6:00PM

Whitfield United Methodist Church
2673 Fisk Rd
Montgomery, Al 36111

REGISTRATION \$25

Mail registrations to:

BBCA

c/o Montgomery Intergroup Central Office Inc.

828 Forest Ave

Montgomery, Al 36106

online registration soon!

CONCEPT THREE

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the AA General Service Board and its several service corporations, staffs, committees, and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional “Right of Decision”.

Bill W. writes in his essay on Concept 3: “Our entire A.A. program rests squarely upon the principle of mutual trust. We trust God, we trust A.A., and we trust each other.” This concept gives us instruction on how to put the “final responsibility and ultimate authority”, and the delegation of this responsibility and authority into action. The pamphlet 12 Concepts Illustrated (p-8 AAWS) explains that except for specific directions in the Charter and Bylaws, every trusted servant and A.A. entity—at all levels of service—has the right to decide how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises.

When I was GSR of my home group, we were asked at the District and Area meetings to bring back to the group a matter for consideration that would come back up for a vote at a later time. I listened to what the group members said and we would even vote as a group what the group’s conscience was on the matter, and most of the time I voted exactly as the group did. There were times that I didn’t however, and it was because of the “right of decision” endowed in this concept that I had the ability to do so. I was not bound by the Group’s instruction. This happens for a couple of reasons when our trusted servants vote on an issue. First, more information may be shared or

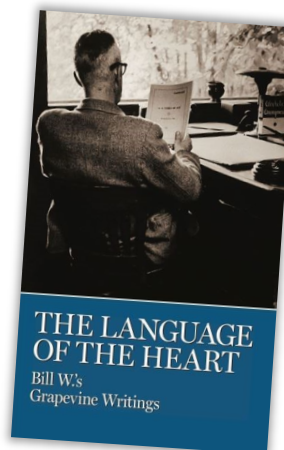
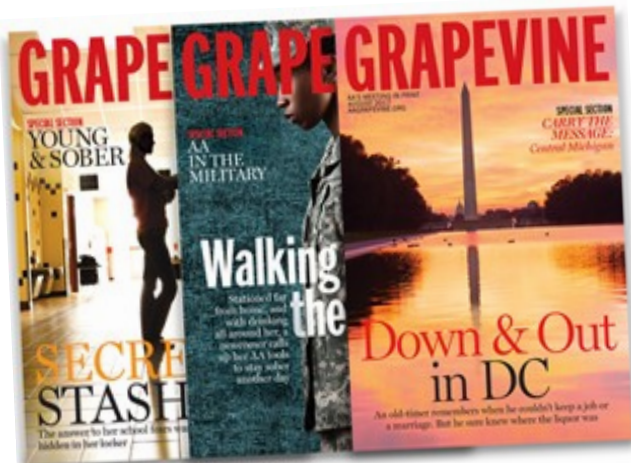
experience from others might help me see from an entirely different angle the issue at hand. Second, there are some matters that arise that do not have the luxury of time to be taken back to the groups and considered. In these matters, I cast my vote according to the best dictates of my own judgment and conscience at the time. Bill W. warns that the right of decision does not cover the failure to make proper reports, the failure to consult the proper people before making important decisions, or for using it to exceed a clearly defined authority. So, along with the right of decision comes the responsibility to report when I vote differently, as well as the responsibility to ask for help when I need it.

I have practiced this Concept in all areas of my life and it has truly revolutionized the way I lead and participate in AA, at home, and at work. One of the hardest things for me to accept has been that I am, by nature, a micro-manager and perhaps a bit of a control freak. While Concept 3 gives trusted servants freedom at the group to do their jobs, it also gives me freedom at home or work when someone says they are going to take on a task or I delegate a task—when I give the right of decision I am able to practice Concept 3 AND Step 3 at the same time by not arranging the details of every single matter in my life—THAT gives me freedom.

John V., Legacies Group

HOME
GROWN

<http://www.centralAA.org/service/twelve-concepts/>



The A.A. Grapevine Our meeting in print - now available online and by app at www.aagrapevine.org. Its sister publication, La Vina, a bi-monthly Spanish language publication is currently available in print only, but you can subscribe and learn more here: <http://www.aagrapevine.org/espanol>

The A.A. Grapevine also publishes many of our favorite books such as *The Language of the Heart*, *Emotional Sobriety* and *Spiritual Awakenings*. These are available for purchase at many groups and at Central Office.



February Birthdays

PDG-Prattville Downtown Group

Grace H.	2/14/1976	43 yrs
Zyna C.	2/16/2010	9 yrs
Barry S.	2/18/2007	12 yrs
Melissa M.	2/24/2013	6 yrs

Total 70 yrs

Strange Camels Group

Blakey V.	2/17/2014	5 yrs
Debra G.	2/18/2005	14 yrs
Tomy G.	2/18/2005	14 yrs

Total 33 yrs

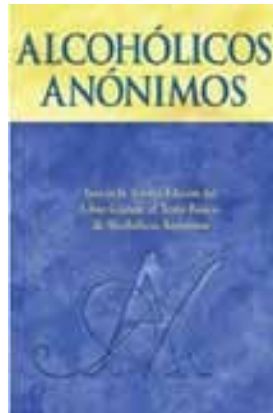
FEBRUARY 103 yrs

CELEBRATING AN A.A. BIRTHDAY?

AT YOUR NEXT BUSINESS MEETING ASK YOUR G.S.R. OR GROUP SECRETARY TO SEND IN MEMBER BIRTHDAYS TO THE POST.

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, multirracial, 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 y mujeres 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
<http://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.



Stay up to date on News-Events-Meetings and More!
CentralALAA.org

The screenshot shows a web browser window with the following content:

- Browser Tab:** District 8, Area 1 – Alcoholics A
- Address Bar:** <https://www.centralalaa.org>
- Navigation Links:** SCHEDULE OF A.A. GROUP MEETINGS, UPCOMING EVENTS, CONTACT THE WEBSERVANT
- Header:** District 8, Area 1 Alcoholics Anonymous. 24-Hour Hotline: (334) 264-4122
- Menu:** HOME, RECOVERY, UNITY, SERVICE
- Meeting Schedule:** Next Intergroup Meeting - Saturday, April 13, 2019 @ 8:00 am
- Banner:** Is Your Group or Committee Planning an Event? You can get the word out here... Includes an illustration of a diverse group of people.
- Text:** EVENTS FOR AND BY THE FELLOWSHIP OF A.A. Send us information on any upcoming events at your group, your committee, or other districts and areas. We'll get it on the calendar and help you get the word out. Click here for the Upcoming Events form.
- Meeting Schedule:** Next District 8 Meeting - Saturday, April 13, 2019 @ 9:30 am
- Four Promotional Cards:**
 - Do You Think You May Have A Drinking Problem?** Information about Alcoholics Anonymous: the program, meetings, and fellowship. [READ MORE »](#)
 - Are You A Professional? We Want To Work With You.** Information on the program and fellowship of Alcoholics Anonymous for professionals who may come in contact with alcoholics. [READ MORE »](#)
 - Looking for Intergroup or Literature at Central Office?** Intergroup provides basic services to groups including 24-Hour Answering Service, Group Meeting Schedules, Conference-approved literature, medallions and chips and a central office. [READ MORE »](#)
 - Want to Share? Or See What Our Members Say?** Members Share Experience, Strength and Hope. [READ MORE »](#)

Montgomery Area
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Montgomery, AL 36106