

EDITOR'S CORNER

I have to start by making amends. Yes, I'm still sober, but just barely. The Big Book tells me that "If we are not sorry, and our conduct continues to harm others, we are quite sure to drink" (pg. 70). So I need to make this amends to all of you readers. Last month in the editorial I recommended "what Justin D. shares about his experience with going to treatment facilities" but then there was no article from Justin D. in that issue, which left a lot of members confused about where to get that advice. You may have lost sleep wondering where Justin D. was and how you could hear about his experience. I was inundated with phone calls and emails asking me about Justin D. and his experience. AA members kept asking me, "Where is Justin D? I want to be inspired to be of service in treatment facilities, but I can't find him!" If you are wondering where Justin D. was, he was busy at the treatment centers, but he did write an

article. I meant to put it in last month's issue, but I failed. If I've learned anything in my time in AA, I've learned that failure is not final. I want to set this matter straight by putting that article in this issue.

I'd also like to thank everyone who signed up to get the POST. Knowing you're out there reading this makes this worth doing. I can't say it makes it possible, because we'd probably still be doing this since we have nothing better to do with our time, but it definitely makes us feel important, and my ego needs that, even though Justin D. and my wife might tell you otherwise. We also have another fantastic article from Carla, which is on Step 9, and some musings from a new writer, Adrienne, about spiritual awakenings. Again, thank you so much for reading this, and please let other AA members know about it!

Happy reading,
Mike D.



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Suggestions? Contact us at
Post.Editor@centralalaa.org

WOULD YOU LIKE TO VOLUNTEER OR CONTRIBUTE TO THE POST?

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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®.

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Making Amends

"If we are sure our wife does not know, should we tell her? Not always, we think."
- Big Book, Pg. 81

During the Fifth Step

So there are some things I haven't told my wife.

Yeah... that's normal with us.



I owe some money some people...

Right, gotch ya... How much money? And who are the people?



Well... I owe a loan shark about \$75,000 and he said he's going to kill my family if I don't pay.

During the Ninth Step

So honey, there are some things I need to tell you...



At an AA Meeting

... and the funny thing was, I thought it was the loan shark I needed to watch out for...





MARK YOUR CALENDAR

**Intergroup Monthly Meeting
Saturday, September 9, 2023**

8:00 a.m. @ Legacies Group (via Zoom)
3412 Atlanta Hwy, Montgomery, AL 36109

**District 8 Service Meeting
Saturday, September 9, 2023**

9:30 a.m. @ Legacies and via Zoom



SERVICE ALERT

Intergroup is in need of a chairperson. Requires 12 months of sobriety and can't be serving on the board. To keep the website calendar updated please email webchair@centralalaa.org with events. If you would like to write an article for the P.O.S.T. please email post.editor@centralalaa.org

Please contact
Intergroup@centralalaa.org if willing and able to serve!

Intergroup Monthly Meeting Saturday, September 9th @ 8:00 am - 9:00 am at Legacies and on Zoom

District 8 Monthly Meeting Saturday, September 9th @ 9:30 am - 10:30 am at Legacies and on Zoom

Combined Monthly committee meeting for Corrections and Treatment Sat, Sep 16th @ 10:30 am - 11:30 am at Legacies

Archives Meeting Sat, Sep 16th at 10:30 am at Happy Hour

Prattville Downtown Group 25th Anniversary Sat, Sept 16th Fellowship at 3:30 pm, food at 4, baskets and 50/50 raffle, sobriety countdown, and history at 5, speaker at 6 at Real Life Church in Millbrook.

PI Committee Meeting Mon, Sept 18th at 6:00 pm - 7:00 pm at Strange Camels

Website Committee Sept 21st 6pm 3428 Atlanta Hwy, Montgomery AL 36109 and on Zoom

See Centralalaa.org Calendar for Zoom links

MORE EVENTS & INFO:
WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/

* **SUBJECT TO CHANGE.** Please check website.

**FOR THE MOST UP TO MEETING SCHEDULE,
PLEASE VISIT**

www.centralalaa.org/meetings

The Post

POWER OF SOBER THOUGHT

THE POST COMMITTEE

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Various

**WE WELCOME YOUR ASSISTANCE!
SUGGESTIONS ON TOPICS YOU WANT
EXPLORED?**

**TO GET INVOLVED, CONTACT US AT
POST.EDITOR@CENTRALALAA.ORG**

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MONTGOMERY INTERGROUP DIRECTORY OF A.A.[®] GROUP MEETINGS

Meeting Schedule: April 14, 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 Forrest Hills) Zoom ID 798-727-9234 PC Awakening | C-D 12P C-D 6 pm Zoom | 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 C-D-CI 8p Zoom | C-D 12p | C-D 9am C-D 9am Zoom |
| 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 22 North California Street | | C-D 7:30p | | C-L BB 7:30p | | | |
| 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 | | | |

<https://www.centralalaa.org/meetings>

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 | |
| 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 | | | |

Legend

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 * montgomeryintergroup@yahoo.com * www.centralalaa.org
 828 Forest Avenue, Suite A * Montgomery, AL 36106 * Open Mondays 10 am to 2 pm**

STEP NINE MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

As far back as I can remember, I've never liked dishonesty, drama, gossip, strife, or manipulation, because my growing-up years were riddled with those aspects ad nauseum—so there was always an anxious pit in my stomach. The saving grace were wonderful grandparents on my Mom's side, who ended up being positive guiding-light examples and an undercurrent of stability in my life. They made me aware of the goodness in honesty, kindness, fairness, and respect.

In short, I wasn't the malicious type, and being unkind disturbed my conscience too much. What I'm saying is, I didn't seek out conflicts but instead ran from them or was a door mat because I had no clue what to do—but I still had problems dealing with people in the end.

I'm reminded of a dear friend I let down when it truly, truly mattered. She was a sweet soul, a very intelligent, young Muslim woman named Dilek whom I met in the early 1980s while she was pursuing her Masters in Economics at Vanderbilt University. We found common ground through her interest in Christianity and my desire to help her, and we became fast friends. When she returned to Turkey, we kept in touch by writing letters.

A few years later, she unexpectedly called from NYC saying in the most tired voice I'd ever heard in my life that she had cancer. I knew in my heart she was dying. Dilek literally begged for me to visit, but I didn't. It seemed continuing my drinking was the stronger internal force—but more accurately, that was the lie I told myself. I was scared to death about her dying and facing my final responsibilities as a friend.

I was afraid of life on life's terms! I ran from my moral obligation, which could never be undone...Dilek returned to Ankara to die, and many years of silent, heavy remorse pierced my heart and clouded my Spirit.

Moving forward a couple decades and into post-sobriety, three years ago my older brother, Scott, revealed he had inoperable pancreatic cancer. The situation was hauntingly similar to Dilek's, because suddenly Scott was gone, too. I didn't see either of them a final time—but now for very different reasons. Interference by my own health issues was a factor in this case. However, I was able to express my love and gratitude to my brother—even though the talks were gut-wrenchingly difficult—until he couldn't hear the conversations anymore. The point is, I was present and accountable in the best way I possibly could be, given the conditions.

How can I not consider the parallel between my brother's situation and my Turkish friend? The memories still cut like a knife but vividly remind me of my purpose. Then, I can walk through that pain and live my amends by being

present today in any way possible for the people I love. AA has given me that gift—and I'm grateful for my experiences, although the lessons along the way have been deeply painful.

It's all been a powerful teaching for my sobriety today. How? Because "absolutely nothing happens in God's world by mistake," instead of running away I can accept, respond, be accountable, and move forward from difficult situations. There are still times when I reflect upon what happened with an aching heart. Briefly, I desperately wish for Dilek's forgiveness which is, of course, presently impossible. That's a pointless, selfish exercise, a waste of time, and renders me useless.

Instead, I can recognize that I'm human, I screwed up, and there's nothing I can do about it except redefine my future responses. So, by accepting and dealing with my feelings, I gain compassion for other people. Then I have the opportunity to change, grow, and help someone else—I can become useful.

Famed suffragist and pacifist Jane Addams once said, "True peace is not merely the absence of war, it is the presence of justice." Of course she was talking about matters of humanity, but I can draw an AA kind of parallel between the principles in her statement and the results of what I've experienced from applying the 9th Step in my life. In other words, the serenity I have today is not simply from ceasing drinking—or merely the absence of an interior war driven by compulsion—it is peace achieved by taking the actions suggested in our 12 Steps—with internal justice accomplished in the 9th Step by going beyond the physical cessation of drinking, taking responsibility for past actions, living differently, and doing the next right things. As a natural result, I acquire courage—the very thing I previously lacked.

Therefore, I'm committed to what the 12&12 says in the 9th Step about living a Spiritual life and not perusing it as a hypothetical theory. Restitutions, whether they be moral, financial, or whatever kind, are not spoken as merely words without works to align with those words. Along that path, it's important for me to follow the BB's suggestion in my daily morning prayer and meditation time to ask for kindness, patience, tolerance, and love in my responses and dealings with others. This regular practice has certainly improved me and given me more of all those qualities—making a difference in the way I behave, and how I think about and treat others.

In closing, it's my prayer that this story passes on the beauty of opportunity and freedom in the 9th Step, for if one person finds strength and Hope in these words, then they have life and breath to pass from one alcoholic to another. For that, I'm deeply grateful and pleased to be of service. The Promises do come true, if we work for them.

Carla S

HOME
GROWN

Have a burning desire to share your experience, strength and hope? Send your article to post.editor@centralalaa.org.

**TRADITION NINE
A.A., AS SUCH, OUGHT NEVER BE ORGANIZED;
BUT WE MAY CREATE SERVICE BOARDS OR
COMMITTEES DIRECTLY RESPONSIBLE TO THOSE
THEY SERVE..**

Last month we looked at how A.A. ought never to be a professional organization nor have a professional class. We in A.A. do this for free and for fun. We carry our message to the alcoholic who has not heard how we stay free from alcohol one day at a time. In the 12x12 we are described as an "unorganized movement" which creates organized service committees. To outsiders, this must seem a contradiction. When I was a newcomer Tradition 9 confused me. Not organized, but you said we can create boards and committees.

The long form of the tradition states:

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 inter-group 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 over-all 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.

Whew. That is a lot. Simply put, A.A. is not like other organizations; we are not organized in a traditional hierarchical structure. Governments, churches, universities, business, etc. all have rules and regulations. All these organizations have ways to enforce the rules and discipline members if needed. Each has a smaller body of members who have the ability to punish or remove members. The 12X12 states, "...

every form of society has to be a government administered by human beings". But not us.

Least possible organization was not a virtue we received instantly. By the time Tradition 9 was written, we had experienced groups trying to impose rules and punish those who would not cooperate. We were convinced by trial and error we ought never be organized in the traditional sense. As members we get drunk for not following spiritual principles not by a committee with power punishing us. In a like manner, Groups "die" from within by not following spiritual principles, the Traditions. One of my favorite lines in the 12X12 is "Great suffering and great love are A.A.'s disciplinarians; we need no other". Meaning, no old timer, no Group, no district, no committee can tell us as individual members what to do. We are not organized in this manner.

So, what type of organization do we have? When we started out, we were a loose federation of groups. The original 3 had close ties because of Bill and Bob. Then as we grew, we spun up our first "service committee" in New York to answer letters and share experience from one group to the next. This committee would later become our General Service Board. Except for the authority to handle day to day operations and be the voice of A.A. to the public, they hold no real authority. They serve us and by doing so making it possible maybe to reach the man or woman who has not heard our message. All committees and groups are structured for service nothing more. Our A.A. Service Manual paints a clear picture of how we are structured.

I love the last paragraph in the 12X12 for Tradition 9, so I will quote it. "A.A. has to function, but at the same time it must avoid those dangers of great wealth, prestige and entrenched power which necessarily tempt other societies. Though Tradition Nine at first sight seems to deal with a purely practical manner, in its actual operation it discloses a society without organization, animated only by the spirit of service - a true fellowship". We are not professionals and we are not organized. We are simply sober people trying to help those who want to stop drinking.

Trei J. - Strange Camels

**HOME
GROWN**

**CONCEPT NINE
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.**

Good leadership is key for any organization to succeed. That's why A.A.'s carefully designed service structure based upon spiritual principles and unselfish constructive action requires effective and competent leadership to function harmoniously not only at the General Service Conference, but at the A.A. home group as well. It all begins at the foundation of our service structure- the General Service Representative. The G.S.R. is the link between the group and A.A. as a whole. They are the service leaders

for their group that meet at area assemblies to elect area committee members and Delegates. They are the A.A.'s group conscience and without their efforts we could not function effectively. That being said, when choosing the man or woman for G.S.R., personal ambitions along with feuds and controversies should be cast aside. We should never elect someone to serve us because "It would be good for him/her". Instead, we should always try to elect the best qualified person for the job. The methods in which we elect our Delegates is call The Third Legacy Procedure. This requires a two thirds majority vote or by lot. It has reduced the chances for friction among our service leaders by making them feel like actually trusted servants rather than the winner of a contest.

When I think of good examples of leadership in my own life, what has often been most impactful for me is not any particularly spiritual or philosophic advice, it has instead been the example set and the actions taken by those in the program I've come to love and respect. And I've tried to take that frame of mind into my personal life, into my

Continued on page 7

work life, and into my service responsibilities in Alcoholics Anonymous. In late 2018 I stood to serve my group as the G.S.R. When I was elected I felt a great sense of victory and self-importance. Never mind the fact that I was the only one to stand, so I was chosen by default! Deep down I knew that I would be the best G.S.R. our group has ever had and would undoubtedly be recognized as the champion of service that I thought I was. Nearly two years later I am just starting to understand what I am doing. If my experience has taught me anything it is that I am very human, I am going to make a lot of mistakes, and that I don't have to completely understand what is going on all the time or try to convince anyone that I'm more than I actually am. All I have to do is show up and try my best to be of service where God puts me. I love Alcoholics Anonymous

and it is my sincere hope that my actions express that through service whether it be as G.S.R. or coffee maker, because there is no higher class of A.A. members. It is all designed to help the next sick and suffering alcoholic find in A.A. the solution that has been so freely given to me.

So if you are considering standing to serve at district or in your home group, and you believe yourself to be the most qualified for the position then don't worry, you will make many mistakes and you're not going to understand what's happening a lot of the time. As long as you have the desire to serve and continue to suit up and show up God will take care of the rest!

Love & Service,
Jay Walker

HOME
GROWN

SPIRITUAL AWAKENINGS IN 12&12

pg. 106 in the Second Paragraph

I heard a podcast speaker talking about spiritual awakenings. Looking at the reading it is when one is able to "do"...(as probably you've done quite a few times), and "feel" (which you've been forced to do in the steps) and "believe" .(which you have in your power now). "It" has already occurred, and is happening now. You don't want to wait 2 or 5 years down the road and look for the

awakening. What a bummer! If you've been able to experience the "do, feel, believe" you have and are having awakenings.

Wherever you are in this recovery stage, enabled by HP, is/or has happened. Believe in that with faith.

Ask for it right now in this 24 hour day.

With A.A. campus love to y'all
CFF

HOME
GROWN

TREATMENT REPORT 0923

Helping the Next Suffering Alcoholic

There are many ways in the program of Alcoholics Anonymous that we can be of service, from making coffee at your home group, helping a fellow alcoholic get to a meeting, or sponsoring a newcomer. One impactful thing that I have found by asking my higher power what he would have me do is going to hospitals and talking to still jittery drunks. Of course I am talking about taking meetings to detox!

Why is this important? After all, I am staying sober, talking to my sponsor, working steps, and going to meetings. Why would I want to go talk to these people? Because it is my responsibility to try and carry the message of our solution that we have found in the 12 steps of A.A. to the next suffering alcoholic.

In 2020, at the beginning of the pandemic, I was asked by my company to stay home. Already having an alcohol problem and nothing to do, my need to drink began to accelerate. I found myself beginning to drink as often as possible no matter the time of day. By the time I returned to work I was barely able to make it 8 hours without going mad. I decided to seek help and talked to my company. I was put in contact with a rehab and left the next day to be admitted. That is when I began my journey through their detox. Though I still was not ready to fully commit to this way of life yet, there was a seed planted. I was introduced to A.A. and that seed would begin to grow.

I'm grateful today for that experience. Having been through a detox, I can relate to the people I get to visit in hospitals by sharing my experience with them. How hard

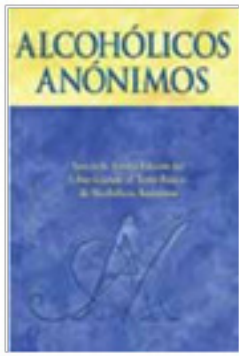
it is at first. Those feelings of hopelessness and fear. I get to share some of my story with them by telling them how I learned that I had a deadly illness that only working the 12 steps and getting connected to my higher power helped me overcome. The amazing things that I get to be a part of and do today. That there is a solution and that life can be way better than they could even imagine. I let them know that there are sober living houses that they can go to for a safe place to recover if they need somewhere to go. It's amazing to be able to see them joke around, laugh, and have a little bit of hope flash through their eyes.

What I hope to accomplish by going into these places is to plant the same seed that was planted in me. To make our way of life seem attractive so that maybe the people I meet will give it a chance. One of the most fulfilling moments I have experienced by going to these places is seeing someone I met in detox at a meeting of Alcoholics Anonymous and watching them light up.

Truth is, there are lots of confused and lost alcoholics that are still out there looking for a place to go. Some of them have no idea who we are or what our purpose is and some who do that just need a friendly reminder that we are still here for them when they are ready. It's up to us who have been given the gift of sobriety to reach out and try to help give it to them. I would suggest to anyone to reach out to their home group and find out when they take meetings into detox facilities and become part of that. It is a great reminder of what it was like but also an awesome opportunity to be able to jump into the trenches and be a part of the solution!

Justin D. PDG

HOME
GROWN



¿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, multiracial, 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 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.

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Tel: (334) 264-4122

Intergroup@centralalaa.org

<https://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.

Have a burning desire to share your experience, strength and hope? Send your article to post.editor@centralalaa.org.

• 25 and Still Alive •

YOU ARE INVITED TO THE
25th ANNIVERSARY CELEBRATION
OF THE
PRATTVILLE DOWNTOWN GROUP
OF ALCOHOLICS ANONYMOUS

SATURDAY SEPTEMBER 16TH, 2023

Real Life Church, Millbrook AL

JOIN US FOR

- Fellowship at 3:30 PM
- Food at 4:00 PM
- Basket and 50/50 Raffle, Sobriety Countdown, and History of AA 5:00-6:00 PM
- AA Speaker, Susan H. at 6:00 PM



Meat will be provided by the group, please bring a side or dessert.

**JOIN US IN CELEBRATING 25 YEARS OF HOPE
AND RECOVERY**

“ONE DAY AT A TIME.”



GUMPHYPAA Homecoming

Fall Into Recovery

**SHARING EXPERIENCE
STRENGTH AND HOPE, CUSHING P!**

**FOOD - FELLOWSHIP - HOMECOMING KING
AND QUEEN RAFFLE - TEAM ROLL CALL -
SPIRIT STICK COMPETITION**

WEAR YOUR VERY BEST TEAM GEAR!

**BOSTON BUTTS WILL BE PROVIDED, BRING
A SIDE OR DESSERT TO SHARE!**

**OLD MARY B'S
3824 ATLANTA HIGHWAY
MONTGOMERY AL 36109**

**DOORS OPEN
6:00PM**

**FRIDAY SEPTEMBER 22ND 2023
SUGGESTED CONTRIBUTIONS \$10**

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