

### EDITOR'S CORNER

I love March, not just because my birthday is in March, but also because it's the end of winter. Where I grew up in Michigan, March was when we would see the first crocuses break through the melting snow announcing the beginning of spring. All the plants that had been dormant and seemingly dead, start sprouting life. Step 3 is where new life starts to sprout in the recovery process. It's the turning point we came to when we realized we were powerless over alcohol, admitted our lives were unmanageable, and came to believe a power greater than us could restore us to sanity. Turning our will and our lives over to this Power, allows that Power to give us a new life. The article on Step 3 by the late Mark H. is especially helpful because he explains that step 3 is not

just for the newcomer, it's for all of us, no matter where we are in the recovery process. I'm looking forward to seeing everyone at the Montgomery Area Anniversary on March 4th. There is a pink flyer for it, which you've probably seen at your home group. At the end of the month, March 31 - April 2, we'll be having our Spring Assembly for Area 1, where we'll be looking over the pre-conference stuff and getting ready to send our delegate to the General Service Conference in New York. The article on Concept 3 by Jay helps explain this process. Each group has been assigned a topic with agenda items to discuss. Get with your GSR to find out about when your group will be discussing these items.

Happy reading  
- Mike D.



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Suggestions? Contact us at  
[Post.Editor@centralalaa.org](mailto:Post.Editor@centralalaa.org)

### WOULD YOU LIKE TO VOLUNTEER OR CONTRIBUTE TO THE POST?

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.<sup>®</sup> 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<sup>®</sup>.

### CONTACT US

Montgomery Area  
Intergroup Central Office  
Office Hours:  
Monday 10 A.M. - 2 P.M.  
828 Forest Avenue  
Montgomery, AL 36106  
24/7 Answering Service  
(334) 264-4122

### E-MAIL ADDRESS

[Intergroup@centralalaa.org](mailto:Intergroup@centralalaa.org)  
Contributions for print subscriptions are encouraged.  
For email subscriptions contact:  
[Post.Subscription@centralalaa.org](mailto:Post.Subscription@centralalaa.org)

### A.A. HISTORY

#### Easy E. 60+ Years of Sober Living

There are many giants who did not serve at a public A.A. level and Easy E. was one of those. He gave of himself at a more personal level by helping another willing alcoholic find sobriety. Easy E., as easy going as his name, was over 60 years sober in District 8 when he went to the "big meeting".

There's an article in the August 2003 Grapevine (our meetings in print), "60 Years and Counting" you can find and read that Easy was asked to write. In it, he states this "60 years, 365 days per year, plus 15 days for leap years, equals 21,915 days. That is how many days I have celebrated of continuous sobriety." On Nov. 15, 2002, at a special open A.A. Meeting held at the Downtown Group in Montgomery, AL he stated that "a lightning case" of Alcoholism brought him to A.A. in 1942, and he continued until his death... One Day At A Time.

I have given Archives in District 8 pictures of him at his 60th anniversary in 2002 with a signed sheet with many other giants in A.A. So check out his story in a link with Alcoholics Anonymous on

our Grapevine page.

Here are a few personal excerpts from those I have asked about him: my sponsor (Nancy N.M.) once sponsored by Ben H. who was sponsored by Easy E. for 31+ years... stated "Easy was a God fearing man who liked his 2 books, the Big Book and the Bible." Orié Sr. remembers him as a devout member of the Downtown group, Montgomery, AL. Sponsored by Easy E., he said Easy once told him he was so low when he got to A.A. that he could take a bath on a wet sidewalk. Easy loved laughter. We are not a glum lot!

Ben S., Selma AL, once sponsored by Kenny C. who was sponsored by Easy, said Easy took him (newly sober) to a Snooker pool game where he played and beat the owner. Not a glum man for sure!

Easy said on a talk on an old tape I have, that back when he got to A.A., they would go to the courts and the Judge would turn a drunk, called a prospect, over to them to see if they could sober them up. He always carried a bottle for the new prospect who was coming off a good bender.

I met Easy in 1989 at the Downtown

*Continued on page 6*



**MARK YOUR CALENDAR**



**SERVICE ALERT**

**Intergroup Monthly Meeting  
Saturday, March 4, 2023**

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

**District 8 Service Meeting  
Saturday, March 4, 2023**

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

Post Positions Open - 12 month commitment:  
All Post Positions are up for renewal at end of year. Voting will be in October. If interested be sure to contact  
Post.Editor@centralalaa.org

All Intergroup positions are up for renewal at end of year. Voting is to be in October. If interested, please contact your Intergroup Chair or come to IG meeting.

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

**Area 1 Assembly, March 31-April 2**

The Assembly meets quarterly at  
The Clarion Inn® & Suites University Center  
1577 South College St, Auburn, AL 36832

**AA Montgomery 79th Anniversary March 4th**

Landmark Church of Christ  
1800 Halcyon Blvd, Montgomery AL 36117  
2PM Fellowship, 3PM Eat/History/Baskets/Lots of Love  
4PM Speaker. Please bring a Side Dish &/or Dessert

**District 8 Intergroup Meeting** March 4 8:00am Hybrid  
In-Person: Legacies 3412 Atlanta Hwy

Zoom: <https://us06web.zoom.us/j/2762630376>

**District 8 Service Meeting** March 4 9:30am Hybrid

In-Person: Legacies 3412 Atlanta Hwy

Zoom: <https://us06web.zoom.us/j/2762630376>

District 8 meeting to review progress and discuss opportunities and direction

All AA members are invited to attend and participate!

**Clanton Group 73rd Anniversary** March 11,  
Clanton Church of Christ

1111 Lay Dam Road, Clanton, Alabama 35045  
5pm Fellowship, 5:30 Dinner, 7pm Speaker

Meal provided, please bring your Favorite Desserts

**Thorsby 7th Anniversary**, March 15th, Wednesday  
Farmhouse Cafe

20466 Hwy 31, Thorsby, Al 35171

6:30pm Ice Cream, 7:30pm Speaker

**Website Committee Meeting**, March 16th 6pm  
Hybrid / 3428 Atlanta Hwy

Internet Guidelines / Website Content

**Combined Monthly committee meeting for District 8  
Corrections and Treatment**, Mar 18th, 10:30 am - 11:30 am

Legacies Meeting Space

3412 Atlanta Highway, Montgomery, AL 36109

**The Archives Committee** meets at Happy Hour the first  
Tuesday of each month at 5pm.

**\* 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](http://www.centralalaa.org/meetings)**

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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: July 1, 2022*

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

<b>Group/Location</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>MONTGOMERY</b>							
<b>A Vision for You Group of AA</b> R.O.S.S. Recovery Center 925 Forest Ave Montgomery, AL 36106			O-D 7:30 p				
<b>Chapter 9 Group of AA</b> CAP Auditorium 1153 Air Base Boulevard						O-D 1:30 p <b>Temporary Inactive</b>	O-D 1:30 p <b>Temporary Inactive</b>
<b>Chisholm Group of AA</b> 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
<b>Fellowship Group of AA</b> 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
<b>Happy Hour Group of AA</b> 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
<b>The Legacies Group of AA</b> 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
<b>Grupo Ayudate a Ti Mismo</b> 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
<b>Living Sober Group of AA</b> Church of the Ascension 315 Clanton Ave. 36104 meeting in the Joshua house	C-D 6p		C-L 6p				
<b>Sole Purpose Group of AA</b> 22 North California Street		C-D 7:30p		C-L BB 7:30p			
<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> First Christian Church 1705 Taylor Montgomery, AL 36117	O-D 11a		O-D 11a		O-D 11a		
<b>We Stopped in Time Group of AA</b> Unitarian Universalist Fellowship 2810 Atlanta Highway Rear entrance on Dunn Street		O-S/D 8pm YP <b>Temporary Inactive</b>				O-SP/D 8pm YP	
<b>CLANTON</b>							
<b>Clanton Group of AA</b> Church of Christ 111 Lay Dam Rd. 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 Beelant St, 30637 334-437-2015	C-D 7p			C-D 7p			

**MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS**

<b>Group/Location</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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			
<b>MILLBROOK</b>							
<b>Primary Purpose Group of AA</b> Church of the Nazarene Fellowship Hall 3251 Brown Road		O-D 6p		O-D 6p		O-SP 6p	
<b>PRATTVILLE</b>							
<b>Autauga S.O.S. Group of AA</b> 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	
<b>Prattville Downtown Group of AA</b> 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
<b>SELMA</b>							
<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>THORSBY</b>							
<b>Thorsby Group of AA</b> Thorsby Annex 12 Minnesota Ave, Thorsby			O-D 7:30p				O-D 8a
<b>WETUMPKA</b>							
<b>Wetumpka Group of AA</b> 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

SP = Speaker

SM = Smoking

CI = Candlelight Meeting

W = Women

HISP = Spanish Speaking

YP = Young People & Young at Heart

ST = Step Study

BG = Beginners

L = Literature

Literature Study (BB, 12/12 or Other)

LGBT = Lesbian, Gay, Bi Transgender

\* Al-Anon meets Simultaneously

\*\* Alateen meets Simultaneously

*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](mailto:montgomeryintergroup@yahoo.com) \* [www.centralalaa.org](http://www.centralalaa.org)  
828 Forest Avenue, Suite A \* Montgomery, AL 36106 \* Open Mondays 10 am to 2 pm**

**AA HISTORY** *Continued from page 1*

Group where I first got sober and attended many meetings with this gentle giant. He and Ben H. always attended the Christmas parties I held. Ben H. chauffeured him around with many other old timers. Easy would share his recollections of trying to sober men up at his home while they at times got a bit off the beam withdrawing from John Barleycorn. He said to some people, 60+ years of sobriety was nothing, as his mother had more years than that since she never took a drink in her life. He reminded us "for the love of God and this program we have it all."

Do you ever talk with old timers with 20+ years of sober living, and ask what it was like when they came in the rooms?

Ask those you may see in your group to tell you what their sponsors told them about A.A. many years ago and maybe journal their remarks, as one day at a time, you too may share some history. Service by sharing, one alcoholic to another, is the highest recognition one will ever get in this wonderful 12 step group of Alcoholics. All else is secondary.

In love and service,  
Faye H. - Fellowship Group

### **STEP THREE MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.**

#### **The Role Of AA's Fundamental Third Step In Recovery Process**

Most people say that they are excited and hopeful about the principal ideas outlined in the twelve step program, but never truly develop the discipline to incorporate each step into their daily lives.

So many people are living proof that if you develop the habits to truly make these philosophies part of your existence, then permanent sobriety and a life of joy, love, and happiness are absolutely possible.

Step three of AA's 12 steps to recovery asks alcoholics to make a decision to turn their will and their lives over to the care of God as they understand Him.

#### **The purpose of Step Three in achieving a sober life**

What exactly is step three trying to teach and how does it have any effect over the alcoholic's will to remain sober? The most important lesson that step three reveals is that we are not the center of the universe and it is imperative that we quit playing God in our lives and in the lives of others.

If you believe that you are the center of the universe, then you will constantly be frustrated and angry that the world is not operating according to your plans. Step three shows the recovering alcoholic that in order to be restored to sanity they must make a decision, followed by action in the rest of the steps, to turn their will and life over to God as they understand Him.

If you really want to change, you must do more than just acknowledge that these steps are good ideas. You must take actions to incorporate them into your everyday life.

Anyone can read through the 12 steps and agree that they are sound in principle. What separates the person that can rise above alcoholism from those who fail to, is the continuous practice of actions that work to help them embrace the teachings in each step.

The spiritual life is not a theory, the recovering alcoholic must learn to live it. This means day in and day out, not just when you feel like you have the strength to do so. Not "wanting" to take part in your daily disciplines each day is not a good reason to avoid them. What could be more

important than owning your life again?

Living a sober life is a choice and something you will have to work at. It won't be easy at first. There will be tremendous ups and downs, but they will pass. And in the end, finally living free of alcoholism will feel glorious.

Your life can be better than it was before the alcohol took hold, you can design your life however you choose, but first, you must create a plan for yourself to ensure that you fully embrace and incorporate each of the 12 Steps into your everyday life.

#### **Practical ways to incorporate Step Three into your life**

- If you already have a spiritual doctrine or a Higher Power you believe in, begin on a daily basis to practice the disciplines of that belief. Then follow through with your plans.

- Acquire books from the bookstore or the library that focus on ways to incorporate your spiritual doctrine into your life. Commit at least 20 minutes each day to reading these books in a quiet place.

- Make a written list of all of the things that are weighing heavily on you right now. Below each item, list the actionable steps that you can take to help resolve this problem. Then set goals for accomplishing each of these tasks. After you've done all that you can do, turn the rest over to your Higher Power. Instead of allowing worry and anxiety over these problems to occupy your mind, adopt a sense of peace that these issues will resolve themselves as they were meant to in the grand scheme of things. Remember to take the action you need to take and leave the rest to the Creator.

The universe is too vast and complex to conform to your self centered interests. The only way to cure the "disease" caused by this flawed expectation is to change your perception of your place within the universe.

Things don't happen to us, they just happen, and it's up to each one of us to interpret those things and to deal with them. It's not our role to control the things that happen around us. That is impossible and only leads to the type of insanity and frustration that sends us running for the comfort of our disease. Alcohol caused you to turn inward, creating a false sense that you have some control over your very small space in the world.

In order to eliminate the "disease" that comes from attempting to control things that are completely out of your control, you must re-evaluate your place in the grand scheme of things. If the entire universe were to func-



tion around the self-interest of each individual within it, things would be an absolute mess, perhaps like your life has become. Allow yourself to trust that there is a higher purpose for the things that happen around you. You may find that when you accept that change and inconsistency

are a natural part of the universe, that you experience an unmatched sense of peace and strength in the ebbs and flows in life.

- Mark H. Austin, TX

### **TRADITION THREE THE ONLY REQUIREMENT FOR A.A. MEMBERSHIP IS A DESIRE TO STOP DRINKING."**

This tradition is saying that anyone is a member of Alcoholics Anonymous as soon as they say they are. When I finally came into A.A. to get sober two and a half years ago, I had no understanding of how membership in A.A. worked. I wasn't sure if I had to sign up, I saw some people with papers getting signed and I wasn't sure if maybe I had to do that to become a member. Later I would get to have my paper signed when I moved into a halfway house, and I wasn't so excited about that, but it was a good exercise in humility. I saw some people chairing the meetings and I assumed they must be in charge (they weren't). The whole thing was pretty confusing and I really hoped they didn't keep doing those readings at every meeting.

I had come to a few A.A. meetings years before I realized I had a problem. Other people seemed to think I had a problem with drinking, but I thought my problem was with them, not with my drinking. I didn't realize it, but when I came in to get serious about staying sober, and called myself an alcoholic, I became a member of A.A. I didn't have to have a sponsor, have worked any steps, donated any money, or signed up on any list. Of course I would have to get a sponsor and work the steps in order to get recovery, but I didn't have to do that to become a member of A.A. I was a member of A.A. simply by stating that I was.

As Bill recounts in the 12 Steps and 12 Traditions, and later in 1968 at the General Service Conference, this tradition began to take shape when A.A. got its first openly gay member. Bill told the story at the General Service Conference that a man came up to Dr. Bob who "could qualify as an

alcoholic all right. And then he said, 'Dr. Bob, I've got a real problem to tell you. I don't know if I could join AA because I am sex deviate.'" Being gay was a huge stigma in the 1930s and the group wasn't sure what to do until Dr. Bob finally asked them the question, "what would the Master do?" That settled it, the gay member was allowed in and became a vital part of their group. Since then there have been thousands of Alcoholics from the LGBTQ+ community that have joined A.A. and been welcomed with open arms. Sadly, some individuals in A.A. and even some A.A. groups can still be prejudiced. We wish they would practice this tradition and the principle of tolerance. A.A. is the place anyone with a drinking problem can go when no one else wants them around.

It sounds ridiculous that any A.A. member who has known the stigma of being a drunk and found the solution to recovery could still be bigoted and unwelcoming to a fellow drunk just because they are somehow perceived as different from them. Seeing the differences in others is an old idea that I must discard. I can quickly become judgmental of other members of A.A. if I don't allow God to change my thinking about others. Speaking of God, there are a lot of A.A. members who have a very different view of God than I do, some don't even believe in God, they are all welcome in A.A. "Love and tolerance of others is our code" even when some members annoy us, insult us, or embarrass us.

Who is that member that you wish would stop showing up to your home group? If you can't think of anyone you're more spiritual than me, but if you can think of someone, why not try and do something kind for them? Then watch your perception of them change.

- Mike D. PDG

**HOME  
GROWN**

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

**CONCEPT THREE  
TO INSURE EFFECTIVE LEADERSHIP, WE SHOULD  
ENDOW EACH ELEMENT OF A.A.—THE CONFERENCE,  
THE GENERAL SERVICE BOARD AND ITS  
SERVICE CORPORATIONS, STAFFS, COMMITTEES,  
AND EXECUTIVES—WITH A TRADITIONAL “RIGHT  
OF DECISION.**

The individual groups have the authority in A.A. They pick a General Service Representative to go to Area Assembly, (a gathering of other G.S.R.s from across the state(s) brought together to vote their group’s conscience in whatever comes up in the Assembly’s Business meeting for the good of all of A.A.). The G.S.R is basically a conduit relaying information back and forth and thus keeping their group properly informed, thus linking their group with A.A. as a whole. They represent the actual voice of the group conscience.

However the G.S.R. is not simply a mouthpiece for their group. In fact, they have the absolute responsibility to do what’s best for A.A. as a whole with the information that they’re given. That could even include voting against their group conscience in order to do what’s best for A.A. as a whole. Bill states in the service manual, "This "Right of

Decision' should never be made an excuse for failure to render proper reports of all significant actions taken; it ought never be used as a reason for constantly exceeding a clearly defined authority, nor as an excuse for persistently failing to consult those who are entitled to be consulted before an important decision or action is taken. 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. Therefore, we cannot do less than trust our leaders in service." This applies as well to the delegates to the General Service Conference as well as any service position anyone has been trusted with within A.A.. The people we elect to serve us are our trusted servants, not "just a messenger." They keep in mind what’s best for A.A. as a whole and vote their conscience. This is putting the "trust" in "trusted servant."

Ultimately, we must all act on our own conscience, it is our responsibility. "The "Right of Decision" the we offer them is not only the practical means by which they may act and lead effectively, but it is also the symbol of our implicit confidence."

Love & Service,  
Jay Walker, Legacies Group

**HOME  
GROWN**

**ARCHIVES CORNER**

The Archives is a means by which we collect, preserve and share the rich and meaningful heritage of our A.A. fellowship. It is by the collection and sharing of these important historical elements that our collective gratitude for Alcoholics Anonymous is deepened.

Significant March Events in AA History:

1. March 4, 1891 - Lois W was born.
2. March 1938 - Bill begins writing the book Alcoholics Anonymous.
3. March 1941 - Second printing of Big Book
4. March 1, 1941 - Jack Alexander's Saturday Evening Post article published and membership jumped from 2,000 to 8,000 by year's end.

5. March 11, 1951 - American Weekly publishes memorial article for Dr. Bob.

6. March 22, 2951 - Dr. Silkworth dies at Towns Hospital.

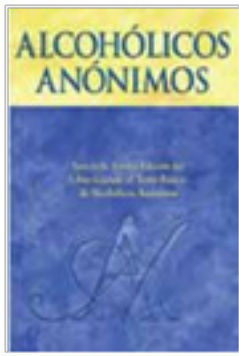
7. March 21, 1951 - Ebby dies.

8. March 20, 1995 - the New Yorker article, "AA at the Crossroads" was published.

Remember, the Archives committee welcomes anyone interested in A.A. history to our meeting the first Tuesday of every month, 5p.m. at Happy Hour.

Jill Z.

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

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



GROUPS PRESENT | Strange Camels, PDG, Fellowship, Legacies, Happy Hour, We Stopped In Time, Millbrook, Thorsby, Intergroup

OPENING | WELCOME | Becky P. | The meeting was called to order at 9:30 a.m. and opened with the Serenity Prayer. Introductions were done. 23 members present in person and 9 present on ZOOM.

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

|Dave H. Read Long Form Tradition 2      Kent Q. | Read and explained Long Form Concept 2

READINGS SCHEDULED for March 4th.

Alex T. | Read Long Form Tradition 3      Jeremy T. | Read and explain Long Form Concept 3

#### OFFICER REPORTS:

SECRETARY'S REPORT | Ashley B. | SECRETARY@CENTRALALAA.ORG | Present.

Presented January meeting minutes. Motion to accept made, seconded and passed. Asked those wanting to be included on email list to add their name and email address to signup sheet. Asked that all committee reports be presented in writing and that side conversations being had during our District meeting be kept to a minimum as it is distracting when attempting to take accurate notes.

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

Treasurer report and bank statement presented. MOTION to accept and approve- passed. There is now a link provided by the bank that can be used by members that need reimbursement from District 8. Alex sends the link, and the member fills out their information to have the money directly deposited into their account. Alex has checks available for anyone that needs reimbursement for Area travel or committee expenses. Alex reminded the District Committee Chairpersons that any money spent within budget did not need to be brought to the District, only monies over the budgeted amount need to be presented at District for a vote.

QUARTERLY FINANCE Report | Alex T. | Alex presented a proposed budget for 2023 District year. Budget was approved after motion was made and seconded with no objections.

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

Becky attended Area Assembly Jan. 13-15. Group assignments for Pre- Conference have been made and given to Becky. She will distribute the material to all GSR's as soon as she receives the material from Area 1 Delegate. This should happen mid-February. The Area Treasurer has asked that all groups make sure that they are using the correct mailing address for contributions: 2135 Interstate Dr, Box 209 Opelika AL. 36801. Immediately following today's District, notes from the District 8 Inventory will be reviewed and discussed. In reviewing the DCM mailbox, Becky found a District Handbook that she will be using as a guide going forward. If anyone would like a copy, please reach out to Becky and she will be glad to send that through email.

ALTERNATE DCM | Jay W. | ADCM@CENTRALALAA.ORG | not present- no report.

#### COMMITTEE REPORTS:

PROGRAM CHAIR | Vicki S. | Program@centralalaa.org | Not present.

Debra G. facilitated a program at Vicki's request on the role of a GSR. Kent Q. shared his experience with being a new GSR for the Strange Camel group. Debra read from The Service Manual about why we have a Conference and thus have service positions. Pamphlets on being a GSR were passed out to GSR's present. Debra reminded all GSR's that their group's information that includes new GSR's needs to be updated with GSO. This will assist GSO to link each group with a current member that will serve as that's group's contact.

ARCHIVES CHAIR | Mark W. | ARCHIVES@CENTRALALAA.ORG | Present.

Mark read in The Service Manual on the responsibilities of the Archives Committee. All meetings of this committee will be held on the 1st Tuesday of every month at 5pm at Happy Hour. Mark has been in touch with previous Archives Committee members and Old Timers to find out what has been done in the past and what needs to be taken care of going forward. Read from The Service Manual about how individuals can assist with Archives.

Currently there is material at Happy Hour that needs sorting and filing.

CORRECTIONS CHAIR | Jeremy T. | CORRECTIONS@CENTRALALAA.ORG | Present

Jeremy has reached out to every correctional facility in our District. Has not received many replies. The County Jails have been very responsive to having meetings in their facilities. Money from the committee's budget is currently being used to buy literature to take into Maxwell Federal Prison. Next meeting will be held at Legacies on 2/18/23 10:30am.

CPC CHAIR | OPEN | CPC@CENTRALALAA.ORG | Open Position.

GRAPEVINE CHAIR | Marsha | GRAPEVINE@CENTRALALAA.ORG | Not Present. No report.

INTERGROUP/CENTRAL OFFICE | Parker M. | INTERGROUP@CENTRALALAA.ORG | Present.

The Post needs a Distributor and Intergroup has an open position for a chairperson. If you would like to receive The Post, please email: Post.Subscription@centralalaa.org

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

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

Meetings will be held on the third Tuesday of every month at 6pm- Strange Camels Group. The committee is going through the workbook. Nick will be asking the Web chair to make some adjustments to the website meeting guide for those using the QR codes located on cards that are being passed out in the community.

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

Colby attended Area and has visited different groups in the District to talk about treatment committee and saw much more participation at the last Treatment Committee meeting. The committee is focusing on the multitude of half-way houses in our District and shared that ALR has asked for speakers to come in on Sundays to share a message on a particular topic. He will be discussing this at the next committee meeting. Next meeting will be 2/18/23 10:30am at Legacies.

WEBSITE CHAIR | John W. | WEBCHAIR@CENTRALALAA.ORG | Present.

John shared that broken links on the website have been repaired. District emails have been updated and assigned to the new committee chairs. Website committee met on 1/19/23- 4 members present and discussed the roles and responsibilities from the District 8 handbook. The committee's vision for 2023 is to update the function and content of the website, responsibly respond to group requests for information/updates, assist in updating group meeting schedules, educate committee members on GSO web/public guidelines, train members to assist with meeting schedules and events calendar, prepare/encourage members to assume Committee Chair positions and develop suggestions for a new look of the website. Next meeting will be 2/16/23 on ZOOM. Ideas to be discussed will be that each committee have their own custom page on the website and a review of GSO guidelines for the Internet. The committee is working to find a space where hybrid meetings can be held. Discussion was held and clarifications provided about the Web Chair not altering the link to the printable meeting schedule- Parker with Intergroup does this. Parker also demonstrated to the group how to fill out a change in information form on the website.

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

Chris reported that the 1st meeting of the 2023 OTC committee will be 4/23/23 1:15pm at Happy Hour. The tentative date for the OTC will be in August.

GSR SHARING & ANNOUNCEMENTS:

Patti with Fellowship announced that they will be having an Anniversary Celebration at Landmark Church today. Fellowship starts at 3pm with Al-Anon and AA speakers, eating and sobriety countdowns.

OLD BUSINESS:

Open positions- CPC and Literature. Becky encouraged members to take back to their groups the trusted servant positions that were open at this time.

NEW BUSINESS: None

OPEN SHARING Time did not allow for open sharing.

CLOSING | Becky P. | There being no further business, the meeting was adjourned at 10:40 am with the Responsibility Declaration.

NEXT DISTRICT 8 MEETING: | March 4, 2023, Hybrid meeting

NEXT AREA ASSEMBLY: March 31-April 2, 2023

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

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## Intergroup Minutes for February 4, 2023

8:05am

Long form tradition 2- Cushing

### CO- Parker

Going to update price list on literature. Working with Cushing and Emily getting things straight. Has ordered chips and they are on the way. All volunteer positions are covered.

### Secretary's report-Mary Joyce

Read minutes and they were accepted.

### Treasurer report- Emily

\$264 to progressive insurance. 2 other charges as well. They are being disputed. Report was accepted.

### Board report- Joann

Board meeting was January 21st. Emily was present and is de facto treasurer. Taxes that were paid for January and February from literature, etc. Federal taxes were not filed and lost 501(c)(3) getting data entry in and getting it all caught up. April 15th @9 at legacies is next meeting.

### Post-Mike D.

Still looking for writers. Waiting on James A. to get things put together in layout. No one for distribution and if printed will need someone to help get those out. Post editions are being posted on the website. For anyone who would like to receive an email for the post you need to go to post.subscriptions@centralalaa.org. We need to elect a distributor and if the Intergroup reps will go back to their groups and let them know we need someone to be of service for distribution.

### Hotline-Mike B.

No report

### Website-Cushing

Committee met long-term short-term ideas/goals were discussed. Taking a look at what's on there what needs to be there and what doesn't. 24-hour hotline for Intergroup, post, and meeting guide are on there. Intergroups presence is there. Brought up that should probably put it on the site with a box with name info to get a subscription for the post. Changes to meetings on Internet and printed schedule.

### 12step-Lisa

Informational meeting March 11 hybrid, Lisa needs a list of every group GSR to get info to them.

### Old business-N/A

### New business-

Motion to make Guy R. Intergroup chair ad hoc committee to review policies and procedures. Guy accepted; motion passed. Discussion about filling the chairperson position for Intergroup reps are going to report back to groups that we need chair person.

Area assembly is March 31 through April 2 at the Clarion in Auburn. Next intergroup is March 4 hybrid.

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