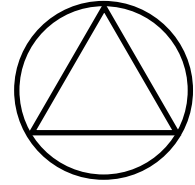


The Post

POWER OF SOBER THOUGHT



Sept/Oct 2018 Web Version

Volume 14 Issue 9/10

ATTENTION

The Montgomery Intergroup Central Office Board of Directors announce upcoming elections at the November Intergroup meeting.

The Board normally has 9 Board Members with 3 member rotating out and three new Board Members rotating in each year for a three year term. We are looking for three (3) new Board members to rotate into the Board as of January 2019.

These are exciting times at Intergroup. Now is your chance to contribute to the changing future of the structure

and scope of Intergroup's mission. We are in the process of updating the Intergroup By Laws and helping the Intergroup Membership (Your Group) in creating an operational process for ensuring our Montgomery Intergroup's continued success helping support the area AA Groups spread the AA message.

INTERESTED?

Might want to check out the next Board meeting! Sat, Oct 20th, 1:00 pm at the Legacies Group, 3412 Atlanta Hwy, Montgomery, 36109. Otherwise, please attend the next Intergroup meeting, Sat, Nov 3rd, 8:00am at the Legacies Group.

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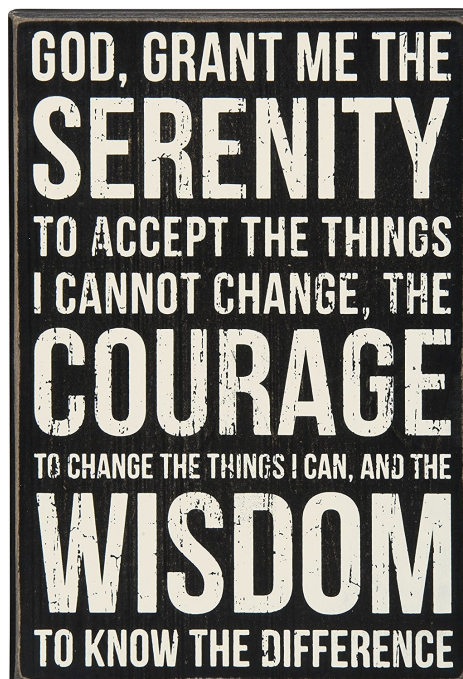
New Page Arrangement Starting This Issue! The Area Meeting Schedule is now in the front for easier access, especially for our newcomers!

WOULD YOU LIKE TO VOLUNTEER OR CONTRIBUTE TO THE POST? TO GET INVOLVED, CONTACT US AT Post.Editor@centralalaa.org

HISTORY FEATURE - SEPTEMBER THE SERENITY PRAYER

In District 8 the Serenity Prayer is something we hear at the beginning of each meeting. Early in sobriety we are taught to use the prayer when we are disturbed. The ideas expressed in the prayer were not something instinctually for me. The idea that I could not change something much less accept and be serene about it was not in my tool box while drinking. My first sponsor suggested I try it. It had worked for him and he did seem a lot calmer than me. As I stayed sober my curiosity about the prayer grew. Where did it originate, how old was it, etc. Below are some of the things found in our literature plus information from other online sources about the prayer's history. Hint: its origins have not been really nailed down.

First, let's look at its origins within AA. Early in 1942, according to Bill W. in A.A. Comes of Age, a New York member, Jack, brought to everyone's attention a caption in a routine New York Herald Tribune obituary



that contained the Serenity Prayer. Everyone in A.A.'s office on Manhattan's Vesey Street was struck by the power and wisdom contained in the prayer's thoughts. "Never had we seen so much A.A. in so few

THE POST is published to improve communication between local A.A.® groups and encourage the participation of A.A. members in services and activities that promote sobriety. Opinions expressed in letters and articles are those of the authors and do not indicate endorsement by Montgomery Area Intergroup Central Office or Alcoholics Anonymous®.

CONTACT US

Montgomery Area
Intergroup Central Office
Office Hours:
Monday 10 A.M.–2 P.M.
828 Forest Avenue
Montgomery, AL 36106
24/7 Answering Service
(334) 264-4122

E-MAIL ADDRESS

Intergroup@centralalaa.org

Contributions for print subscriptions are encouraged.

For email subscriptions contact:

Post.Subscription@centralalaa.org

MARK YOUR CALENDAR



INTERGROUP MONTHLY MEETING

SATURDAY, NOVEMBER 3, 2018

8:00AM @ LEGACIES GROUP

3412 ATLANTA HWY, MONTGOMERY, AL 36109

DISTRICT 8 MONTHLY MEETING

SATURDAY, NOVEMBER 3, 2018

9.30AM @ LEGACIES

3412 ATLANTA HWY, MONTGOMERY, AL 36109

PRATTVILLE DOWNTOWN QUARTERLY EATING MEETING

OCTOBER 20, 2018

4:00 - WELCOME

5:00 – EATING (POTLUCK)

6:00 – RAFFLES & 50/50

6:30 – OPEN A.A. SPEAKER MEETING: ASHLEY M., EUFAULA, AL
PRATTVILLE DOWNTOWN GROUP

326 W FIFTH STREET
PRATTVILLE, AL 36067

ALCYPAALICS IN DRAG-TION!

OCTOBER 20, 2018 6:00 PM – 10:00 PM

6:00 - WE STOPPED IN TIME A.A. MEETING

7:30 – THE WOMANLESS BEAUTY PAGEANT

ALL FUNDS WILL GO TO SUPPORT THE 2018 ALA. CONFERENCE
OF YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS (ALCYPAA)

TURENNE PHARMEDCO EDUCATION ROOM

355 INDUSTRIAL PARK BLVD

MONTGOMERY, AL 36117

DAILY REFLECTIONS GROUP MEETING CHANGES

ALL MEETINGS CANCELLED WHILE THE GROUP SEARCHES FOR A
NEW MEETING PLACE

MORE EVENTS & INFO:

[HTTP://WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/](http://www.centralalaa.org/unity/upcoming-events/)

PLEASE NOTE NEW EMAIL ADDRESSES:

Montgomery Area Intergroup Central Office

Intergroup@centralalaa.org

Post Editor

Post.Editor@centralalaa.org

Post Subscription Requests or Questions

Post.Subscription@centralalaa.org

The Post Committee

Editor/Coordinator—Oni S..

Editorial Advisor—Keith P.

Copy Editor—Keyton L.

Composer—Matt S.

Distribution—Keith P.

Departments

History—Trei J.

Español Spoken Here—Oni S.

Steps—Joni G.

The Concepts—Travis M.

The Traditions—Vicki S.

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Events Recap— *Service Opportunity*

Literature—*Service Opportunity*

Mark Your Calendar— *Service Opportunity*

Sober Parenting— *Service Opportunity*

Photography—*Service Opportunity*

Behind the Bars— *Service Opportunity*

We welcome your assistance!

To get involved, contact us at

Post.Editor@centralalaa.org

www.centralalaa.org

Your District 8 online

www.aaarea1.org

Your Area 1 online

www.centralalaa.org/unity/intergroup/literature/

Literature at Central Office

The initials A.A. and the name Alcoholics Anonymous are registered trademarks and should be followed by the ® mark, to comply fully with trademark law.

A.A. World Services and the Grapevine have registered a number of trademarks and logos, and the guidelines for using them are based partly on legal considerations and partly on the nature of A.A.

The following is a complete list of registered trademarks and service marks that symbolize Alcoholics Anonymous, its work and its purpose: A.A.; Alcoholics Anonymous; The Big Book; Box 4-5-9; The Grapevine; A.A. Grapevine; GV; Box 1980, LaVina.

Updated: September 6, 2018

Group / Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY							
12 Steps Group of AA Heritage Baptist Church 1849 Perry Hill Road, 36106 (Meeting in Room 127)		C-D-ST-BG 6p					
A Vision for You Group of AA Baptist Health Training Entrance 2010 Normandie Dr., 36111			O-D 7p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Blvd., 36108						O-D 1:30p	O-D 1:30p
Chisholm Group of AA 1409 Federal Drive, 36107	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-S 6p
Fellowship Group of AA Grace Church at Bell Road 5 Bell Road, 36117 (Corner of Bell Rd & Atlanta Hwy)	C-L & BG * 6p	C-D-BG * 6p		C-D-BG * 6p	C-L & BG * 6p	O-S 6p	C-D* - 2p C-D-W - 6p
Happy Hour Group of AA 3466 Eastdale Circle, 36117 (Next to Fortis College)	C-D - 6:30a C-D - 12p C-D - 6p	C-D - 6:30a C-D - 12p C-L - 6p	C-D - 6:30a C-L - 12p C-D - 6p	C-D - 6:30a C-D - 12p O-BG - 6p	C-D - 6:30a C-D - 12p C-D - 6pm 1 st Friday O-S - 7p	C-D 12p	C-D - 12p O-D - 6pm
The Legacies Group of AA 3412 Atlanta Highway, 36109 (Enter off Forest Hills Drive)	C-D - 12p C-D - 6p	C-L 12p	C-D - 12p O-S - 8p	C-D 12p	C-D - 12p C-D-CL - 8p	C-D 12p	C-D 9a
Living Sober Group of AA Mental Health America 1116 South Hull Street, 36104	C-D 6p		C-D 6p				
Sole Purpose Group of AA 22 North California Street, 36107	C-D 7:30p			C-L 7:30p			C-D 7:30p
Strange Camels Group of AA Immanuel Presbyterian Church 8790 Vaughn Road, 36117	C-L 7p	C-D 7p		C-D 7p			
Tradition Three Group of AA Bradford Health Services 386 St. Luke's Drive, 36117	O-D 11a	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
We Stopped in Time Group of AA Unitarian Universalist Fellowship 2810 Atlanta Highway, 36109 (Enter at back off Dunn Drive)		O-D-YP 8p				O-D-YP 8p	
CLANTON							
Clanton Group of A.A. Trinity Episcopal Church 503 2 nd Ave. S, 35045	O-D 7p			C-L 12p		O-D 7p	
GREENVILLE							
Camellia City Group of AA Greenville Housing Authority 601 Beeland St, 36037 334-437-2015 or 334-662-7129	C-D 7p			C-D * 7p			
HOPE HULL							
County Hope Group of AA Hope Hull United Methodist Church 305 Wasden Road, 36043 (Silver trailer behind church)		O-D 6p					
MAPLESVILLE							
Maplesville Group of AA Highway 139, PO Box 231, 36750					O-D 8p O-S 3 rd Fri.		C-D 8p

<http://www.centralAA.org/recovery/AA-meeting-list/>

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

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Group / Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene 3251 Browns Road, 36054 (In the Fellowship Hall)		O-D 6p		C-D 6p			
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 East 4th Street, 36067	O-L 12p	C-D 12p		C-D 12p	C-D 12p	C-D-W 10a	
Prattville Downtown Group of AA 326 West 5th Street, 36067	O-S 6:30p	O-BG 6:30p	O-D - 12p C-D - 6:30p	C-D - 6:30a C-L - 6:30p	O-ST-S 6:30p	C-D - 12p O-D-CI - 6:30p	O-D - 12p C-ST - 6:30p
SELMA							
5th Tradition Group of AA West End Baptist Church 504 Cahaba Rd., 36701					C-D 6:00p		
Selma Group of AA Dallas County Courthouse 105 Lauderdale Street, 36701	O-D 12:30p	O-D 6p	O-D 12:30p	O-D 6p	O-D 12:30p		O-D 6p
Braveheart Group of AA St Paul's Episcopal Church 210 Lauderdale Street, 36701	C-D 6p		C-D 6p				
TALLASSEE							
Ray of Hope Group of AA Kent Community Center 2872 Kent Road, Kent, AL 36078	O-L 7p		C-D 7p		O-D 7p		C-D 3p
12&12 Group of AA E. Tallassee United Methodist Church 101 Central Blvd, Tallassee 36078		O-ST * 7p					
UNION SPRINGS							
An A.A. Group Bradford Health Services 102 Conecuh Ave, West, 36089 (In Bullock County Hospital)	O-D 7p		O-D 7p				
WETUMPKA							
Free World Group of AA Elmore County Extension Office 340 Queen Anne Road, 36092 (Metal Outbuilding)							O-D 6p
Wetumpka Group of AA 103 West Tuskeena St., 36092	C-D * 7p						

Montgomery Intergroup provides this schedule of A.A. group meetings in this service area to member groups, individual A.A. members, and appropriate interested parties. A listing in this schedule does not imply approval or endorsement of any group's approach to or practice of the traditional A.A. program.

LEGEND			
O = Open Meeting <i>Anyone interested in the A.A. program may attend.</i>		C = Closed Meeting <i>Limited to those with a drinking problem and a desire to stop drinking</i>	
D = Discussion Meeting	Sp = Speaker Meeting	L = Literature Study (BB, 12/12, etc.)	St = Step Study
Cl = Candlelight Meeting	W = Women's Meeting	LGBT = Lesbian, Gay, Bi, Transgendered	BG = Beginners Meeting
Sm = Smoking Permitted	YP = Young People & Young at Heart	* = Al-Anon Meets Simultaneously	** = Alateen Meets Simultaneously

Montgomery Intergroup Central Office
828 Forest Avenue, Suite A, Montgomery, AL 36106
Open Mondays from 10 am until 2 pm.

www.centralalaa.org • Email Intergroup@centralalaa.org

<http://www.centralalAA.org/recovery/AA-meeting-list/>

Montgomery Intergroup Central Office 24/7 Hotline 334-264-4122
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HISTORY FEATURE - SEPTEMBER THE SERENITY PRAYER *Continued from page 1*

words," Bill writes. Someone suggested that the prayer be printed on a wallet-sized card to be included in every piece of outgoing mail. Ruth Hock, the Fellowship's first secretary, contacted Henry S., a Washington D.C. member, and a professional printer, asking him what it would cost to order a bulk printing. Henry's enthusiastic response was to print 500 copies of the prayer free of charge. "With amazing speed," writes Bill, "the Serenity Prayer came into general use and took its place alongside our two other favorites, the Lord's Prayer and the Prayer of St. Francis.

So, what are the origins of the Serenity Prayer itself? The exact origin of the prayer is shrouded in mystery. Moreover, every time a researcher appears to uncover the definitive source, another one crops up to refute the former's claim, at the same time that it raises possible new facts.

What is undisputed is the claim of authorship by the theologian Dr. Reinhold Niebuhr, who recounted to interviewers on several occasions that he had written the prayer as a "tag line" to a sermon he had delivered on Practical Christianity. Yet even Dr. Niebuhr added at least a touch of doubt to his claim, when he told one interviewer, "Of course, it may have been spooking around for years, even centuries, but I don't think so. I honestly do believe that I wrote it myself."

Bill even writes in the A.A. comes of Age, "No one can tell for sure who first wrote the Serenity Prayer," writes Bill in A.A. Comes of Age. "Some say it came from the early Greeks; others think it was from the pen of an anonymous English poet; still others claim it was written by an American Naval officer....". Other attributions have gone as far afield as ancient Sanskrit texts, Aristotle, St. Augustine, St. Thomas Aquinas and Spinoza. One A.A. member came across the Roman philosopher Cicero's Six Mistakes of Man, one of which reads: "The tendency to worry about things that cannot be changed or corrected."

The search for the origins of the prayer has been like the peeling of an onion. For example, in July 1964, the A.A. Grapevine received a clipping of an article that had appeared in the Paris Herald Tribune, by the paper's correspondent in Koblenz, then in West Germany. "In a rather dreary hall of a converted hotel, overlooking the Rhine at Koblenz," the correspondent wrote, is a tablet with words attributed to an 18th century priest. The following words can be found on the tablet.

"God give me the detachment to accept those things I cannot alter; the courage to alter those things I can alter; and the wisdom to distinguish the one thing from the other."

Trei J., Strange Camels Group

HOME
GROWN

IT'S NEVER TOO EARLY

The experience of getting sober at a young age is probably not much different than getting sober later in life. At first, it really, really sucks. I don't necessarily think that it's better or worse. I truly believe that the overwhelming feelings of terror, bewilderment, frustration, and despair are equal for every hopeless drunk looking for a way out. The circumstances of my life as a young person may have been different from older members of our fellowship, but my soul sickness that ate away at me was not unique at all. However, I can only speak from the perspective of getting sober at 22- so far.

Being young and sober in A.A. was not a part of my plan. I was not glad I was here in any way. I did no drinking until the age of 19, and in two short years I had completely burned my "life" to the ground when given the first opportunity to run it myself. It was humiliating. In 24 months I had managed to drink everything and everybody worthwhile away. And on top of all that, as punishment for my actions- I have to stay sober for the rest of my life. This is honestly how I viewed it as a newcomer. Luckily, I had no friends left, was unemployable, and a college dropout who was living completely off of the charity of my family. Thank God for that. If I had come to A.A. on a winning streak I would not have stayed or listened to anything anyone said.

All I was at first was willing. I was willing to take I actions I didn't believe would work, and follow directions of a sponsor. I knew I was down for the count if I didn't surrender. I had felt the first nip

of the wringer. But, what I was afraid of most, was the idea of never drinking ever again. The idea of walking through life with no anesthetic for the way I felt was horrifying to me. So far, the substitute in the fellowship of Alcoholics Anonymous and the design for living laid out in our Big Book has been more than sufficient. It has produced a contentment in me that booze was never able to touch. I have been fortunate to be spared decades of misery in exchange for continuing to take simple steps every day. No matter what age you are when you get here, I can report that it works.

What I've had the hardest time giving up in my sobriety are my little plans and designs for the future. I doubt my experience is much different from any sober young person in our fellowship. It's so easy to get ahead of myself and start thinking of goals for 5 years from now, 10 years from now, or even 20 or 30 years in the future. I constantly have to remind myself that this is a one day at a time program and if I'm not actively engaged in today and seeking God's will for me in the present moment, then there will not be a future to look forward to at all. What I've experienced in A.A. is that my will is what I want. And God's will for me is what I get. And what I've got today is infinitely better than the life I lived before. I'm grateful that is was never too early for me to admit I was licked and start a new way of life.

Jay W., Legacies Group

HOME
GROWN

The Legacies Group Now Has a Saturday 12 Noon Closed Meeting

STEP NINE

Made direct amends to such people wherever possible except when to do so would injure them or others.

I decided when I was new to recovery that the 9th step was one I wouldn't or didn't need to complete. I wasn't one who was always "sorry" for what I did or said. I would justify my behavior or attempt to forget certain things ever happened. The steps are written in order for a reason. Each step prepared me for the next step. I would not have been able to make amends to people I had harmed without the previous steps to help me develop a relationship with a God of my understanding, begin to have the faith necessary to work the next step, become aware of my character defects, and develop some degree of humility, willingness, and acceptance of my personal responsibility. After making my 8th step list, it was time to take action to repair the damage I had done. I was to make direct amends to people I had harmed unless doing so would further hurt them. Although there was some fear involved, with a sponsor's help, I started making amends to those I was willing to make at that time. Trusting God, trusting the process. There were some amends I wasn't even close to being willing to make. It was important to not only be willing but also to have the proper attitude. Fear, pride and ego was still tied up in many of them so I continued to pray for willingness. For those people I felt had done me wrong, I was to disregard their part entirely. I was only there to talk about my own behavior. My amends would not be effective if I was still angry and defensive. Some of those took time. Although not all have been ready to hear

my amends, I remain willing, and if the opportunity presents itself, I'll be ready. The Big Book tells us our purpose is to fit ourselves to be of maximum use to God and the people about us. I cannot be of much use to others if I am still full of shame, guilt, and remorse and haven't cleaned up my side of the street. This step helped me begin to forgive myself and others and begin to let go of the shame, guilt and remorse I had been carrying for so long.

This is the step that has given me peace of mind and freedom from the past. Although some of the promises had already started to materialize, I began to experience the promises of the program on a deeper level after making some amends. Step 9 helped me rebuild relationships that had been damaged — relationships that could continue to move forward based on love and trust. I often hear that it gets better, but it was me who was getting better. My selfish behavior was being replaced by real concern for other people. I've learned I can make direct amends for past behaviors, however, if my behaviors don't change and I continue treating people the way I used to treat them, the amends mean little. It's important for me to continue to show them I'm trying to be a better person. The amends process was completed for some, but for others, such as my family, hopefully it will continue for as long as I live. As our literature states, there is a long period of reconstruction ahead.

Joni G., Prattville Downtown Group

<http://www.centralAA.org/recovery/twelve-steps/>

HOME
GROWN

TRADITION NINE

Long Form- Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

Short Form- A.A., as such, ought never be organized; but we may

create service boards or committees directly responsible to those they serve.

"You're not the boss of me", but if I want to live and continue this way of life I have to follow a few simple rules; same with the group. AA is unique in the fact that no one nor a group can govern, be it to punish someone, deny membership, or enforce penalties. Headquarters in NY even adds the sentence, "Of course you are at perfect liberty to handle this matter any way you please, but the majority experience in AA does seem to suggest..." Alcoholics like me are rebels and hate being told what to do. Great suffering and great love are AA's disciplinarians, we lean on others. We are elected to hold a position in the spirit of service not vested authority. Those positions are rotated. We must be animated only by the spirit of service. A true fellowship.

Vicki S., The Legacies Group

<http://www.centralAA.org/unity/the-twelve-traditions/>

HOME
GROWN

THE NEXT ALABAMA/NW FLORIDA AREA ASSEMBLY OCTOBER 11-13, 2019

MORE INFO ON AREA 1 WEBSITE [HTTP://WWW.A.A.AREA1.ORG/](http://www.A.A.AREA1.ORG/)

CLARION INN & SUITES HOTEL

1577 S. COLLEGE STREET

AUBURN, AL 36830

CONCEPT IX

“Good Service Leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.”

A.A.'s service structure has been carefully designed to operate in principles and relationships. No matter how carefully the structure of an organization is designed it is absolutely vital for good leadership to guide it. This is the constant struggle the service structure of A.A. faces. As good leadership can be fleeting it is important that we continuously seek the right people for the many service positions in A.A.

At the base of our structure are several thousand G.S.R.'s, several hundred area committee members, and almost a hundred delegates. These individuals represent the voice of the A.A. groups. Therefore when electing these individuals we should set aside our personal desires and controversy. Our main focus should be to elect the best qualified people we can for the job. The Third Legacy method of naming delegates has been by a two-thirds vote or by lot. So far this has proven to be the most effective method as it reduces political friction and generally

produces people with high competency and dedication.

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Bill Wilson's goal when writing this concept was to strengthen the composition of future leadership in A.A. He was Developing the 12 concepts after the 1955 St. Louis Convention so that when he and Dr. Bob stepped down from general service A.A. would assume their former duties and responsibilities. It was paramount that A.A. be able to function independent of any individual leadership.

Principles before personalities. We end almost each meeting with the 12th Tradition. We say it so frequently that it may get lost in translation. Willing and dedicated leadership is vital for the continued success A.A. Of course we will run into disagreements with our fellows. We'd hardly be human with out it. However when it comes to electing our trusted servants we must make sure that we consider the devotion and skillset of an individual regardless of any ill feelings. That is what principles before personalities means. It's our responsibility to ensure the future of A.A. rests in the capable hands of diligent trusted servants.

Travis M., WSIT (We Stopped In Time)

<http://www.centralAA.org/service/twelve-concepts/>

HOME
GROWN

STEP TEN

Continued to take personal inventory and when we were wrong promptly admitted it.

The promises of the 10th step include that we'll cease fighting anything or anyone, even alcohol, that we've been placed in a position of neutrality—safe and protected.....as long as we keep in fit spiritual condition. How do I do that? Alcohol is cunning, baffling, powerful and very patient and will sneak back up on me if I don't continue to grow. The previous steps helped me see the truth of my behavior, accept personal responsibility, and make amends for harms done. Step 10 is the first of the maintenance steps and helps keep me away from that first drink by making self-examination a daily practice. My problem was not just learning how not to drink. My problem was dealing with life on life's terms. Step 10 gives me a plan to cope with life when I don't think it's treating me right. It's a plan that works if I work it.

There are clear instructions in the Big Book. Do I follow the instructions all the time? Certainly not, but I'll keep trying. It says that "every time we are disturbed, no matter what the cause, there is something wrong with us." I never liked that much but found it to be true. When I'm disturbed, I can do a spot check inventory watching for selfishness, dishonesty, resentment and fear. When these appear, I ask God to remove them, discuss with someone immediately, make amends quickly if I have harmed anyone, then turn my thoughts to someone I can help. That's what I should do all the time, but as I've said, I don't always follow instructions. They're really fairly simple. I

find that when I do, it quiets the disturbance and keeps me in emotional balance. Most evenings, I'll review my day and see what I could have done differently, what do I need help with, where was I wrong. I don't like to see I'm wrong or admit to being wrong, but it's necessary in order to maintain my serenity and keep in fit spiritual condition. As I'm more conscious of others people's feelings today, I usually know quickly if I've hurt someone. The steps have given me a conscience and what to do about it so I can sleep at night. When doing my reviews, I try not to beat myself up. It's about recognizing and facing my mistakes and righting the wrongs so all the mess doesn't pile up. The inventory is not always bad. There is always good to see in my daily review.

It doesn't matter how long I've been sober. If I don't work this step, I'll start acting the way I used to act, repeating the same mistakes, and the next thing I know I'll be drunk. There is no standing still in AA. If I am to grow in understanding and effectiveness and not lose ground, this should continue for my lifetime. Working Step 10 is not about being perfect. It's about being human and trying to be the best person I can be.

Joni G., Prattville Downtown Group

<http://www.centralAA.org/recovery/twelve-steps/>

HOME
GROWN



Aug/Sept Birthdays

Happy Hour

Brad H.	8/4/2014	4 years
Steve H.	8/7/1987	31 years
MaryKaye	8/15/2014	4 years
Guy R.	9/1, 2010	8 years
Abby H.	9/23, 2014	4 years
Joe N.	9/28, 2008	10 years

TOTAL 61 YRS

Legacies

Amy W.	8/20/2008	10 yrs
Katrina B.	8/3/2010	8 yrs
Michelle R.	8/31/2017	1 yr
Summar C.	08/04/2017	1 yr
Tommy G.	8/10/1988	20 yrs
Karl K.	8/16/2016	2 yrs.
Kathleen A.	8/15/1995	23 yrs.
Michelle W.	9/6/2016	2 yrs
Leslie L.	9/11/2016	2 yrs

TOTAL 69 YRS

Fellowship

David W	08/09/04	14 yrs
Travis I	08/20/16	2 yrs
Julia Anne D	08/05/17	1 yr
Sam M	08/10/17	1 yr
Jim C	08/20/08	10 yrs
Jenny W	9/4/2017	1 yr
Pam T	9/6/2017	1 yr
Scott L	9/10/2016	2 yrs
Sammy T	9/10/2017	1 yr

TOTAL 33 YRS

Chisholm

Karl K.	8/16/2016	2 yrs.
Kathleen A.	8/15/1995	23 yrs.
Bird G.	9/27/1991	27 yrs.

TOTAL 52 YRS

TOTAL FOR AUGUST &

SEPTEMBER

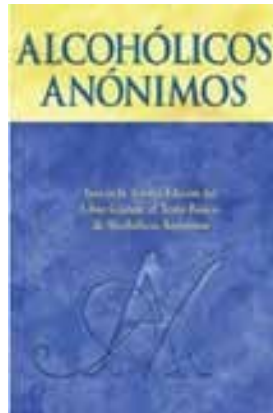
215 YEARS!

CELEBRATING AN A.A. BIRTHDAY?

AT YOUR NEXT BUSINESS MEETING ASK YOUR G.S.R. OR GROUP SECRETARY TO SEND IN MEMBER BIRTHDAYS TO THE POST.

Post.Editor@centralalaa.org

¿QUÉ ES A.A.?



Alcohólicos Anónimos es una comunidad internacional de hombres y mujeres que ha tenido un problema con la bebida. Es no profesional, automantenida, multirracial, no política y disponible en casi todo el mundo. No hay requisitos referentes a edad ni nivel de educación. Puede hacerse miembro cualquier persona que desee hacer algo para

solucionar su problema con la bebida.

Desde su publicación en 1939, este texto básico ha ayudado a millones de hombres y mujeres a recuperarse del alcoholismo.

Actualmente disponible en la Tercera Edición aprobada por la Conferencia de Servicios Generales, el Libro Grande contiene las historias de los cofundadores, y de muchos miembros de diversa procedencia que han encontrado la recuperación en la Comunidad mundial.

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Nuestra oficina Central, localizada en Montgomery, AL, tiene recursos en Español como literatura y folletos.

Abierto los Lunes de
10:00 - 2:00pm.

828 Forest Avenue, Suite A
Montgomery, AL 36106
Tel: (334) 264-4122

Intergruop@centralalaa.org
<http://www.AA.org>

>> para mas informacion y recursos en Espanol

Si usted o alguien que usted conoce tiene una experiencia o historia para compartir acerca de la recuperación en las reuniones de Alcohólicos Anónimos por favor póngase en contacto conmigo Oni S., a través de Post.Editor@centralalaa.org.





BECOME A WEBSERVANT

Monday, October 22, 2018 · 6:00 - 7:30 pm

355 Industrial Park Boulevard · Montgomery, AL 36117

Learn how to update the District 8 website:

Update online & downloadable meeting schedules

Update the home page banners & notifications

Upload flyers and photos to the website

YOU DON'T HAVE TO JOIN THE COMMITTEE

WORK ON YOUR TIME FROM YOUR HOME

DIRECTLY HELP THE STILL SUFFERING

No specific experience is required — just walk through the fear!

COFFEE AND SNACKS WILL BE PROVIDED. FEEL FREE TO BRING SOMETHING.

Hope We See You There!

TRADITION TEN

Long form-- No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues--particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

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

"...so long as we don't argue these matters privately, it's a cinch we never shall publicly."

Bill W was able to see what happened to the Washingtonian Society

when they "became temperance crusaders". That society imploded.

AA doesn't pick Orange & Blue or Crimson & White, Republican or Democrat, Red, Yellow, Black, or White. In AA it's none of my concern what other drugs or addictions myself or other members have experienced. The 10th Tradition keeps us in the solution so that we don't get distracted by the next bright and shiny notion.

Vicki S., The Legacies Group

<http://www.centralAA.org/unity/the-twelve-traditions/>

HOME
GROWN

CONCEPT X

Every service responsibility should be matched by an equal service authority-- the scope of such authority to be always well defined whether extradition, by resolution, by specific job description or by appropriate charters and bylaws.

Bill W. went into pain staking detail to ensure that he was understood on the importance having proper amount of authority to discharge the responsibilities in each position of the service structure. He wanted harmonious synergistic approach to thrive in A.A.s service structure. With his background in business he understood very well how tedious micromanagement from superiors and even peers could be especially to the alcoholic. Therefore he found it necessary to state that the details of each service position be well defined, otherwise surely "clashes, confusion, and ineffectiveness will be inevitable".

Ultimate authority is the guiding principle that supports our structure. Without it groups would be directing delegates at every turn and delegates would micromanage the trustees to no end. This misuse of authority would create a dictatorship. Conversely, ultimate authority should never be used indiscriminately. It may be exercised in the event of an emergency. For instance, when delegated authority has gone wrong and it must be reorganized because it is ineffective and overstepping their defined parameters of operating. The conference may elect new delegates or withhold funds. The delegates may request reorganize the board of trustees. (We experienced a request to reorganize the board over the lawsuit for the big book manuscript.) The trustees may do the same with the service corporations and fire them if need be.

While the entire point of ultimate authority is to discharge responsibility without impedance. However when delegated authority is running smoothly in the service structure there is no need to exercise it. Our service structure has been defined at each level by legal means, traditional means, and principles to keep human tendencies to usurp in check. The purpose of concept ten is to ensure that A.A. servants have clearly defined responsibilities and

An Evening with
5 Points AA
80th Anniversary
October 27, 2018
5 pm Fellowship
6-8pm Dinner, 50/50 Raffle
Sobriety Countdown
Speaker Cushing P.
Music and Dancing 8:15
Event is Free and Open to Everyone in Recovery
Suggested Donation: \$10 per person
Contact: Anna H.
205-915-6265
FivePoints.AA.Group@outlook.com
The Exceptional Foundation
1616 Oxmoor Rd
Homewood, AL 35209

the authority to carry them out. Our "group conscience" from Tradition Two is our ultimate authority and the "trusted servants" are our delegated authority. The entire service structure of A.A. is held in balance by Concept Ten and Tradition Two.

Travis M., WSIT (We Stopped In Time)

<http://www.centralAA.org/service/twelve-concepts/>

HOME
GROWN

A L C Y P A A V I I I P R E S E N T S

ALCYPAAALICS

— I N —

DRAG TION

A GENDERBENDING EXTRAVAGANZA
IN SUPPORT OF ALCYPAA VIII

SATURDAY, OCTOBER 20, 2018

6:00 PM — A FELLOWSHIP
coffee provided...snacks welcomed

7:00 PM — AN OPEN A.A. MEETING
*hosted by the we stopped in time group
joe s. · lawrence j · amanda b*

8:00 PM — A PAGEANT
*contestants will showcase their
poise, fashion sense, and talent*

THE TURENNE PHARMEDCO BUILDING
355 INDUSTRIAL PARK BOULEVARD
MONTGOMERY, AL 36117



The Pageant is open to all members regardless of gender, talent, or time...you just have to find your posture, your evening wear (bend that gender, folks!) and brush up your talent. Contact Cushing P. or Rachel I. at the We Stopped In Time group for pageant entry and official rules.

In addition to official winners as declared by our esteemed panel of speakers, members of the fellowship can vote for "Audience Favorite" by "tipping" their favorites with special "ALCY-DOLLAs" during the entertainment portion of the show —yes, the crown IS for sale! All proceeds go to support ALCYPAA VIII, coming up November 9-11 in Auburn, Alabama.

Montgomery Area
Intergroup Central Office
828 Forest Avenue
Montgomery, AL 36106