

# 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.

### Montgomery 81st Anniversary

**Saturday March 8th!**

**Food, Fellowship,  
and Fun**

**Sandy H. Speaking!**

### Go Visit the Central Office

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

### Looking to be of Service?

**Join us!**

**First Saturday of  
the Month**

**Intergroup - 8:00am  
District - 9:30am**

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## EDITORS NOTES

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Dear Readers,

Please enjoy this edition of The POST!

We are looking for many members of our fellowships to write, create, and share their experience, strength, and hope.

Please reach out to me if you want to be apart of this committee!

With love and gratitude,

Natalie M.

Editor, The POST

# OUR COMMON \*MISUNDERSTANDING\*

AND WHEN THIS SEVENTH  
TRADITION BASKET GOES AROUND, I  
WANT EACH OF YOU TO THINK ABOUT  
THE PROMISE THAT ECONOMIC INSECURITY  
WILL LEAVE YOU! BECAUSE IT  
HASN'T LEFT THIS GROUP!  
GOD IS BROKE!  
AND HE NEEEDS  
YOUR HELP!



*All Jokes and Comics Designed by  
(Mid West) Mike D. - PDG*

# *In all of our Affairs:*

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

Tradition two states, “For our group purpose there, but one ultimate authority - of loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

This simply means that we make our decisions collectively as a group through our group conscience. Through all of our voices and the consciousness of all our beliefs, we let God be our one ultimate authority, and speak through us together. For myself, this tradition, and the principle behind, it has been incredibly useful when applied to other areas of my life, such as my family, relationships in general, and my professional life.

I’ll start with my relationship with my significant other. A partnership doesn’t exist without both parties contributing to it. The moment I begin to demand or dominate the relationship, it ceases to be a partnership and becomes something else entirely. In my experience, it definitely cuts God completely out of the picture as well. Personally, I have found success in this area and applying this tradition when I remember that both people involved are two individuals with their own conscience, beliefs, personalities, opinions, and feelings. As well as a multitude of relationship relationships with other people.

So when it comes to everything, from making plans, to just day to day living, remembering all of these things and applying this tradition requires constant consideration, communication, and transparency from both parties. This means no assuming the position as the leader or decision maker for any aress of OUR life together. Consulting the other person before I make plans for the both of us, and making sure I’m not speaking for my partner. This also helps me remember not to criticize them for what they do or demand credit for what I do. On this track, and with the humility that is necessary to practice this, it’s easier to find out common ground of unison with each other and remember that neither of us are in charge.



## *In all of our Affairs Continued:*

I'm also blessed with the opportunity to co-parent my partner's son. There is also the Father and Grandmother heavily involved in his life, that help us co-parent as well. When we began to apply this tradition in all of our individual relationships with each other and we were able to truly let go and let God, all of these relationships were able to truly flourish and grow. My partner and I spent too much time mixed up and trying to govern each other's relationships, with each of the other co-parents. As a result, we continued to bump heads with each other AND them. Today, letting everyone be exactly who they are, myself with each of them, and her with each of them, our co-parenting has a unit never been stronger and true friendships have even able to develop. We celebrate holidays and birthdays together, enjoy spending time with each other, and are able to have individual friendships with each other outside of the parenting realm, which is truly a beautiful thing. His father and I talk on a regular basis and even confide in one another. None of this would've been possible had we continued to try to manage these relationships for the other person.

My profession is another place that applying this principle has been extremely helpful. I'm a supervisor, and my job is quite literally to make sure all of my employees are accomplishing the tasks in the field. One of the biggest mistakes I've made as a leader has been trying to force and demand results from each of my guys. On one end, this was my job and what I was supposed to be doing. But the way I was going about it was extremely ineffective. I left no room for growth, in each of my employees. When my tactic became more in line with this tradition is when I began to see results. I still showed everyone what needed to be done and made sure the standards were clear. But I gave them the freedom to figure out their own ways of going about getting it done. I still corrected their mistakes, but didn't micromanage and gave them the opportunity to grow into it how they needed, as well as the ability to lead and show the newer guys what they had been shown. This allowed me to fall more into the category of the good leader who builds other leaders.

Applying the principle of this tradition, as well as all of the others, has brought much benefit to myself and all of my relationships in my life. For this tradition in particular, I have to remember that in all areas of my life, I'm only a trusted servant. From my work to my personal relationships, I have been graciously given these positions by employers and the other people in my life. I have to try to remember to leave the ultimate authority up to someone more qualified than I am, a loving God.

In Love and Service,  
Colby W.

# Emotional Sobriety

When I first embarked on the path of recovery, I thought sobriety simply meant abstaining from substances. I believed that if I could just remove the external chaos, everything else would fall into place. However, I quickly learned that physical sobriety was just the first step. True freedom—true healing—came when I began to understand and practice emotional sobriety.

One of the biggest lessons in emotional sobriety has been letting go of control. I had spent years trying to manipulate people, outcomes, and situations to fit my expectations. When things didn't go my way, I would spiral into self-pity or anger. Through recovery, I learned that my serenity isn't dependent on how others behave or how life unfolds. Instead, it's rooted in my ability to accept what is right in front of me.

Another crucial part of my emotional sobriety journey has been self-compassion. For so long, I held onto guilt and shame, believing that I was only as good as my worst mistake. Learning to forgive myself—to treat myself with the same kindness I would offer a friend—was transformative. Emotional sobriety means acknowledging my imperfections without letting them define me.

In addition to emotional sobriety, my journey in recovery has also led me to the world of service in AA. Two years ago, I would have told you that service was a necessary evil to stay sober and closer to God. In those two years, I have served my home group, my district, bid and hosted ALCYPAA, and sponsored other women throughout the entire experience.

While I have always struggled with my need for control, my insecurities around how people viewed me, and my fears of failure, I have recently become aware of another challenge—my ego. Through resentment and work in service, I have realized that when I am invited onto committees and positions of service, my ego inflates—a lot. Sometimes to a dangerous extent. This is something I am currently working through.

As part of my daily prayer, I ask to be reminded that my only aim is to be helpful—nothing more, nothing less. And it is not even me being helpful. I am merely a vessel for my Higher Power. Everything I have comes from that spirit of the universe underlying the totality of things.

Today, I continue to work on my emotional sobriety and service daily. It's a lifelong practice, not a destination. There are still moments when fear, frustration, or pride creep in, but now I have tools to navigate them. I remind myself that I don't have to react immediately, that I can seek support, and that my emotions are temporary visitors, not permanent residents.

With Love and Unity,  
Natalie M. - WSIT

# ABOUT: SPONSORSHIP

## *Sponsorship: A Story of Redemption and Recovery*

By Sam N (Sponsor)

Sponsorship in Alcoholics Anonymous is one of the most vital aspects of recovery. It is the bridge that connects one alcoholic to another, guiding them through the book and showing them a new way of life. For me, sponsorship took on a whole new meaning when I met Jacob again—this time under very different circumstances.

Jacob walked into my place of work one day, and I immediately knew it was time to make my amends. In our past life of active alcoholism, I had done him wrong. I had harmed him in ways I deeply regretted, and the Big Book tells us that making amends is a necessary step toward true freedom. But I never expected what happened next.

To my surprise, Jacob was at a point of surrender. Not only did he accept my amends, but he also asked me to take him through the 12 Steps as part of it. This was a first for me—making amends and then immediately being given the opportunity to sponsor the very person I had wronged. I had taken others through the steps before, but this experience was different. It was humbling. It was God at work.

I didn't take Jacob through the steps because of my own wisdom or strength. I simply shared what God had given me through the book of Alcoholics Anonymous and followed the same suggestions that were once given to me. Through this process, I saw firsthand how God restores and redeems.

Today, when I look at Jacob, I see more than just another man in recovery—I see God working in my life. Sponsorship is about carrying the message, being of service, and watching God transform lives—both the sponsee's and the sponsor's.

For those who are hesitant to sponsor, I encourage you to step out in faith. The book tells us that nothing ensures immunity from drinking like working with another alcoholic. Sponsorship is not just about helping someone else—it's about staying sober ourselves and growing spiritually along the way.

Jacob's story, like mine, is one of redemption. And it all started with one moment of surrender.

-Sam N (WSIT)

# ABOUT: SPONSORSHIP CONTINUED

## Jacob's Perspective: A Journey of Trust and Transformation

When Sam offered his amends to me, I felt like God was showing me that he was the person I needed to guide me through the path of recovery. It was clear that he was serious about what he was doing. I had known Sam before, but the man I saw that day was different—it was obvious that whatever he had found was working.

He told me he would pray about it, and a couple of days later, we opened the Big Book together. My sponsor has helped me in ways I never realized I needed help. He has given me a new perspective on life and recovery. The prayers we have shared have been incredibly powerful, and every step we have taken together has been transformative.

Seeing the results in Sam's life inspired me to commit to my own step work. The changes I have experienced give me hope and motivation to keep moving forward. More than anything, I look forward to the day when I can share these experiences with another alcoholic who is still suffering, just as Sam has shared them with me.

-Jacob T.(WSIT)



# 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.

# Under New Management

At the last District meeting on August 3rd, a new District 8 Central Office Manager was elected.

Hi y'all! My name is Patty H. and ... guess what?... it's me! I am the person who you have trusted to keep the doors open at Central Office and to ensure that there is enough literature and chips for everybody. Since I have been elected, I have been busy, but first a bit about me. I got sober in District 8 on March 23, 2001 and my homegroup is the Prattville Downtown Group (affectionately known as PDG). I have been in service since I walked in the doors and have had the privilege of serving in numerous positions in my home group, at District, and at Area. Serving A.A. is probably my favorite thing to do. Giving back what was so freely given to me. And I am so excited for this new role serving you!

## WHAT IS A CENTRAL OFFICE?

**A central office is an A.A. service office that involves partnership among groups in a community — just as A.A. groups themselves are partnerships of individuals. A central office is established to carry out certain functions common to all the groups — functions which are best handled by a centralized office — and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.**

If your group or local AA function has special literature needs, please email me at [MontgomeryCentralOffice@gmail.com](mailto:MontgomeryCentralOffice@gmail.com) and I will do my best to get you what you need. We just got a shipment in this week so we are stocked with books and pamphlets (we are still waiting on our chip order so if you are looking for a certain year, please call the office before you drive in). Central Office is open on Mondays from 10:00 am – 2:00 pm. I apologize if anyone came recently, and the doors were closed. The AC was not working and it was 87 in the office! But it's working now. The address is 828 Forest Avenue, Montgomery AL 36106 and the number is 334-264-4122. But the best way to reach me right now is the Central Office email address.

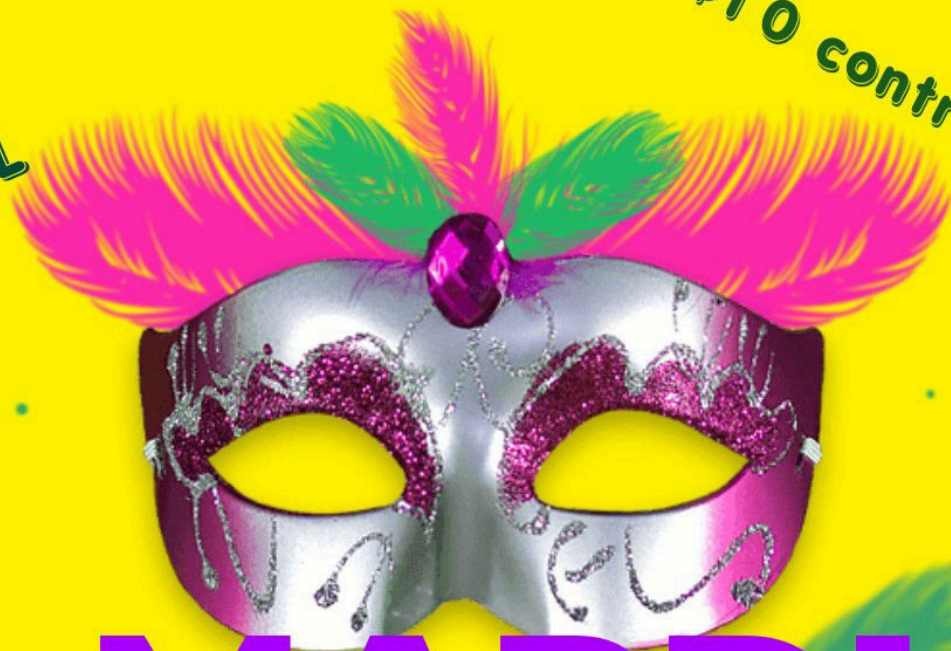
I truly hope that I can live up to your groups expectations and if I don't, I hope you will tell me. I am all about making things right. And remember, Central Office is here to serve our local groups! I want to thank you again for electing me and I am excited to be on this new journey!

Yours in Service, Patty H.  
Central Office Manager  
[MontgomeryCentralOffice@gmail.com](mailto:MontgomeryCentralOffice@gmail.com)



Speaker  
Mark L

\$10 contribution



**MARDI**

*Gras Party*

**March 15th 2025 6pm - 10pm**

Bring a Cajun style dish

**COME DRESSED IN THEME**

1834 I65 Srv Road

East, Millbrook, AL

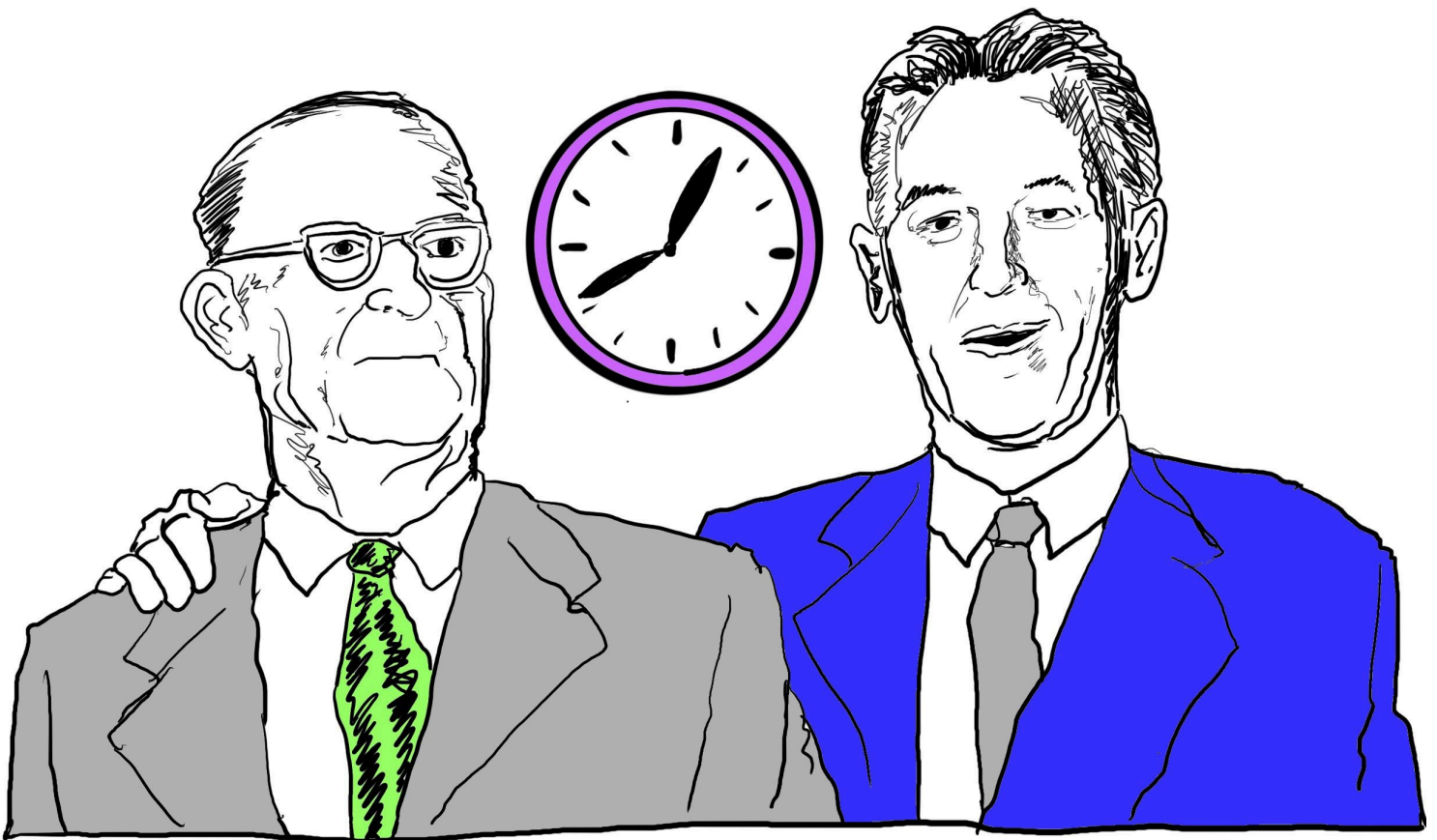
50/50

**Dance**

# ***Bill, Bob, and The AA Time Machine!***

***A short play about AA***

***By the District 8 Archives Committee***



***2pm, Sunday, March 30th***

***At the Legacies Meeting Spot***

***3412 Atlanta Highway***

***Montgomery, AL***





***Spring Into Action***

***at***

**Montgomery's  
81st AA  
Anniversary**

WHEN: SATURDAY, MARCH 8

WHERE: THE ARMORY LEARNING ARTS  
CENTER

1018 MADISON AVENUE  
MONTGOMERY, AL 36104

FELLOWSHIP: 2:00PM

HISTORY & FUN: 3:00PM

FOOD: 4PM

SPEAKER AT 5:00PM: SANDY H. (NORTH  
CAROLINA)

MAR | SAT | 2025  
08

**BRING YOUR FAVORITE CASSEROLE DISH!  
BASKETS & 50/50 RAFFLE**



# 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	
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	N/A		
PI	N/A		

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!



# Home Group History

Looking to  
explore the  
History of the  
23 Home Groups  
of District 8!

Calling all General Service Representatives (GSRs)! I would love to connect with you to discuss the history of your home group and gather some insights about its journey. I have a few questions that can help paint a fuller picture of your group's contributions, challenges, and traditions over the years. If you're willing to share, please reach out to me—I'd love to hear from you and learn more about the heart and spirit of your home group!

1. When and how was your home group founded? (Who were the original members, and what inspired its formation?)
2. Where has your group met over the years, and has the location changed? (If so, why and how did those changes affect the group?)
3. What are some of the biggest challenges your group has faced, and how were they overcome?
4. How has your group grown or changed over time in terms of membership, format, or focus?
5. Does your group have any unique traditions, sayings, or special ways of carrying the message?
6. What do you think makes your home group special, and what keeps members coming back?

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

*Meeting Schedule: February 4, 2025*

**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> R.O.S.S. Recovery Center 925 Forest Ave Montgomery, AL 36106			O-D 6:00 p				
<b>Fellowship Group of AA</b> Grace Church at Bell Road 5 Bell Road (Corner of Bell Rd & Atlanta Hwy)	C-L & BG * 6 p	C-D & BG * 6 p		C-D & BG * 6 p	C-L & BG * 6 p	O-SP 6p	C-D* 2p C-D-W 6p
<b>Grace Group</b> Grace Episcopal Church 906 Pike Road, AL			O-D 6p				
<b>Happy Hour Group of AA</b> 3466 Eastdale Circle (Next to Fortis College)	C-D 6:30 am 12p & 6p	C-D 6:30 am & 12p C-L (12x12) 6p	C-D 6:30 am C-L/BB 12p C-D 6p	C-D 6:30 am & 12p O-D/BG 6p	C-D 6:30 am 12p & 6p <i>O-SP 7p 1st Friday</i>	C-D 12p	C-D 12p O-D/BG 6p
<b>The Legacies Group of AA</b> 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>
<b>Grupo Ayudate a Ti Mismo</b> 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
<b>Living Sober Group of AA</b> Church of the Ascension 315 Clanton Ave. 36104 meeting in the Joshua Commons	C-D 6p		C-L 6p				
<b>Sole Purpose Group of AA</b> Frazer Church 6000 Atlanta Hwy, Room 3103 Montgomery, AL 36117				C-L BB, 12X12 6:30p			C-D 6:30p
<b>Strange Camels Group of AA</b> Immanuel Presbyterian Church 8790 Vaughn Road	C-L 7p	C-D 7p		C-D 7p			
<b>Tradition Three Group of AA</b> First Christian Church 1705 Taylor Montgomery, AL 36117	O-D 11a		O-D 11a		O-D 11a		
<b>We Stopped in Time Group of AA</b> Eastern Hills Baptist Church 3604 Pleasant Ridge Road		O-S/D 8pm YP <b>Temporary Inactive</b>				O-SP/D 8pm YP	
<b>CLANTON</b>							
<b>Clanton Group of AA</b> Church of Christ 111 Lay Dam Rd. Clanton, AL 35045	O-D 7p			O-L 12p		O-D 7p	
<b>GREENVILLE</b>							
<b>Camellia City Group of AA</b> Greenville Housing Authority 601 Beelant St, 30637 334-437-2015	C-D 7p			C-D 7p			

Continued on reverse side

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

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HOPE HULL</b>							
<b>County Hope Group of AA</b> Hope Hull United Methodist Church 305 Wasden Road (Silver trailer behind Church)		O-D 6p		O-BB 6p			
<b>MILLBROOK</b>							
<b>Primary Purpose Group of AA</b> Memorial Center Building 3170 Park Circle	O-D 6p		O-D 6p		O-D 6p		
<b>PRATTVILLE</b>							
<b>Autauga S.O.S. Group of AA</b> St. Mark's Episcopal Church 178 E 4th Street	O-L/BB 12p	C-D 12p		C-D 12p	O-L(12x12) 12p	C-D-W 9a	
<b>Prattville Downtown Group of AA</b> 326 West 5th Street	O-SP 6:30p	O-BG 6:30p	O-D 12p C-D 6:30p	C-L 6:30p	O-SP 6:30p	C-D 12p O-D-CI 6:30p	O-D 12p C-L /12x12 6:30p
<b>SELMA</b>							
<b>Selma Group of AA</b> Courthouse, Alabama Ave & Lauderdale St	O-D 12:30p	O-D 6p	O-D 12:30p	O-D 6p	O-D 12:30p		O-D 6p
<b>Braveheart Group</b> St. Paul's Episcopal Church 210 Lauderdale St	C-D 6p		C-D 6p			C-D 6p	
<b>TALLASSEE</b>							
<b>A New Freedom Group</b> 523 Kent Road (Mt Olive House)	O-D 7p			O-D 7p		O-D 12p	
<b>Tallassee 12&amp;12 Step Study</b> East Tallassee Methodist Church 101 Central Blvd.		O-ST 7p					
<b>THORSBY</b>							
<b>Thorsby Group of AA</b> 20466 US-31 Thorsby, AL 35171			O-D 7:30p				O-D 8a
<b>WETUMPKA</b>							
<b>Wetumpka Group of AA</b> 103 Tuskeena St	C-D * 7p			C-D 7:30 p			
<b>ECLECTIC</b>							
<b>Downtown Eclectic Group</b> 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	HISP = Spanish Speaking	Literature Study (BB, 12/12 or Other)
SP = Speaker	YP = Young People & Young at Heart	LGBT = Lesbian, Gay, Bi Transgender
SM = Smoking	ST = Step Study	* Al-Anon meets Simultaneously
CI = Candlelight Meeting	BG = Beginners	** Alateen meets Simultaneously
W = Women	L = Literature	

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

Feb 1, 2025

# District 8 Meeting Minutes

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**Groups Present** | Groups not Listed. 34 people were present in person and on zoom.

**Opening | Welcome | Jay R.** | The meeting was called to order at 9:31am and opened with the Serenity Prayer. Introductions were done.

## **Reading of the Tradition(s) & Explanation of the Concept(s)**

David H. | Read the Long Form of Tradition 2

Lesley F. | Read/explained Concept 2

**Next Month** - Kimberley | Read Long Form of Tradition 3, Danielle H. | Read/Explain Concept 3

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## **OFFICER REPORTS:**

**SECRETARY'S REPORT | Natalie M. | SECRETARY@CENTRALALAA.ORG | Present**  
Natalie presented the minutes from January. Dave H. motion passes, Colby W. 2nd, Motion Passed.

- ACTION ITEM: Natalie to create a sign in sheet for the district meeting and a email sheet to update the contact sheet.

**TREASURER'S REPORT | Sandra V. | TREASURER@CENTRALALAA.ORG | Present**  
Mary Joyce motioned to accept Sandra gave, motioned to accept, Danielle H. 2nd, Motion passes.

### **DCM | Jay R. | DCM@CENTRALALAA.ORG | Present**

- Attended Area Assembly in January.
  - Went to CPC and PI mostly
  - Tons of committee meetings and information being shared with all of the different districts.
- Present for the DCM reports on Sunday Morning.
- The Second Edition of the Plain Language Big Book is now available.
- Big Books are now \$11 across the board.
  - This is an increase
- Area Convention lost around \$7000.
- Did have our business meeting on sunday
- Only one motion, but it was withdrawn
- discussion about voting paper/electronic?
- Still in conversations
- We need to find a new locations because there are alot of issues with the current one.



- Group assignments for pre conference
- Sunday and Monday there will be a pre conference workshop via zoom
- The next area assembly will be the pre conference assembly.
- It needs to be a whole home group working on this together with our gsr
- This is to better inform our delegates
- You are sacrificing your voice if you are not participating
- Zoom Id 872-1136-8681 password 1935
- Sunday and Monday are exactly the same
- 7:00pm
- April 4th - 6th
- 

**ALTERNATE DCM | Open Position. | [ADCM@CENTRALALAA.ORG](mailto:ADCM@CENTRALALAA.ORG) | N/A**

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### **COMMITTEE REPORTS:**

#### **PROGRAM CHAIR | Les H. | [Program@centralalaa.org](mailto:Program@centralalaa.org) | Present**

- Les asked Natalie M. to do the program on the Grapevine App and YouTube Account.
- She shared a Powerpoint she had created highlighting the apps features and showed us how she personalized the app to her! The Youtube channel is very active and could be used as a great resource for accessibility.

#### **ARCHIVES CHAIR | Walter C. | [ARCHIVES@CENTRALALAA.ORG](mailto:ARCHIVES@CENTRALALAA.ORG) | Present**

- Had a meeting last month at Happy Hour, cataloged a lot of the archives we have currently.
- Collected some things from the Chisholm Group, when that group closed.
- Happy Hour - that is where the archives have traditionally been housed.
  - Some of the Archives are now at the Central Office as well.

After the noon meeting here at Legacies, we are going to be doing our Archives Committee meetings.

- Over the next couple of meetings, we will be going over what we should be doing individually at our homegroups to help archives.

#### **CORRECTIONS CHAIR | Mary Joyce M. | [CORRECTIONS@CENTRALALAA.ORG](mailto:CORRECTIONS@CENTRALALAA.ORG) | Present**

- The next Committee Meeting is February 15th.
  - It will be at The Legacies Group, in person and hybrid via zoom.
- Expressed a desperate need for men who are willing and able to carry the message to Montgomery County.
  - There need to be two men going at a time.
- There are currently a few women going out to Montgomery Detention Facility
- Maxwell Meeting is going great, Ray H has been the one carrying that meeting.
- February 23rd at PDG is hosting a PREA training at 3:30pm.

- February 4th and February 6th is the next Mt. Meigs training to be able to get into that facility.
  - This is so you can take meetings into Tutwiler.
  - The requirement is at Least a year of sobriety and you've worked the steps
- Working on getting back into Elmore County Jail.
- There are many different requirements for different facilities
  - ACTION ITEM - Send the Requirements and Training Information to the website to push this information out to our district

**CPC CHAIR | Michelle C. | CPC@CENTRALALAA.ORG | Present**

- We had the first Committee meeting on January 18th.
  - We had 10 people attend in person and 1 person on zoom.
- Kayton W. is now the secretary of this committee.
- Craig M and Jay R came to help explain the difference between CPC and PI.
  - They also brought some information from the Area Assembly about this committee.
  - Patrick P. is the CPC Chair at the Area Level.
- Asked the CPC Group Reps to ask their group to purchase a kit to help their rep with this committee.
  - All Committee Kits are also all digital.
- The next meeting is February 15th at 9:00am
  - There is not a sobriety requirement to be of service.
  - We are beginning with reading in the work book.

**GRAPEVINE CHAIR | OPEN | GRAPEVINE@CENTRALALAA.ORG | N/A**

- She went to Area Assembly to attend Grapevine and Literature Committee Meetings
  - Suggested that we chair meetings out of grapevines and pamphlets.
- Any left over or old Grapevines should place them in your communities to be accessible to the still suffering alcoholic.
- Emphasized using the Grapevine App.

**INTERGROUP/CENTRAL OFFICE | Mitchel F. | INTERGROUP@CENTRALALAA.ORG | Present**

- The Montgomery 81st Anniversary is coming up on Saturday March 8th. This will be at the Learning Arts Center, 1018 Madison Ave.

**\*\*ACTION ITEM for Secretary: SPLIT The Intergroup and Central Office Reports.\*\***

**CENTRAL OFFICE | Patty H. | MONTGOMERYCENTRALOFFICE@GMAIL.COM | Present**

- The Central Office will be open Mondays and Wednesdays 10:00am - 2:00pm.
- Open 1 Saturday out of the month. It will be open on the Saturdays after Intergroup and District
- We are working on different forms of payment to be able to receive payments electronically.
- Working with David to revise the volunteer work book.
- Everyone needs to be on the email list!

**LITERATURE CHAIR | OPEN | LITERATURE@CENTRALALAA.ORG | Not Present.**

- No Report.

**PI COMMITTEE CHAIR | OPEN. | PI@CENTRALALAA.ORG | OPEN**

- No Report.

**TREATMENT CHAIR | Sam N. | TREATMENT@CENTRALALAA.ORG | Not Present.**

- Next Meeting is on February 15th at 10:30am.
- Looking into the accessibility part of the committee.

**WEBSITE CHAIR | David H. | WEBCHAIR@CENTRALALAA.ORG | Present**

- Website committee meets the last Saturday of every month at 115 at legacies on on zoom with the district id.
- We elected a co chair and secretary.
- We will be holding a workshop February 22nd at 115 at legacies.
- District committee chair people or officers. If you need help with your [centralalaa.org](http://centralalaa.org) email please reach out.
- Please continue to send in your events and any meeting updates to the website or email the [webservat@centralalaa.org](mailto:webservat@centralalaa.org)

**OTC CHAIR | Abby F. | OTC@CENTRALALAA.ORG | OPEN**

- This committee is going to start meeting next month.

**2024 ALCYPAA Host Committee Report | OPEN | N/A**

- There is an ongoing FlorAabama Bid for SERCYPAA. Ask Mitchell F. how to join this committee.
- GUMPYPAA Bid for ALCYPAA meets 3rd Saturday of each month.

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**GSR SHARING & ANNOUNCEMENTS:**

- GSRs need to see Jay R (DCM) to get access to their Pre-Conference assignments.
- Millbrook Primary Purpose 10th Anniversary Celebration will be Saturday, March 22nd; 4:30 welcome and fellowship; 5:00 eat and raffle; 6:00 speaker Barry S. Memorial Center Building, 3170 Park Circle Millbrook, AL 36054. Main dish will be provided, bring a side or dessert
- Fellowship Anniversary is February 15th. Sam M. will be their speaker!
- PDG has their Eat and Speak Meeting on Saturday April 19th.

**OLD BUSINESS:**

- Open Positions
  - ALT DCM, PI,

**\*\*Action Item\*\*** - Put the District Handbook on the District Website

- YPAA reports will now just be open sharing, not an actual position.

- OTC is actually filled, this can be removed from open positions. .

**NEW BUSINESS:**

- No New Business.

**OPEN SHARING:**

- Natalie M. the Post Editor asked everyone to find some members of their homegroup to find people who are willing to write and contribute to the Post.

**CLOSING | Jay R. | Closed with the Responsibility**

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**NEXT DISTRICT 8 MEETING:** | March 1st at 9:30am.

**NEXT AREA ASSEMBLY: Friday April 4th - Sunday April 6th**

**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

## Intergroup Meeting February 2

Meeting Began at 8:00am

Opened with the serenity prayer

Attendance: Les, Walter, Scotty G., Sandra V., Patty H., Natalie M., Jamie B., Katyn, Cushing, Dave H., David H., Joe W., Josh, Ashley, Craig, Mitchell, Kent, Katrina, Abby, Ross

Secretary Report - Mike D

- Minutes accepted from Jan 5.

Treasurer Report - Sandra V -

- Accepted.

Central Office Report - Patty H.

- Open Mon and Wed 10am-2pm and on Intergroup Saturdays from after District until 12pm.
- If you need to pick up literature at another time, please contact Patty and she can meet you there (334) 301 3311
- Looking into Venmo or some electronic way to give contributions for donations to Central Office.
- Central Office is looking for opportunities at groups and events to do literature sales.
- Patty does a weekly meeting online with Central Office managers from all over the country.
- The Montgomery AA Intergroup Central Office is located at 828 Forrest Ave, Montgomery, AL

Board Chair - Les H.

- Met on January 19th.
- Looking into defining the roles and responsibilities.
- Nominations to the board are done from the Intergroup.
- No current open positions for the board.

POST - Natalie M.

- Got the new POST out in print.
- It will be emailed out soon.
- Please contribute!

24 Hour hotline/12 Step Committee. David H. -

- Next meeting on February 23 and every last Saturday of the month from 1-2 PM at Legacies and online.
- See the Centralalaa.org Calendar for the link and info.
- No slots currently available for the hotline.
- The 12 Step list is still being compiled. If you would like to be on the 12 Step list, please contact David H. webchair@centralalaa.org (334) 777-4158.

Website Report - Abby F.

- Meeting last Saturday of the month, Feb. 22, at 1:15 at Legacies meeting space and on the Intergroup Zoom. It's on the calendar at Centralalaa.org



Anniversary - Jessica H.

- March 8th, The Armory Learning Arts Center.
- Next meeting will be Feb 9th at 1:30 at Legacies meeting space.
- If you would like to support the Anniversary send a check to Intergroup or make a basket.

Alcathon - Natalie M.

- It went great!
- Get on the email list.

Friends of Bill W. -

- Next meeting Feb. 23 at 2:30 at Legacies Meeting place.
- Will have elections at the next meeting.

Intergroup Rep Reports -

- Scotty G. Clanton group - March 8th Anniversary from 5:30-8 at Clanton Church of Christ bring a dessert or side.
- Lee B. Happy Hour Eat and Speak this Friday 6-8pm. Also the first Friday of every month.
- Mike WSIT - trying to increase the funds to the Central office from WSIT.
- Kayton Strange Camels - Strange Camels was concerned about Intergroup operating in the deficit and how events were being funded.
- Ross - Thorsby is having an anniversary some time in the next few months. The details of which are forthcoming.
- Kent - Tradition Three Group. Need to get the Saturday meeting off of the pdf that is on Centralalaa.org website.
- Jessica - PDG, next PDG briskness meeting will be Thursday, February 13th.

Old Business - N/A

New Business - N/A

Open Sharing -

- Les - there are some concerns about Intergroup supporting events.
- Cushing - Any committee in Intergroup is not separate, but is part of Intergroup and directly responsible to Intergroup. We do not earmark funds in AA.
- Mitchell - We give contributions not donations in AA.
- Patty - Maybe Intergroup should form an ad-hoc committee to define responsibilities for event committees?
- Les - recommends that there be an Intergroup board member sit in on each of the committee as an advisor.
- Mitchell - Is going to create an ad-hoc committee to define responsibilities and guidelines for the event committees.

Meeting closed at 9am

Next Meeting March 1st here at Legacies 8am