

# THE POST

## POWER OF SOBER THOUGHT

Surrender is what recovery is all about. If I've seen that my life is unmanageable in the First Step, and that God is able to restore me to sanity in the Second Step, then the obvious conclusion is that I need to turn over the management of my life to God in the Third Step. Sam N. has some experience about that in his article.

When I come into A.A. and join a group, it's not long until I realize that my homegroup is unmanageable too and I'm powerless over the other members. I start thinking, "If only people would do as I wished, this group would be great!" But the group won't listen, so I become more gracious or demanding, but still they won't do as I want. I admit I may be somewhat at fault, but I think others are more to blame. I haven't realized that I am a self-seeker who is driven by a hundred forms of fear. So what do I do with an unmanageable group who seem to disregard the Traditions? Les H. has some thoughts about this in his article on the Traditions.

There are lots of opportunities to be of service and attend unity events. I hope this issue of the POST gets you excited to be a part of what is happening in our Area.

Mike D.



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# Experience Strength and Hope:

## Step 3

“Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if He were sought.

Being convinced, we were at Step Three, which is that we decided to turn our will and our life over to God as we understood Him. Just what do we mean by that, and just what do we do?"

Hey everyone, I wanna share something real with y'all. It's about my experience with Step Three in Alcoholics Anonymous. Now, I gotta be honest, I had been to this step a few times before, but I never really went all in with the work that comes after it. Why? Well, previous times I thought I had it all figured out, but this time it was different. I had no clue who or what God was about this time. That scared me a bit, but at the same time, it made me realize something important - I didn't have to figure it out all by myself. Others had already been here before, and man, was I ready to listen to them. So, there I was, facing Step Three with an open mind. It was like I was giving myself permission to just go with the flow and see where it took me. I was actually willing to do whatever it took to get that feeling of peace and serenity that I'd been chasing for so long. I remember that day vividly. The attitude I had, the thoughts running through my head. It was different, and you know what the difference was? It was willingness.

For the first time, I truly embraced Step three in A.A. I let go of my preconceived notions and surrendered to the process and it felt good.

So, to anyone out there struggling with Step Three, or any step in recovery, my advice is simple: be willing. Be willing to let go of control, and be willing to listen to others.

Because trust me, when I approached Step Three with an open mind and a willing heart, amazing things happened. I'm living proof of that.

-Sam N.



# Guardians vs Violators

I love AA and when I'm in my "right mind", I believe that you love AA as much as I do. But, when I'm not in my right mind...

Recently, at my Home Group, a member casually and at a normal voice level, dropped several derogatory racial expressions as well as some homophobic language. Additionally, this same person had recently worn a shirt with an inflammatory political message on it.

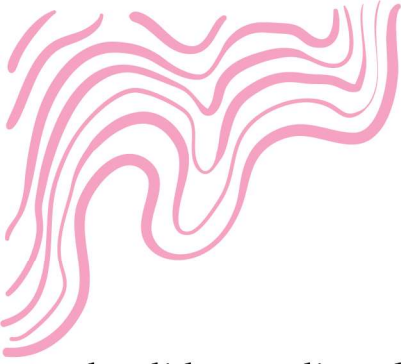
As a "Guardian of the Traditions" I confronted this violator one on one. Don't judge, I was "guardian'ing.

I've since come to accept one man's ignorance and or selfishness, his unknowing or inability to sacrifice his personal beliefs for the sake of our Unity. But my difficulty lies in that it appears no one seemed to notice or care about this person's potential impact on others in the meeting. BTW, there were people in that room that, had they heard, would have been offended at the very least and worst-case scenario felt threatened.

Other Group members laughed, talked and hung out with this person. Did they not see his t-shirt or hear his words? Do they condone this type of behavior and attitude? Or, do they not care about our traditions or understand why we have them?

Why do we have our Traditions? "...As we had once struggled and prayed for individual recovery, just so earnestly did we commence to quest for the principles through which A.A. itself might survive. On anvils of experience, the structure of our Society was hammered out." Twelve Steps Twelve Traditions, Tradition 1 pg 131. Who are the Guardians of our traditions?

The voting members of the Conference are called Guardians of A.A., The Steps and Traditions. (AA Service Manual and Twelve Concepts, pg 40). DCM's? "Bringing Traditions problems to the attention of the delegate" and "making a regular practice of talking to groups (new and old) on the responsibilities of general service work". (Pg 15 Service Manual and Twelve Concepts and Flyer F-12, Your District Committee Member). GSR's? "...General Service Representative (GSR): (are) Sometimes called "the guardians of the Traditions,". Pg 22 The AA Group pamphlet.



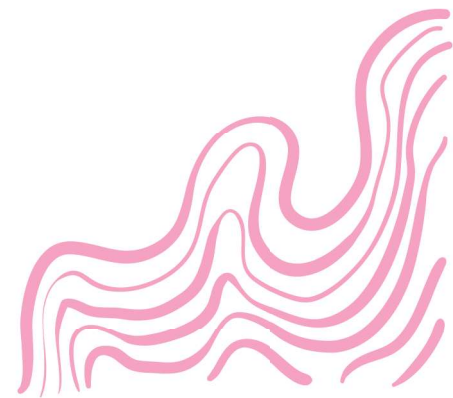
Why did I get disturbed, worked up, angry? Because I am afraid. There, I said it. Because I am afraid being a mere “guardian” isn’t good enough to keep AA Safe. And yet, contrary to the evidence of nearly 74 yrs, AA continues without punishing those “violators”. (the Traditions were adopted at AA's first Int’l Convention in 1950)

We are told that, “To the minds of some A.A.’s, “guardianship” of the A.A. Traditions implies the right and the duty on the part of the Conference to publicly punish or sue every willful violator. But we could not adopt a worse policy; indeed, such aggressive public acts would place the Conference in the position of having violated one A.A. Tradition in order to defend another. Therefore, aggressive or punitive action, even in this area, must be omitted. Privately, however, we can inform Tradition-violators that they are out of order. When they persist, we can follow up by using such other resources of persuasion as we may have, and these are often considerable. Manifested in this fashion, a persistent firmness will often bring the desired result.” (pg 55 Service Manual with Twelve Concepts)

Within the Long Form Tradition Nine we find “...The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition...”and “...They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.”

If this is the position of our Conference, then perhaps it should be ours as well, especially given we are the collective voice of the Conference.

In AA Comes Of Age on page 131, "Tradition Eleven... also implies that each member ought to become an active guardian of our fellowship in its relation with the general public."





Long Form of Tradition Twelve “- And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice genuine humility. This to the end that our great blessings may never spoil us...”

And in AA Comes of Age page 132 it says “The spiritual substance of anonymity is sacrifice. Because A.A.’s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit, well symbolized by anonymity, is the foundation of all these Traditions. It is A.A.’s proved willingness to make these sacrifices that gives people high confidence in our future.”

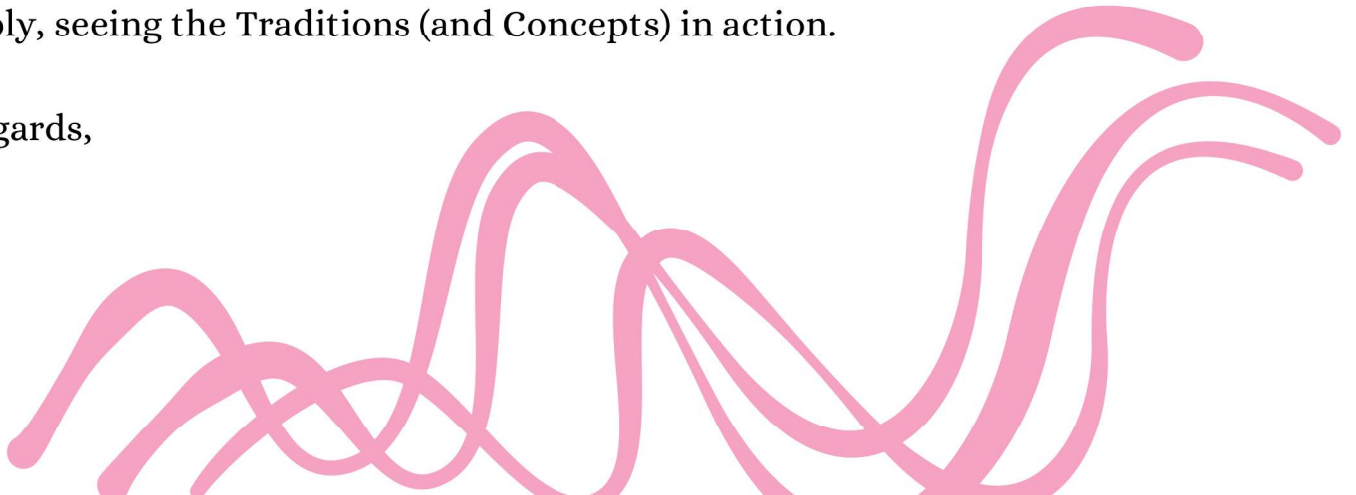
To this would be defender / enforcer / guardian of AA Traditions, I say to myself

“Now the task of defining what "guardians of the traditions" actually means in practice. So many times, those who feel most tapped on the shoulder for this guardianship seem the least able to apply the actual Traditions, and instead seek to dominate their sphere of influence.” Anonymous Member of AA”

From the 36th General Service Conference in April 1986, Bob P, Senior Advisor’s closing talk “... If you were to ask me what is the greatest danger facing Alcoholics Anonymous today, I would have to answer: the growing rigidity that is so apparent to me and many others... Pressure for G.S.O. to "enforce" our Traditions. Screening alcoholics at closed meetings. Prohibiting non-Conference-approved literature, i.e., "banning books." Laying more and more rules on groups and members...”

So what can we (I) do to ensure a greater understanding and practice of all our Traditions? First and foremost, we can model behavior that embraces our Traditions. We can dive deeper into the Traditions by reading about their origins in Language of the Heart, AA Comes of Age and the like. We can encourage Service Work at the Group Level. and Service Sponsorship. We can put on Traditions Workshops. We can get members to District & Area Assembly, seeing the Traditions (and Concepts) in action.

Best regards,  
Les H.



# District 8 2024

## Committee Meetings and Opportunities for Service

| What                        | Date                              | Time    | Location                     |
|-----------------------------|-----------------------------------|---------|------------------------------|
| Intergroup                  | 1st Saturday of the Month         | 8:00am  | Legacies/Hybrid              |
| District 8                  | 1st Saturday of the Month         | 9:30am  | Legacies/Hybrid              |
| Archives                    | N/A                               | 8:00am  | Happy Hour                   |
| Corrections and Treatment   | 3rd Saturday of the Month         | 10:30am | Legacies/Hybrid              |
| Grapevine and Literature    | 4th Saturday of the Month         | 10:00am | Legacies/Hybrid              |
| Website                     | 2nd Thursday of the Month         | 6:00pm  | Legacies/Hybrid              |
| CPC                         | 4th Thursday of the Month         | 6:00pm  | Online-See Flyer             |
| PI                          | 3rd Monday of the Month           | 6:00pm  | Strange Camels               |
| ALCYPAA 2024 Host Committee | 2nd and 4th Saturday of the Month | 6:00pm  | Eastern Hills Baptist Church |

### Treatment Service Opportunities

| Where          | Days                  | Time   | Location                                    |
|----------------|-----------------------|--------|---|
| Renaissance    | Tuesdays              | 7:00pm | 215 Clayton Street<br>Montgomery AL 36104   |
| Aletheia House | Sundays               | 6:00pm | 1153 Air Base BLVD<br>Montgomery AL 36108   |
| LifeHouse      | Tuesday and Thursdays | 6:00pm | 8197 Decker Lane<br>Montgomery AL 36117     |
| ALR            | Sundays               | 6:00pm | 131 Beth Manor Drive<br>Prattville AL 36066 |

### **Intergroup Monthly Meeting**

Sat, Apr 6th @ 8:00 am – 9:00 am at the Legacies meeting place, 3412 Atlanta Highway, Montgomery, AL 36109, and online on Zoom.

### **District 8 Service Meeting**

January 6th, 2024

Hybrid Meeting

3412 Atlanta Hwy, Montgomery AL 36109

The District 8 Meeting is to review progress and discuss service opportunities.

All District 8 Trusted Servants and A.A. members are invited to attend and participate!

### **Area 1 Assembly**

Our Spring Assembly meeting is March 22nd -24th, 2024.

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

### **ALCYPAA 2024 Host Committee Meeting**

Sat, March 23rd @ 6:00 pm – 7:30 pm

Join us as we put together the 2024 ALCYPAA (Alabama Conference of Young People in Alcoholics Anonymous) convention. You can be of service for a day or a year, there is no specific sobriety requirement and we need LOTS of help! For the record, “Young People” is a state of mind, not a date on a calendar.

We meet twice each month on the 2nd and 4th Saturday @ 6pm at the Eastern Hills Baptist Church in Forest Hills. This meeting will be at the Area 1 Assembly at the Clarion in Auburn.

Unity - Service - Recovery

# March 2024 Service Meetings

### **Literature / Grapevine Meeting**

Sat, March 23rd @ 10:30 am – 11:30 am

HYBRID : Legacies Group 3412 Atlanta Hwy, Montgomery AL 36109

Contact: [literature@centralalaa.org](mailto:literature@centralalaa.org) and [grapevine@centralalaa.org](mailto:grapevine@centralalaa.org)

All District 8 A.A. members are invited to attend the monthly meeting of the Grapevine and Literature Committees.

### **District 8 CPC Committee Meeting**

Every 4th Thursday 6:00 pm ONLINE/Zoom  
Cooperation with the Professional Community Committee Group liaisons review what's working, CPC specific literature, and exchange ideas.  
Zoom Login: 86386925068 Password: 121212

### **Website Committee Meeting**

Thurs, March 21st @ 6pm to 7pm  
HYBRID / 3428 Atlanta Hwy, Montgomery AL 36109  
(Forest Hills Shopping Center)

All District 8 members are invited to the Website Committee meeting. No computer experience required. Discover the purpose of the website and help carry its message to District 8 groups. Provide your experience, strength and hope to guide the group with decisions for improvements to the site. See you there!



# CPC

**DISTRICT 8, AREA 1  
MONTHLY COMMITTEE MEETING**

**THE LAST  
THURSDAY  
OF EVERY  
MONTH  
6:00 PM**

## Information for Professionals



**COOPERATION WITH THE PROFESSIONAL COMMUNITY**

### PROFESSIONALS ARE:

- PHYSICIANS • HUMAN RESOURCES
- CLERGY • NURSES
- COACHES • LMSW
- EDUCATORS • COURT REFERRAL
- JUDGES • ...AND MORE

**JOIN US ON ZOOM!**

**LOG IN: 863 8629 5068:**

**PW: 121212**

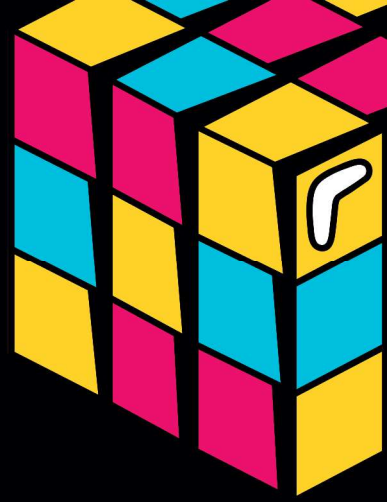
**CALL LES H FOR MORE INFO:**

**505-314-6200**





LOOKING FOR  
OPPORTUNITIES TO BE  
OF SERVICE???



JOIN THE

**ALCYPAA**

**2024**

*Host Committee*

BUSINESS MEETING

EVERY 2ND AND 4TH SATURDAY AT 6:00PM  
EASTERN HILLS BAPTIST CHURCH



## MONTGOMERY INTERGROUP DIRECTORY OF A.A.<sup>®</sup> GROUP MEETINGS

*Meeting Schedule: March 13, 2023*

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

| Group/Location  | Monday                     | Tuesday                                   | Wednesday   | Thursday                          | Friday  | Saturday                                | Sunday  |
|---|----------------------------|---|---|-----------------------------------|---|---|---|
| <b>MONTGOMERY</b>   |                            |   |   |                                   |   |   |   |
| <b>A Vision for You Group of AA</b><br>R.O.S.S. Recovery Center<br>925 Forest Ave<br>Montgomery, AL 36106               |                            |   | O-D<br>7:30 p   |                                   |   |   |   |
| <b>Chapter 9 Group of AA</b><br>CAP Auditorium<br>1153 Air Base Boulevard   |                            |   |   |                                   |   | O-D 1:30 p<br><b>Temporary Inactive</b> | O-D 1:30 p<br><b>Temporary Inactive</b>             |
| <b>Chisholm Group of AA</b><br>I-409 Federal Dr.<br>Montgomery, AL 36107<br>in back of strip mall                       | C-D-SM 12p<br>C-ST-SM 6p   | C-D-SM 12p<br>C-D-SM 6p                   | C-D-SM 12p<br>C-L-SM 6p                                     | C-D-SM 12p<br>C-D-SM 6p           | C-D-SM 12p<br>C-D-SM 6p                                 | C-D-SM 6p                               | O-SP 6p   |
| <b>Fellowship Group of AA</b><br>Grace Church at Bell Road<br>5 Bell Road<br>(Corner of Bell Rd & Atlanta Hwy)          | C-L & BG *<br>6 p          | C-D & BG *<br>6 p                         |   | C-D & BG *<br>6 p                 | C-L & BG *<br>6 p                                       | O-SP<br>6p                              | C-D* 2p<br>C-D-W 6p                                 |
| <b>Happy Hour Group of AA</b><br>3466 Eastdale Circle<br>(Next to Fortis College)                                       | C-D<br>6:30 am<br>12p & 6p | C-D<br>6:30 am & 12p<br>C-L (12x12) 6p    | C-D 6:30 am<br>C-L/BB 12p<br>C-D 6p                         | C-D<br>6:30 am & 12p<br>O-D/BG 6p | C-D 6:30 am<br>12p & 6p<br>O-SP 7p<br><i>1st Friday</i> | C-D 12p                                 | C-D 12p<br>O-D/BG 6p                                |
| <b>The Legacies Group of AA</b><br>3412 Atlanta Highway<br>(Enter on Forest Hills)<br>Zoom ID 798-727-9234 PC Awakening |                            | C-L BB 12p                                | C-D 12p<br>O-SP 8p Hybrid<br><i>(in person and on-line)</i> | C-L (12X12)<br>12p                | C-D 12p<br>C-D-CI 8p<br>Hybrid                          | C-D 12p                                 | C-D 9am<br>Hybrid<br><i>(in person and on-line)</i> |
| <b>Grupo Ayudate a Ti Mismo</b><br>3412 Atlanta Highway<br>(Enter on Forrest Hills)                                     | O-D 7:30-9p<br>HISP        | O-D 7:30-9p<br>HISP                       |   |                                   |   | O-D<br>7:30-9:30p<br>HISP               | O-D<br>11a-1p<br>HISP                               |
| <b>Living Sober Group of AA</b><br>Church of the Ascension<br>315 Clanton Ave. 36104<br>meeting in the Joshua house     | C-D 6p                     |   | C-L 6p  |                                   |   |   |   |
| <b>Sole Purpose Group of AA</b><br>Frazer Church<br>6000 Atlanta Hwy, Room 3103<br>Montgomery, AL 36117                 |                            |   |   | C-L BB, 12X12<br>6:30p            |   |   | C-D 6:30p   |
| <b>Strange Camels Group of AA</b><br>Immanuel Presbyterian Church<br>8790 Vaughn Road                                   | C-L 7p                     | C-D 7p                                    |   | C-D 7p                            |   |   |   |
| <b>Tradition Three Group of AA</b><br>First Christian Church<br>1705 Taylor<br>Montgomery, AL 36117                     | O-D 11a                    | O-D 11a                                   | O-D 11a   | O-D 11a                           | O-D 11a   |   |   |
| <b>We Stopped in Time Group of AA</b><br>Eastern Hills Baptist Church<br>3604 Pleasant Ridge Road                       |                            | O-S/D 8pm YP<br><b>Temporary Inactive</b> |   |                                   |   | O-SP/D 8pm<br>YP                        |   |
| <b>CLANTON</b>  |                            |   |   |                                   |   |   |   |
| <b>Clanton Group of AA</b><br>Church of Christ<br>111 Lay Dam Rd.<br>Clanton, AL 35045                                  | O-D 7p                     |   |   | O-L 12p                           |   | O-D 7p                                  |   |
| <b>GREENVILLE</b>   |                            |   |   |                                   |   |   |   |
| <b>Camellia City Group of AA</b><br>Greenville Housing Authority<br>601 Beelant St, 30637<br>334-437-2015               | C-D 7p                     |   |   | C-D 7p                            |   |   |   |

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## MONTGOMERY INTERGROUP DIRECTORY OF A.A.<sup>®</sup> GROUP MEETINGS

| Group/Location  | Monday     | Tuesday    | Wednesday            | Thursday   | Friday            | Saturday                | Sunday                         |
|---|------------|------------|----------------------|------------|-------------------|-------------------------|--------------------------------|
| <b>HOPE HULL</b>  |            |            |                      |            |                   |                         |                                |
| County Hope Group of AA<br>Hope Hull United Methodist Church<br>305 Wasden Road<br>(Silver trailer behind Church) |            | O-D 6p     |                      | O-BB 6p    |                   |                         |                                |
| <b>MILLBROOK</b>  |            |            |                      |            |                   |                         |                                |
| Primary Purpose Group of AA<br>Church of the Nazarene Fellowship Hall<br>3251 Brown Road                          |            | O-D 6p     |                      | O-D 6p     |                   | O-SP 6p                 |                                |
| <b>PRATTVILLE</b>   |            |            |                      |            |                   |                         |                                |
| Autauga S.O.S. Group of AA<br>St. Mark's Episcopal Church<br>178 E 4th Street                                     | O-L/BB 12p | C-D 12p    |                      | C-D 12p    | O-L(12x12)<br>12p | C-D-W 9a                |                                |
| Prattville Downtown Group of AA<br>326 West 5th Street  | O-SP 6:30p | O-BG 6:30p | O-D 12p<br>C-D 6:30p | C-L 6:30p  | O-SP 6:30p        | C-D 12p<br>O-D-CI 6:30p | O-D 12p<br>C-L /12x12<br>6:30p |
| <b>SELMA</b>  |            |            |                      |            |                   |                         |                                |
| Selma Group of AA<br>Courthouse, Alabama Ave &<br>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<br>St. Paul's Episcopal Church<br>210 Lauderdale St  | C-D 6p     |            | C-D 6p               |            |                   | C-D 6p                  |                                |
| <b>TALLASSEE</b>  |            |            |                      |            |                   |                         |                                |
| Tallassee 12 & 12<br>East Tallassee Church of Christ<br>101 Central Blvd.   |            | O-D 7p     |                      |            |                   |                         |                                |
| <b>THORSBY</b>  |            |            |                      |            |                   |                         |                                |
| Thorsby Group of AA<br>20466 US-31<br>Thorsby, AL 35171   |            |            | O-D 7:30p            |            |                   |                         | O-D 8a                         |
| <b>WETUMPKA</b>   |            |            |                      |            |                   |                         |                                |
| Wetumpka Group of AA<br>103 Tuskeena St   | C-D * 7p   |            |                      | C-D 7:30 p |                   |                         |                                |
| <b>ECLECTIC</b>   |            |            |                      |            |                   |                         |                                |
| Downtown Eclectic Group<br>40 Kowaglia Rd<br>Eclectic, AL 36024   | C-D * 7p   |            |                      | C-D 7:30 p |                   |                         |                                |

**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**