

THE POST

POWER OF SOBER THOUGHT

We ran out of time to do the POST in June, so we have utilized a power greater than ourselves to help us - A.I. Not really, I'm human, I promise. If you do want to have some fun though, you should go to one of the Chat GTP websites and have it write a paragraph about taking the 12 Steps. This will be important in the future, because once computers become conscious, you know there are going to be alcoholic computers. Can you imagine the kind of damage they'll be able to do to a virtual group? But I digress on this important topic.

What I really wanted to talk about in this editorial is religion and politics, but apparently that goes against the 12 Traditions, so instead I'm going to talk about spirituality and the service structure of A.A., that way I can still rant about the way I think ultimate reality works and how people I think have more influence than I do are screwing everything up. I jest, but I know I do that sometimes. It's one of my character defects. Character defects are funny things, we say we want God to remove them, but according to page 65 of the 12 and 12, they are natural desires that are out of whack.

Character defects result in my confused thinking that I can get satisfaction out of life if my demands for security, acceptance, pleasure, etc. are met. When my desires are out of order like this, I start thinking that my needs and desires are more important than other people. I don't want to be too hard on myself here, there are likely reasons I think this way. A lot of us have had experiences where we felt unloved and unwanted, so we are desperate for affection and acceptance, but I'll never get these things by demanding them.

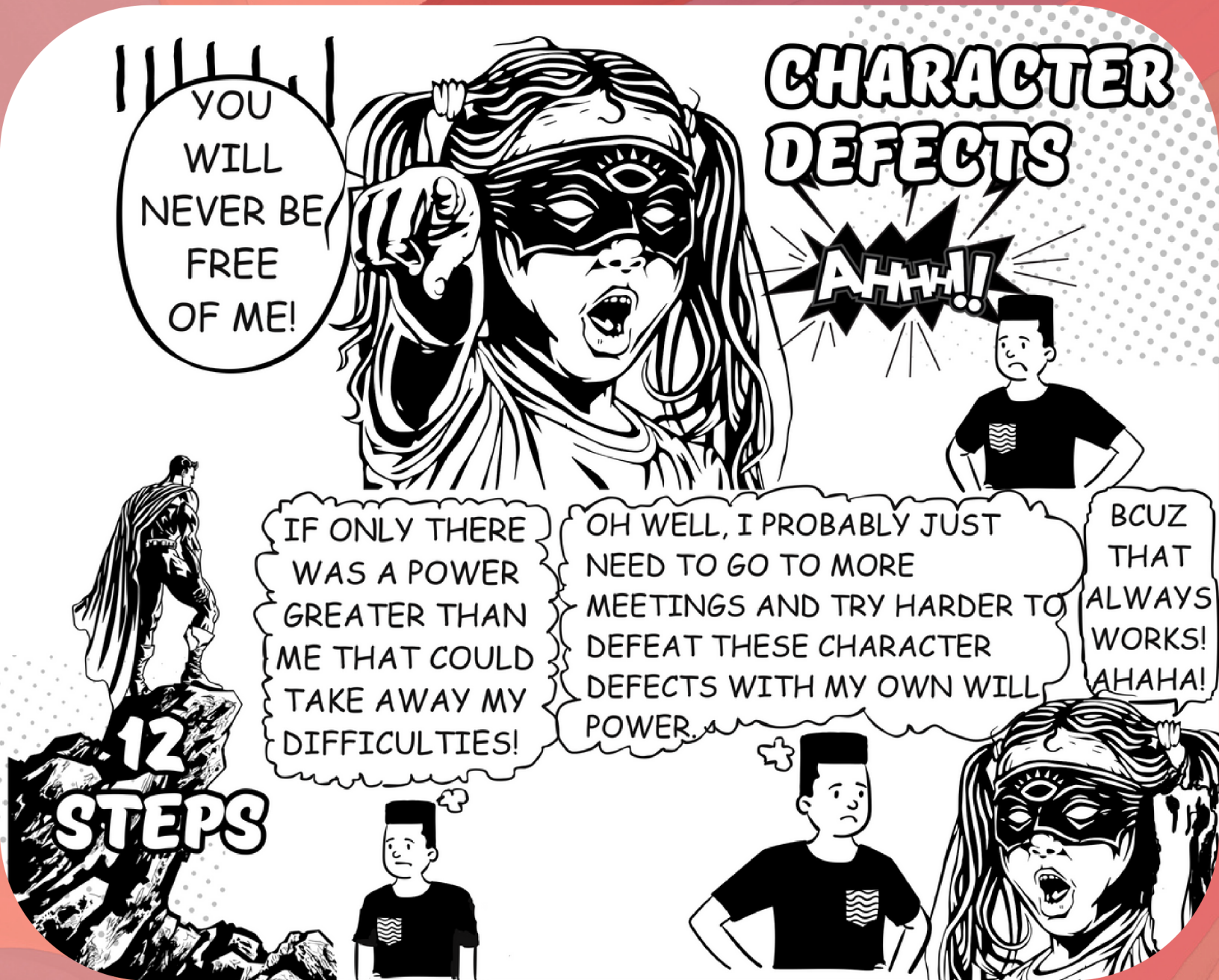
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Summer Comic

By: Mike D.



Area 1 Needs Your Help!

HELP US ACHIEVE THE 2024 AREA 1 BUDGET DEFICIT ELIMINATION EFFORT
BY INCREASING YOUR CONTRIBUTIONS!

WHAT EXACTLY IS THE PROBLEM?

Area 1 is tracking towards a \$7,200 budget shortfall in 2024.

Why did this happen?

- We have experienced significant cost increases due to outside economic forces beyond our control.
- We had requests from the fellowship to increase budgets for certain committees.
- We need to relocate the Assembly due to our current locations inability to host past 2024.

What has been done about this problem so far?

- Area 1 Assembly passed the 2024 budget in October 2023, understanding we'd have a surplus that we wanted to draw down appropriately to 7th Tradition guidelines in 2024. The Finance Committee also needed a little time to see how contribution and expense flows matched up to previous years, so we could give the fellowship an accurate estimate of the shortfall.
- An AD HOC committee has been formed to determine alternative Area 1 Assembly venues – significant cost increases are inevitable.
- We negotiated down available options regarding certain costs to the Assembly such as: storage building fee contracts, consolidated equipment, cost savings for processing contributions.
- Area 1 Finance Committee has provided accurate information for the Assembly to make an informed decision.

So what does Area 1 need exactly?

- Increased contributions from the Area 1 fellowship.

How do I help?

Send contributions to Area 1 Treasurer at:

Area 1 AL NW FL
2135 Interstate DR
Box 209
Opelika, AL 36801

** Zelle has NO Fees **

PayPal has Flat Fee + 3%.

Alabama/Northwest Florida Area



zelle®

OR



PayPal

SELF-SUPPORT:

Where
Money &
Spirituality
Mix



This is A.A. General Service Conference-approved literature.

**DISTRICT 8 PROGRAMS
COMMITTEE PRESENTS**

DISTRICT 8 UNITY EVENT

Saturday August 10th

2:30pm - 4:00pm

Legacies Group

3412 Atlanta Highway
Montgomery AL 36109

- Hear Vickie S. EHS about Sponsoring into Service and Step 12!
- Learning about Upcomng Service opportunities in District 8
 - Participate in a Mock Election



4:00pm - 6:00pm

Fellowship Bowling

Bama Lanes
3020 Atlanta Highway
Montgomery AL 36109

**All Home Groups,
New Comers,
Old Timers, are
WELCOME and
ENCOURAGED
to come!!!**



PPG EATING MEETING

July 20,
2024

Fellowship @ 4:30
Eat @ 5:00
Basket & 50/50 Raffle @ 6:00
Speaker. Luke B. @ 6:30



POTLUCK

Location: Prattville Downtown Group



Please bring an entree, side dish, dessert, or drinks

They are a by-product of surrender to God and service to others. “How do I do that?” You might ask. Is it really possible to live a totally surrendered life all of the time? Can I really have a life that is focused on serving others instead of myself and still be happy?

Yes you can. You can live your life surrendered to God, as you understand Him, as long as you are willing to repeatedly practice Steps Six and Seven. This may not look like the life of ease and serenity that we initially imagine when we first heard the promises in a meeting, but it is no less miraculous. We don't have to delude ourselves by thinking we won't have any problems, but we know that whatever problems we face can be met with confidence that we will get through them.

I was talking with another A.A. the other night and he reminded me that, “the only way out is through.” So whatever I'm dealing with, whether it's the death of a loved one, my kids acting up, financial problems, or health issues, I know God has got it figured out already. I don't have to know what that plan is, I just have to be willing to do the right thing and trust that it will turn out exactly the way it is supposed to. Sometimes I don't know what to do, what I have learned from others in the program with a lot more experience than me is that I often don't have to do anything in those situations. I ask for direction and wait until I have some clear guidance. When I do that, everything seems to work out exactly the way it is supposed to. When I try to control the situation, that's when my character defects show up. So I really do need to let go and let God. The more I surrender, the more peace I have.

Blessings,

Mike D. (PDG)

Experience Strength and Hope:

By Step 6, I had a clear picture of all the mess and flaws holding me back. I realized that I was the main problem. This made me see the struggle between my will and God's will. After seeing how my self-will caused chaos, I knew I wanted these flaws gone. But just wanting them gone wasn't enough.

If I only wanted them gone, I'd end up trying to fix myself with the same thinking that caused the problems. The real value of Step 7 is asking God to remove these flaws.

Now, in my life, Step 6 and 7 work best when I look up to God, ready for Him to lead me. It's about letting Him take charge to truly get rid of my flaws and help me move forward.

Sam N (WSIT)

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 Montgomery AL 36104
Aletheia House	Sundays	6:00pm	1153 Air Base BLVD Montgomery AL 36108
LifeHouse	Tuesday and Thursdays	6:00pm	8197 Decker Lane Montgomery AL 36117
ALR	Sundays	6:00pm	131 Beth Manor Drive Prattville AL 36066

Intergroup Monthly Meeting

Saturday, Aug 3rd 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

Saturday Aug 3rd, 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

Time: July 12th -14th, 2024.

Location: The Clarion Inn® & Suites University Center

1577 South College St, Auburn, AL 36832

ALCYPAA 2024 Host Committee Meeting

Saturday July 13th and 27th

@ 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. The meeting on July 13th will be at the Area 1 Assembly at the Clarion in Auburn.

Unity - Service - Recovery

July 2024 Service Meetings

Literature / Grapevine Meeting

Saturday July 27th @ 10:30am

HYBRID : Legacies Group 3412 Atlanta Hwy, Montgomery AL 36109

Contact: literature@centralalaa.org and 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

Thursday July 18th @ 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

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® 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
MONTGOMERY							
A Vision for You Group of AA R.O.S.S. Recovery Center 925 Forest Ave Montgomery, AL 36106			O-D 7:30 p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Boulevard						O-D 1:30 p Temporary Inactive	O-D 1:30 p Temporary Inactive
Chisholm Group of AA 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
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 O-SP 7p 1st Friday	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-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 Hybrid	C-D 12p	C-D 9am Hybrid (in person and on-line)
Grupo Ayudate a Ti Mismo 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
Living Sober Group of AA Church of the Ascension 315 Clanton Ave. 36104 meeting in the Joshua house	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	O-D 11a	O-D 11a		
We Stopped in Time Group of AA Eastern Hills Baptist Church 3604 Pleasant Ridge Road		O-S/D 8pm YP Temporary Inactive				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			

Continued on reverse side

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HOPE HULL							
County Hope Group of AA Hope Hull United Methodist Church 305 Wasden Road (Silver trailer behind Church)		O-D 6p		O-BB 6p			
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene Fellowship Hall 3251 Brown Road		O-D 6p		O-D 6p		O-SP 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	
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							
Tallassee 12 & 12 East Tallassee Church of Christ 101 Central Blvd.		O-D 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			
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 * montgomeryintergroup@yahoo.com * www.centralalaa.org
828 Forest Avenue, Suite A * Montgomery, AL 36106 * Open Mondays 10 am to 2 pm**

GROUPS PRESENT | Strange Camels, PDG, Fellowship, Legacies, Happy Hour, We Stopped In Time, Intergroup, Millbrook Primary Purpose, Clanton Group, Living Sober: 17 in person and 12 on Zoom

OPENING | WELCOME | Becky P. | The meeting was called to order at 9:31 a.m. and opened with the Serenity Prayer. Introductions were done.

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

Nick P. | Read Long Form Tradition 6 Trish B. | Read and explained Long Form Concept 6

READING SCHEDULED for June 29th, 2024.

Ashley B. | Read Long Form Tradition 7 Mitchell F. | Read and explain Long Form Concept 7

OFFICER REPORTS:

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

Reported that May's minutes had been corrected to note the correct Treatment committee report. Reminded all committee chairs that reports need to be emailed or texted 1 week prior to the next District meeting. Asked those wanting to be included on email list to add their name and email address to signup sheet.

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

Treasurer report presented with bank statements. MOTION to approve passed.

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

JULY district meeting will be moved to June 29 to accommodate for the holiday and Area (so we will have meetings June 1 and June 29). Tomy will present his delegate report immediately after district on June 29.

ALTERNATE DCM | Jay W. | ADCM@CENTRALALAA.ORG | Present.

Jay will be heading to mobile for the Azalea City Jamboree and will be present Sunday morning to hear Tomy G's report from the GSC

COMMITTEE REPORTS:

PROGRAM CHAIR | Vicki S. | Program@centralalaa.org | Not Present. No program.

ARCHIVES CHAIR | James B. | ARCHIVES@CENTRALALAA.ORG | Not Present.

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

CPC CHAIR | Les H. | CPC@CENTRALALAA.ORG | Present on Zoom.

GRAPEVINE CHAIR | Natalie M. | GRAPEVINE@CENTRALALAA.ORG | Present on Zoom.

INTERGROUP/CENTRAL OFFICE | Parker M | INTERGROUP@CENTRALALAA.ORG | Not present. David H. gave report. Intergroup meeting had 7 groups represented. We have no money. For instance, our expenses are normally \$1000 a month. The last 3 months group contributions have been \$42, \$400, and \$80 respectfully. Intergroup is running through its dwindling prudent reserve. Intergroup exists to serve the groups in the Montgomery area and beyond. If the groups do not support Intergroup through contributions, there will be no intergroup. We are exploring options to take electronic payments.

LITERATURE CHAIR | Craig W. | LITERATURE@CENTRALALAA.ORG | Not Present.

The literature committee will not meet in June due to July's meeting being held on June 29th. Next Literature committee meeting will be July 27th, 2024, 10am at Legacies. The committee will be discussing the pamphlet on sponsorship. All are invited to attend.

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

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

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

OTC CHAIR | Patti A. | OTP@CENTRALALAA.ORG | Present.

Old Timers' Celebration

Saturday, Sept 7th

Landmark Church

-Have held 2 committee meetings, well attended, but still eager to have as much help as we can get, especially with setup and cleanup. Next meeting, Sun June 23 1:15 Happy Hour

-Providing Bbq, water, coffee, and tea, asking guests to bring sides/desserts.

-Panel of 4 speakers

-Will distribute fliers to district, each AA group and hand deliver physical invitations to Old Timers within each group.

-Requesting district to distribute funds for our committee can begin paying for expenses leading up to the event.

2024 ALCYPAA Host Committee Report| Dave H. | Present.

GSR SHARING & ANNOUNCEMENTS: None.

OLD BUSINESS: None.

NEW BUSINESS: None.

OPEN SHARING: None.

CLOSING | Becky P. | There being no further business, the meeting was adjourned at 10:30 am with the Responsibility Statement.

NEXT DISTRICT 8 MEETING: | June 29th, 2024, 9:30am. Hybrid meeting

NEXT AREA ASSEMBLY: July 12th-14th 2024 Clarion Inn and Suites- Auburn AL.

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