

THE POST

The Power of Sober Thought - Montgomery Intergroup's AA Newsletter



OUR HISTORY

The River Region, including Montgomery, Alabama, has a long and meaningful history within the AA community. Our first AA group started in the 1940s, creating a space for people like us to come together for recovery and support. Since then, the AA fellowship here has grown, with meetings happening regularly across the region. For decades, these groups have been a lifeline for so many of us, offering a place where we can share our stories, find strength, and heal together. Through service, sponsorship, and fellowship, we continue to carry the message of hope to anyone seeking a way out of addiction, knowing that together, we can recover.

Like the POST?

Have some experience, strength and hope? Have a creative edge?

Consider contributing to the POST!!!

Go Visit the Central Office

Open Mondays
and Wednesdays
10:00am - 2:00pm

Looking to be of Service?

Join us!

More information on active service committees below!

EDITORS NOTES

Dear Readers,

The holidays are often painted as a season of joy, togetherness, and celebration. Yet for many of us, they can also stir up memories that are complicated, emotions that feel heavy, and moments that test our resolve. Old experiences, whether of loss, conflict, or loneliness, have a way of resurfacing when the world around us insists on cheer.

In these times, the practice of these 12 Steps becomes more than reflection; it becomes a lifeline. To pause, to breathe, and to ask God for a moment of neutrality in the face of triggering moments is an act of grace. It is not about denying what hurts, but about creating space where peace can live alongside pain.

Being present is rarely easy. Our minds wander to what was, or what might have been. But the invitation of this season is to return, again and again, to what is here now. To notice the small mercies: the warmth of a quiet morning, the kindness of a friend, the simple fact of being alive today. Gratitude, even in its smallest form, has the power to soften the edges of hardship.

As we move through the holidays, may we remember that peace is not found in perfection, but in presence. Grace is not about forgetting the past, but about carrying it gently. And neutrality is not indifference, but the courage to stand steady in the storm.

This season, let us take a moment to be grateful for what we have now—and in that gratitude, may we find the strength to keep moving forward.

With love and gratitude,

Natalie M.

Editor, The POST



In all of our Affairs:

A Look at Using the Traditions in Every Aspect of our Lives

In recovery we hear a lot that the Steps are for us as individuals while the Traditions and Concepts are for the groups and the fellowship. But anyone who has spent time in service or really tried to live a spiritual life outside the meeting rooms finds out pretty quick that these principles don't stop at the door. The Traditions and Concepts guide how AA works but they also guide how we can move through the world with a little more grace and patience. When we use them at home, at work, with friends or even just while driving around town they become tools for humility unity and compassion.

Practicing the Traditions in all our affairs doesn't mean we are quoting Tradition Two to our coworkers. It means choosing shared leadership instead of trying to control everything, choosing unity instead of starting unnecessary conflict and putting principles before personalities even when our ego is loud. Tradition One asks us to prioritize unity and when we actually try that in daily life something shifts. Sometimes it means letting go of the need to win an argument or pausing before we react too fast, things that used to keep us stuck.

The Concepts also have real personal value when we let them. They teach responsibility accountability and trusting others which for many of us did not come naturally at first. Concept Three reminds us to give people the right of decision and that can really change how we work with others whether it's at a job or in our own home. Concept Twelve points us toward humility by suggesting that spiritual principles work better than personal power and that idea alone can calm a lot of tension.

When we practice these principles in all our affairs life doesn't have to feel like we are trying to force every outcome. Instead we just show up with integrity and willingness and let the results unfold. Living the Traditions and Concepts outside the meeting is one of the best ways to carry the message. Not by preaching but by example. And when we do that our lives start to reflect the same steadiness and care that these principles give to AA itself.

Colby W. - WSIT

Emotional Sobriety

Earlier this year I was asked if I was willing to contribute to the POST for December. Because of my training in AA, I said yes, then promptly forgot about it. I have less than 24 hours to share some form of experience, strength, and hope that can be beneficial to someone- Merry Christmas to me! My friend who asked me to do this said, and I quote, "Write anything. Anything at all." So, I'm going to do that, and I ask forgiveness if I meander a bit. As I write this, I'm many hundreds of miles away from home in Alabama on a much-needed vacation. I'm catching up with a few dear friends I haven't seen in some time. This has been a much-needed break.

I'm back in college, and the past semester has been a blur of papers, assignments, and tests. Because of our program and this way of life, my life has been filled with opportunities that have opened doors I believed to be shut long ago. The God of my understanding if anything, has always had a sense of humor. Even through difficulty and hardships, my life has been infused with purpose and direction that is always there if I'm awake to this fact. That "if" is an important caveat. The past 18 months of my life I have gone through more change and growth in my life than in the first 7 years of my sobriety. If I have learned anything in this year, it is that recovery is not linear.

I know that the holidays can be challenging for most in recovery, for various reasons. The pressures of buying gifts, the expected cheerfulness that you ought to have, the numerous holiday parties one must attend, and on top of all this- being a sober member of AA. These obligations and expectations can weigh heavy. I've recently gone through a very difficult season of life where "discontentment" seemed to be a theme for me. I hope that my experience can be beneficial to someone who reads this, though I may never meet them. As a direct result of living this way of life 24 hours a day for over 8 years, I have been transformed from the person I use to be. I have been placed right in the middle of more I could ever pray for- but, at times, it still has not be enough for me.

Emotional Sobriety Cont.

I found myself incredibly absorbed in the thing I don't have. It was my obsession for the better part of the last year. I was constantly comparing myself to others, and falling short every time. And even after all of the powerful demonstrations of God at work in my life, I began to question that power which has sustained me through it all. Worse than this, I went through a very dark period where I was convinced that God was actively working against me. This was the most difficult part of it all.

Of course, in hindsight I know that's not the case- but it sure doesn't change the way you feel about it in the moment. I know that these feelings are not unique to me. So, if you have been there, or are currently going through this sort of valley in life, you are not alone. You are never alone. There is a God out there who loves you dearly, and is wanting the absolute best for your life. I hope you all are having a wonderful start to your holiday season! I love you all!

Jay Walker WSIT

ABOUT: SPONSORSHIP A SPONSOR'S HOPE

After much discussion over which experience of our seeming 60 years together (actually 7) we landed on the experience that changed both of our lives forever. We planned a trip to LASCYPAA and I was going to drive. Weeks before the trip was to take place, self will had taken the driver's seat in my life. My mind was tunnel visioned on getting my daughter back because I thought I needed her and the guilt of being an absent father had taken me by surprise. I was looking for a way to not go and the most magical thing happened- my car tore up.

I called Cody to let him know that I couldn't drive to New Orleans and we would have to figure something else out. His response was that he was willing to drive his Jeep if we were willing to risk it and my way out was snatched. The night before we were to leave I knew 2 things, I couldn't let anyone see me struggling this bad and more importantly I couldn't feel like this anymore. I didn't want to go, I couldn't talk to anyone and I didn't know how, or if I could take the next step. I said a prayer "God, you don't have to give me my daughter back. You don't even have to let me know she's ok. I don't know what I'm doing, but I can't feel like this anymore! I need just a little bit of your Power because I have none. I need your help." I stepped from the shower and nothing happened.

The next day Cody picked me up and we went to get Kourtney, Mark and Chris. We also picked up the information that there was a hurricane headed straight for New Orleans. We took a real quick vote and what we all said was "I'm willing to risk it if you are!" Off we went and we had a blast on the way to New Orleans. We were some of the happiest people singing 90's music. I realized that there was a calm in the middle of my storm. I was happy to be there, to be around them, and to be a part of this conference. The weather wasn't the best when we got there, but I thought a state of emergency should look way more urgent than this. I got to go to workshops, have a new experience with first timers, see old friends, and had a blast. The storm in New Orleans seemed to be as calm as the storm I thought my life was in before we left. The entire time I thought of neither.

ABOUT: SPONSORSHIP

A SPONSOR'S HOPE

It was time to hear the Sunday morning speaker and head home. I got coffee and headed in to hear Karl tell his story and my phone rang. It was my daughter's mother! She said, "Mitchell, my mom is in jail and I'm in treatment. I need you to come and get your daughter because we can't take care of her." It scared me to death. I finally saw that God could handle anything. Not only did He remove the fear, He took care of her. God had put her in my life, but not because I needed her- she needed me!

I was told to pick her up in Birmingham which was perfect because we had to go there anyway to drop off Mark and Chris. We loaded up the car with excited, tired, enthusiastic, and sure that this had been the most life changing experience we had ever even heard of. After a long trip back we stop in front of Mark's house to return them safely. We put in directions to where to pick up my daughter. IT WAS HALF A BLOCK AWAY!!!! Cody looked at me, who was fighting back tears, and said, "Ok, now God's just showing off. What I learned from that weekend were some of the greatest lessons: I don't have to figure anything out. No matter how bad it looks or how scary it sounds, if I trust God everything will be ok. I learned that in my seeming tragic life storm and in a real storm at the same time. I was it like a ton of bricks with the reality that if I take the action, God takes care of me.

I kept this picture on my phone background for years because of the great lesson I learned there and I pray I never forget.

Mitchell F. Legacies



ABOUT: SPONSORSHIP A SPONSEE'S HOPE

I think it should be known that I was asked to write this early this year and I immediately started writing. I definitely did NOT wait until the last possible minute to get this done so don't even think that. What you are about to witness are the very carefully chosen words of possibly ten months of prayer and meditation definitely not the panicked scribbles of procrastinator.

The first thing we had to figure out was which story me and Mitchell would talk about. In our estimation we have experienced 54 years of life together during our 7 years of knowing each other so there are a lot of stories. But one I think takes the cake is the one that I often think of when my mind gets cynical and starts wanting proof of my creators existence.

Mitchell my fairly new sponsor was all about service and just getting in the car had called me and asked not only if I was interested in going to Lascypaa but if I was willing to drive us and a few friends. I expressed my concerns about my ride. I had a belt in the Jeep that was on its last leg and I hadn't been able to afford to fix it but if theyre willing to risk it so am I. So the day comes Me and Mitchell hop in. We pick up Kortney and head to Birmingham to pick up Mark and Chris. Somewhere along the way we get the news that Louisiana is in a state of emergency, Hurricane Barry is heading to Lascypaa and wants to party. Our group conscience seemed to be "if you guys are willing to risk it so am I". So we pro proceeded to do what any normal and sane human would. We drove straight towards the hurricane while singing 90s music as loud as possible.

We finally make it to the event and I quickly realize that my sponsor knows everyone. He must be a big deal. Hes gotta be the most sober guy I know. This being my first ypaa I know 3 people here and they rode with me. It was night and the weather wasn't looking to good we expected the worst to come tomorrow. The next day I was able to make it a 4th step workshop and all I could think was that these panelist really have this AA thing figured out. They must know Mitchell.

ABOUT: SPONSORSHIP

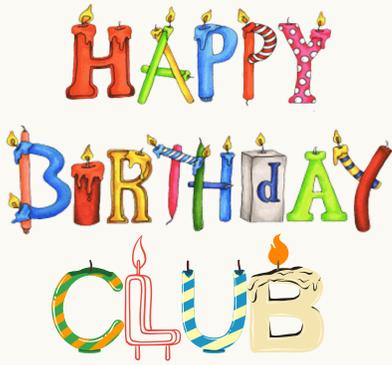
A SPONSEE'S HOPE

After the workshop I walk out in the hallway to check out the weather and it looked really nice outside. I had never been in a hurricane before but I was pretty sure it wasn't supposed to look like this. So I pulled up the weather app on my phone and the picture I saw I will never forget. There was a dot where I was on the map and the storm had literally wrapped around us on both sides so that we were gonna be unaffected. I hope Mitchell is able to send in the picture he has of it so you can see. We had trusted God and we were gonna be ok. Im not saying drive into a potential natural disaster in order to prove how spiritual you are Im just saying God takes care of fools and drunks and we happened to be both.

But wait theres more, during the Sunday morning speaker Mitchell had gotten a phone call. When he came back he told me that the call was his daughter needed him. My understanding was he hadn't seen her in a while and asked if I was willing to pick her up in Birmingham on our way home. I said of course, we have to drop Mark and Chris off there anyway. Then I watched my big deal of a sponsor start worrying about how to get everything ready how to be a dad how to pay for what needs paid. I imagine he felt like Ricky Bobby when he didn't know what to do with his hands. Then he did the unthinkable, he called his sponsor. He laid it all on him and told him how he was absolutely screwed. Cushing laughed which Mitchell didn't like so much. And probably told him something magical that only level 9 AAs know. Actually I think he told him something like trust God. So we make it to Marks house in Birmingham we said our goodbyes and I punch in the address to pick up sweet little Mary. She was 2 blocks away! At that moment I looked up at God and said dude your just showing off now. He was, and always does when I trust. We picked up Mary and drove home. Im not sure what Mitchells version of this will look like but that's my story and Im sticking to it.

Mary lives with Mitchell and Lesley today and they have a beautiful family.

Cody



Birthday Contributions this Month:

Patty H - 24 years - Millbrook Primary Purpose

If you wish to join the Birthday Club, please fill out the sheet below and return it to Central Office

Did you know?? Montgomery Intergroup Central Office (MICO) now accepts Venmo!!
Your group can use Venmo to make Group or Personal contributions to Intergroup!

Here are things to remember:

- Please include a note with your Venmo payment/contribution in the box that says “whats this for?” under the \$\$ amount.
- If you are paying an invoice received from Central Office for a literature/chip order, put the group name & invoice number in the notes section.
- If you are making a Group Contribution, please be sure the note section has your group name!
- If you are making a Birthday 🎂 Contribution, please put “Birthday” in the notes. If you want the Birthday Contribution to reflect your group, please include your groups name, “Birthday-Group name”
- And finally, note that Venmo is PUBLIC so set your privacy accordingly!!

Montgomery Intergroup

@MICO-Intergroup



venmo



Birthday Club is when AA members contribute \$1 per year of their Sobriety to the Central Office as an act of gratitude and support your local Intergroup.

All you do is send us your Contribution on your Birthday month with your sobriety date & home group or mail it in with this sheet and we will print it in the Newsletter monthly Birthday Club.

NAME _____

SOBRIETY DATE _____

HOME GROUP _____

Venmo accepted: @MICO-Intergroup

Montgomery Intergroup



*New Year's Eve
Alcathon*

24 HOURS OF HOPE

Ring in the New Year With Us!

NYE: Every Even Hour

NY: Every Odd hour

We hope you'll join us for 24hrs of **HOPE!**

8:00 PM – Open Speaker Meeting

Hosted by Alcathon Committee

Speaker: Bradley E.

11:00 PM “One Dance at a Time”

Our DJ • The One & only ***JWOW**• **Josh W.***

Music • Fellowship • Celebration

12:00 AM – Countdown to the New Year!

Join us as we welcome 2026 in unity, hope, and joy!

When: Dec. 31st@ noon–Jan. 1st @ noon

Where: Eastern Hills Baptist Church

3604 Pleasant Ridge Rd

Montgomery, AL 36109

SEMI-FORMAL•RED CARPET STYLE ATTIRE

SIGN UP 2 BRING FOOD



ALCATHON2025

SERVIN' WITH SERCYPAA

JANUARY 17, 2026

•4:30PM DOORS OPEN

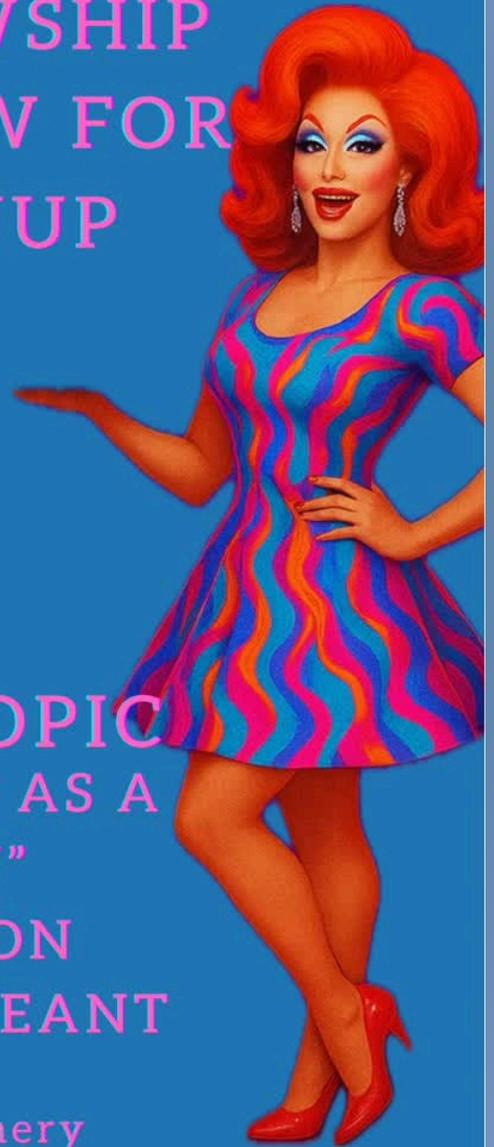
FOOD & FELLOWSHIP

USE CODE BELOW FOR

POTLUCK SIGNUP



♥ SCAN ME



•5PM PANEL TOPIC

“GENERAL SERVICE AS A
YOUNG PERSON”

•6PM NOMINATION

BASED BEAUTY PAGEANT

Arts Center in Montgomery

1018 Madison Ave

Montgomery, AL 36104

\$10 Suggested Donation or bring a potluck dish!

Clothing Donations Accepted



HAPPILY & USEFULLY WHOLE

INTERGROUP PRESENTS

MONTGOMERY AA's 82nd ANNIVERSARY

SATURDAY, MARCH 14, 2026

2-4PM

LANDMARK CHURCH OF CHRIST

1800 HALCYON BLVD

MONTGOMERY, AL 36117

2pm - FOOD & FELLOWSHIP

2:30pm - HISTORY - MIKE K.

2:45pm- SOBRIETY COUNTDOWN

3:00pm- SPEAKER - SANTIAGO R.

Please bring your favorite finger foods!



District 8 2025

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	1st Saturday of the Month	After District	Legacies/Hybrid
Corrections and Treatment	3rd Saturday of the Month	10:30am	Legacies/Hybrid
Grapevine and Literature	N/A		
Website	2nd Thursday of the Month	6:00pm	Legacies/Hybrid
CPC	3rd Saturday of the Month	9:30am	Legacies/Hybrid
PI	1st Monday of the Month	6:00pm	Legacies/Hybrid

If you have an committee meetings or opportunities of service you wish to add to the list, please reach out to Natalie M. and she will add them for the next issue!

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: July 8, 2025

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			O-D Temporarily Suspended				
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 <i>O-SP 7p 1st Friday</i>	C-D 12p	C-D 12p O-D/BG 6p
The Legacies Group of AA 3412 Atlanta Highway (Enter on Forest Hills) Zoom ID 798-727-9234 PC Awakening	C-D 12p	C-L BB 12p	C-D 12p O-SP 8p Hybrid <i>(in person and on-line)</i>	C-L (12X12) 12p	C-D 12p C-D-CI 8p Hybrid	C-D 12p	C-D 9am Hybrid <i>(in person and on-line)</i>
Grupo Ayudate a Ti Mismo 3412 Atlanta Highway (Enter on Forest 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 Commons	C-D 6p		C-L 6p				
Sole Purpose Group of AA Frazer Church 6000 Atlanta Hwy, Room 3103 Montgomery, AL 36117				C-L BB, 12X12 6:30p			C-D 6:30p
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		
We Stopped in Time Group of AA Eastern Hills Baptist Church 3604 Pleasant Ridge Road		O-BB 7pm YP				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			
HOPE HULL							
County Hope Group of AA Hope Hull United Methodist Church 305 Wasden Road (Behind church)				O-BB 6p			

Continued on reverse side

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MILLBROOK							
Primary Purpose Group of AA Memorial Center Building 3170 Park Circle	O-D 6p		O-D 6p		O-D 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	
Autauga S.O.S. Group of AA Christ Lutheran Church 2175 Cobbs Ford Road			O-D 6:30p				
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	
TALLASSEE							
A New Freedom Group 523 Kent Road (Mt Olive House)	O-D 7p			O-D 7p		O-D 12p	
Tallassee 12&12 Step Study East Tallassee Methodist Church 101 Central Blvd.		O-ST 7p					
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			
Keystone Group Redland Hills Church 3105 Rifle Range Road	C-D 6p			C-D 6p			
ECLECTIC							
Downtown Eclectic Group 40 Kowaglia Rd 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 * montgomerycentraloffice@gmail.com * www.centralalaa.org
828 Forest Avenue, Suite A * Montgomery, AL 36106 * Open Mondays and Wednesdays 10 am to 2 pm**