

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,

“How I learned the Traditions” is, for me, a story about being taught by experience, guided by literature, and changed by service.

My introduction was at Craig M.’s book study, where we read *Language of the Heart* slowly and together. In those essays I met the Traditions not as technicalities, but as the heartbeat of AA. I learned why unity matters more than winning an argument; why group conscience is a spiritual process, not just a vote; and why anonymity protects us by placing principles before personalities.

The history in those pages turned lightbulbs on: AA didn’t grow because we were perfect—it grew because we kept returning to simple, spiritual guidelines when things got complicated.

Soon after, our Area 1 Literature Chair invited me to present my favorite piece of AA literature. I knew exactly what I wanted to share: the passages that invite me to practice the Traditions daily.

The Traditions ask me to serve rather than steer, to listen before I speak, to consider the newcomer before my convenience, and to remember that our common welfare comes first. They also remind me that how we carry the message matters. Courtesy, patience, and humility are not extras; they are the way the message reaches hurting alcoholics.

Craig’s study taught me that AA’s “why” and “how” are inseparable. The *Big Book* tells me what happens when alcoholics work together; *Language of the Heart* helps me understand how we stay together when personalities, preferences, and pressures pull us apart. Every time a meeting chooses unity over division, or a district pauses for group conscience, or a trusted servant rotates out gracefully—we are practicing the Traditions.

I am grateful for the invitation to present, because it gave me a chance to say thank you. Thank you to the members who carry our history forward; to the groups who protect the newcomer’s place; and to the literature that keeps our principles available to anyone seeking a way out. The Traditions are not relics. They are living guides that keep the doors open for the next alcoholic.

With love and gratitude,

Natalie M.

Editor, The POST





Language of the Heart

As a Way to Study the Traditions

What is Language of the Heart?

A collection of different articles that founder Bill W. wrote to the Grapevine. Broken Up by Chunks of Years of when the articles were written:

PART ONE: 1944 -1950 - The Shaping of the Traditions (what we will be focusing on!)

PART TWO: 1950 -1958 - AA's continued growth and journey into how we interact with the public.

PART THREE: 1958 - 1970 - A personal look into how Bill brought our 36 Principles into all of his affairs, as well as his hopes and look at the future of AA.

Tradition 1

Our common welfare should come first; personal recovery depends upon A.A. unity.

Quote

“Alcoholics Anonymous has no “musts.” Few AA groups impose penalties on anyone for nonconformity. We do suggest, but we don’t discipline. Instead, compliance or noncompliance with any principle of AA is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, “judge not,” we observe most literally.”

Summary

AA is built on the principle of humility, which means understanding ourselves as “a small part of a great whole.” While the group’s common welfare comes first, this does not erase individuality or force conformity. AA has no rules or punishments; instead, members are guided by personal conscience and group wisdom. When someone acts against the group’s well-being, natural consequences — internal discomfort, feedback from others, or even returning to drinking — bring correction. Over time, members willingly choose cooperation because they recognize that unity is essential for both AA’s survival and their own recovery.

The Main Points

- Humility means recognizing that we are one part of something greater, and recovery depends on staying connected.
- AA preserves personal freedom — there are no imposed rules or punishments, only spiritual guidance.
- Unity is not enforced from above; it’s chosen because without it, neither AA nor recovery can survive.

Tradition 2

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Quote

“We believe that every AA group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs this conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produces group experience, and out of corrected experience comes custom.”

Summary

Just as individual AA members grow spiritually through reliance on a Higher Power, AA groups develop in the same way. Through experience, trial and error, and self-reflection, a group gradually learns from its mistakes and forms shared wisdom — what becomes known as AA Tradition. Instead of being governed by leaders or rules, AA trusts in *group conscience* — the belief that a loving God can guide group decisions through collective humility. Because of this, AA can function without rigid authority and still remain stable, unified, and spiritually directed.

The Main Points

- Both individuals and AA groups rely on a Higher Power for guidance and growth.
- Group conscience — formed through shared experience and humility — becomes a reliable source of direction.
- AA leadership is not about control, but service; ultimate authority rests with a loving God expressed through group unity.

Tradition 3

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

Quote

Our membership Tradition does contain, however, one vitally important qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics 80 THE LANGUAGE OF THE HEART gathered together for sobriety may call themselves an AA group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight AA activities. One can think of no AA member who would like, for example, to see the formation of “dry” AA groups, “wet” AA groups, Republican AA groups, communist AA groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the AA name, even indirectly, to other activities, however worthy.

Summary

The Third Tradition states that *anyone who desires to stop drinking may be a member of AA*. No rules, no fees, no belief requirements. This total inclusivity exists because alcoholics are often rebellious and resistant to authority — placing conditions on entry would drive many away. AA meets the suffering person exactly where they are, removing all barriers so that recovery is possible. However, while AA includes *all people*, it protects its *name* — the AA title cannot be used by groups with outside affiliations, ensuring unity and clarity of purpose.

The Main Points

- AA offers membership to anyone who *wants to stop drinking* — no other requirements exist.
- Barriers like rules or fees could keep suffering alcoholics from seeking help, so AA removes them entirely. AA is inclusive of all people, but safeguards its name from being tied to outside agendas or divisions.

Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Quote

This means that if a single AA group wishes to take any action that might affect surrounding groups, it consults them. Or, it confers with the intergroup committee for the area, if there be one. Likewise, if a group or regional committee wishes to take any action that might affect AA as a whole, it consults the trustees of the Alcoholic Foundation, who are, in effect, our overall general service committee. For instance, no group or intergroup could feel free to initiate, without consultation, any publicity that might affect AA as a whole. Nor could it assume to represent the whole of Alcoholics Anonymous by printing and distributing anything purporting to be AA standard literature.

Summary

Tradition Four grants each AA group full autonomy over its own affairs — even the freedom to make mistakes. AA trusts that through trial and error, group experience, and God working through group conscience, mistakes will correct themselves without the need for outside control. However, this freedom is balanced by responsibility: if a group’s actions could affect neighboring groups or AA as a whole, they are expected to consult others before proceeding. This voluntary consultation prevents chaos while preserving democracy within AA. In short — total independence in local matters, unity in matters that affect the larger Fellowship.

The Main Points

- Each AA group has the *right to govern itself*, even to make mistakes — autonomy is essential to growth.
- When a group’s actions might affect other groups or AA as a whole, *consultation* is expected to protect unity.
- Tradition Four is a specific application of general principles already outlined in Traditions One and Two.

Tradition 5

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Quote

Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the Society of Alcoholics Anonymous cannot, it dare not, ever be diverted from its primary purpose.

Summary Tradition Five emphasizes that AA must focus on its “primary purpose” — helping the alcoholic who still suffers. The article warns against distraction by outside causes, fame, or worldly success, noting, “Temptations to do otherwise will come aplenty...we shall be sorely tempted to loan out the name and credit of Alcoholics Anonymous to them.” While these projects may appear attractive, AA’s effectiveness comes from concentrating on recovery, remaining anonymous, and avoiding the trappings of wealth, fame, or influence. By sticking to this core mission, AA ensures it can truly serve those in need.

The Main Points

- AA’s central mission is *carrying its message to the alcoholic who still suffers*.
- Outside distractions — social projects, publicity, or fame — can dilute AA’s effectiveness. Humility, anonymity, and focus on recovery preserve the integrity and spiritual purpose of AA.

Tradition 6

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Quote

We would thus divide the spiritual from the material, confine the AA movement to its sole aim, and ensure (however wealthy as individuals we may become) that AA itself shall always remain poor. We dare not risk the distractions of corporate wealth. Years of experience have proven these principles beyond doubt. They have become certainties, absolute verities for us.

Summary Tradition Six emphasizes that AA must remain spiritually focused and avoid the hazards of money, property, and material authority. The article warns that even small sums of money can create conflict, stating, “Let a well-meaning donor present an AA group with a sizable sum and we break loose.” AA avoids business ventures, loans, or lending its name to outside enterprises, keeping its operations simple and modest. By relying on voluntary contributions and one alcoholic helping another, AA ensures that its mission — guiding alcoholics to recovery — is never overshadowed by material concerns.

The Main Points

- AA avoids accumulation of money or property to prevent distractions and conflicts within the group.
- Even small financial gifts can create problems; simplicity keeps the focus on recovery.
- AA’s work depends on *the message, not the money* — one alcoholic talking to another is the core method.

Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Quote

“While there may be little harm in a small friendly loan which your group really means to repay, we really beg you to think hard before you ask the most willing friend to make a large donation. You can, and you soon will, pay your own way. For each of you these overhead expenses will never amount to more than the price of one bottle of good whiskey a month. You will be everlastingly thankful if you pay this small obligation yourselves.”

Summary

Tradition Seven emphasizes that AA must remain fully self-supporting, relying on voluntary contributions from members rather than outside funding. The article highlights the simplicity of expenses, noting that in 1948 “the AA General Service Office now costs us \$1.50 per member a year.” Large donations or public solicitation are discouraged because they can create controversy and tempt misuse of the AA name. By covering modest costs themselves, members reinforce personal responsibility and gratitude while keeping the Fellowship independent and focused on recovery.

The Main Points

- AA relies entirely on *voluntary contributions from members* to remain independent.
- Even small donations are sufficient; outside fundraising can create conflict or misuse of the AA name.
- Paying their own way helps members develop responsibility, gratitude, and connection to the Fellowship.

Tradition 8

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

Quote

“Now isn’t this carrying our fears of professionalism rather far? If these fears ever got too strong, none but a saint or an incompetent could work for Alcoholics Anonymous. Our supply of saints being quite small, we would certainly wind up with less competent workers than we need.”

Summary

Tradition Eight clarifies that while AA’s lifeblood—Twelfth Step work—must *never* be professionalized, there *is* an appropriate place for paid workers handling essential services. The article reminds us that “one alcoholic talking to another; that’s all,” and no AA would stand for paid “AA therapists.” However, fears about professionalism sometimes go too far when directed at cooks, caretakers, or secretaries who simply perform practical tasks volunteers can’t reliably cover. These workers are not doing Twelfth Step work—they’re *supporting* it. They “are valuable points of contact, information, and public relations,” and deserve fair treatment and respect, not suspicion.

The Main Points

- Twelfth Step work must remain *completely voluntary and nonprofessional*.
- Paid roles in AA are limited to *service functions*, not sponsorship or counseling.
- Rather than viewing support workers as outsiders, members should treat them as *AA associates* and compensate them fairly.

Tradition 9

A.A. *assuch.oughtnever be organized; but we may create service boards or committees directly responsible to those they serve.*

Quote

“The least possible organization, that’s our universal ideal.”

Summary:

Tradition Nine acknowledges AA’s paradox of the quote above, yet some organization is necessary to carry the message effectively. Inside AA, there are two classic extremes: the conservative who fears any structure at all, and the promoter who dreams of large-scale operations and massive expansion. Both perspectives have value. One guards AA’s soul, the other reminds us of our mission. The true path is the middle ground. While AA resists becoming a rigid institution, it *does* organize essential “special services” like trusted servants, intergroup offices, literature, and hospital connections. These exist *only* to support Twelfth Step work *never to govern or professionalize* AA itself.

The Main Points

- Minimal structure is *principle*, but *zero* structure is *impractical* — some organization is essential for carrying the message.
- AA distinguishes between spiritual fellowship (never organized) and service functions (lightly organized).
- As long as AA remains “comfortably poor” and focused solely on helping the next alcoholic, unity and purpose are preserved.

Tradition 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Quote:

“May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.”

Summary:

Tradition Ten warns AA not to become complacent about its unity. While AA feels “as solid as the Rock of Gibraltar,” Bill challenges that assumption. Unity is not automatic, and must be actively preserved. The real danger lies in serious controversy, especially around politics and religion. History shows that “millions have died... in religious dissension” and “political controversy and reform by compulsion have reached an all-time high.” AA members are human and just as susceptible, so the Fellowship must deliberately avoid divisive debates. The best protection is a firm tradition that AA never takes sides — keeping its focus solely on helping alcoholics recover.

The Main Points

- AA cannot rely on unity by default — it must earn it through continued humility and restraint.
- Politics, religion, and reform movements destroy other groups — AA’s survival depends on not engaging.
- Tradition Ten is AA’s shield against division, keeping its purpose pure and its unity unbreakable.

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Quote

As individuals, we have sometimes believed that the public use of our names could demonstrate our personal courage in the face of stigma, so lending power and conviction to news stories and magazine articles. But these are not the allures they once were. Vividly, we are becoming aware that no member ought to describe himself in full view of the general public as an AA, even for the most worthy purpose, lest a perilous precedent be set which would tempt others to do likewise for purposes not so worthy

Summary:

AA's remarkable public reputation is seen not as personal achievement, but as grace. Despite scandals within its ranks, AA has avoided public controversy and is widely respected across all sides; political, religious, and social. This goodwill is not just pleasant, it is vital, because public relations are "lifelines reaching out to the alcoholic who still does not know us." One major public misstep could cost lives. Therefore, Tradition Eleven establishes that AA's public message must be based on attraction rather than promotion — no self-praise, no celebrity endorsements, no press agents. Most critically, personal anonymity in public media protects both AA's unity and its credibility. A single member's fame, or scandal, must never overshadow the message.

The Main Points:

- AA's good public reputation is a gift, not an entitlement — and it must be protected through humility.
- Public relations are a lifeline to suffering alcoholics who haven't found AA yet.
- Anonymity prevents egos, controversy, and personal ambition from harming the Fellowship's message.

Tradition 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Quote:

"Our AA Traditions are, we trust, securely anchored in those wise precepts: charity, gratitude, and humility. Nor have we forgotten prudence. May these virtues ever stand clear before us in our meditations; may Alcoholics Anonymous serve God in happy unison for so long as he may need us."

Summary:

Tradition Twelve lifts anonymity from a mere policy to a spiritual foundation. It represents not secrecy, but self-effacement, humility, and protection — shielding newcomers who wish privacy, guarding AA's name from misuse, and constantly reminding every member that "principles come before personal interest." Bill walks through all Twelve Traditions to show that each one is based on giving something up for the common good — ego, control, money, prestige, controversy, or recognition. In this sense, the Traditions parallel the Twelve Steps: as the Steps unite the alcoholic with a Higher Power, the Traditions unite AA members with each other and with society. Tradition Twelve ties them all together with charity, gratitude, humility — and prudence.

The Main Points:

- Anonymity isn't about hiding — it's about humility and unity over ego.
- Every Tradition requires sacrifice of self-interest for group survival.
- Tradition Twelve ensures AA stays spiritually grounded — protected from vanity, controversy, and ambition.

Where to Find?

Tradition 1 *December, 1947* Page 76

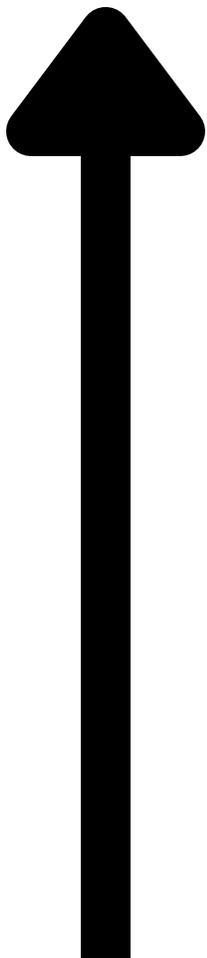
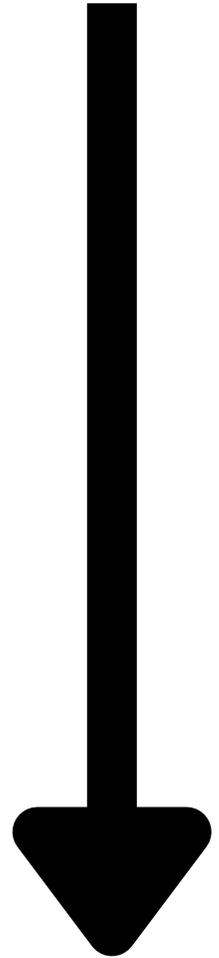
Tradition 2 *January, 1948* Page 77

Tradition 3 *February, 1948* Page 79

Tradition 4 *March, 1948* Page 80

Tradition 5 *April, 1948* Page 82

Tradition 6 *May, 1948* Page 83



Tradition 7 *December 1947* Page 76

Tradition 8 *January 1948* Page 77

Tradition 9 *February 1948* Page 79

Tradition 10 *March 1948* Page 80

Tradition 11 *April 1948* Page 82

Tradition 12 *May 1948* Page 83

GUMPYPAA BID
COMMITTEE
PRESENTS

MASK OFF

Sober Gras

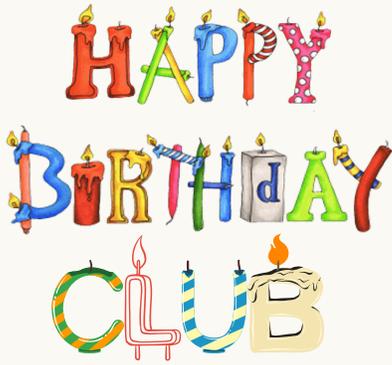
• BEADS OVER BOOZE TOSS •
• TRIVIA W/SPRING BREAK JAKE •
• POTLUCK •

FEB 21ST 6-9PM
SPEAKER@8PM
COLBY W.

WE STOPPED IN TIME

EASTERN HILLS BAPTIST CHURCH
3604 PLEASANT RIDGE RD.
MONTGOMERY, AL

6:00-Fellowship Games
7:00-Food Trivia Winner gets a prize!
8:00-Speaker



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



You're Invited to join the

Birthdays Club

Birthdays 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 Birthdays month with your sobriety date & home group or mail it in with this sheet and we will print it in the Newsletter monthly Birthdays Club.

NAME _____

SOBRIETY DATE _____

HOME GROUP _____

Venmo accepted: @MICO-Intergroup

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**