

A.A. HISTORY

The Bill W. correspondence with Carl Jung in 1961

This correspondence began on January 23, 1961, with Bill W writing to Jung just months before Jung died in June of the same year. In that letter, Bill W mentioned Jung's "critical role" in the founding of Alcoholics Anonymous. He then discussed the case of Rowland H. and Jung's treatment of him. As Bill W. put it, "First of all, you frankly told him of his hopelessness, so far as any further medical or psychiatric treatment might be concerned. This candid and humble statement of yours was beyond doubt the first foundation stone upon which our Society has since been built." Bill then went on to discuss Rowland's experience in the Oxford Group, the subsequent reclamation of Ebby T., who then passed on the message to Bill himself, who subsequently had a "white light" experience that released him from the bondage of alcoholism. Bill concluded the letter by stating "Please be certain that your place in the affection, and in the history of the Fellowship, is like no other. Gratefully yours, William G. W., Co-founder Alcoholics Anonymous"



Carl Gustav Jung

Jung's prompt response of January 30, 1961, was both gracious and illuminating. Jung was very pleased to learn that Rowland had recovered. Jung went on to say that "His craving for alcohol was the equivalent on a low level of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God." Jung then said that "The only right and legitimate way to such an experience is that it happens to you in reality, and it can only happen to you when you walk on a path which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism."

Expanding on this idea, Jung declared "I am strongly convinced that the evil principle prevailing in this world leads the unrecognized spiritual need into perdition, if it is not counteracted either by a real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society, cannot resist the

Continued on page 5

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Suggestions on topics you want explored? Contact us at Post.Editor@centralalaa.org

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

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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Contributions for print subscriptions are encouraged.

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Post.Subscription@centralalaa.org

MILLBROOK PRIMARY PURPOSE

Meeting Changes:

THURSDAY 6PM IS NOW AN OPEN MEETING

WE'VE ADDED A SATURDAY 6PM OPEN MEETING!

MARK YOUR CALENDAR



INTERGROUP MONTHLY MEETING

SATURDAY, MAY 4, 2019

8:00AM @ LEGACIES GROUP

3412 ATLANTA HWY, MONTGOMERY, AL 36109

DISTRICT 8 MONTHLY MEETING

SATURDAY, MAY 4, 2019

9.30AM @ LEGACIES

3412 ATLANTA HWY, MONTGOMERY, AL 36109

MORE EVENTS & INFO:

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

THE NEXT ALABAMA/NW FLORIDA AREA ASSEMBLY

JULY 12-14, 2019

MORE INFO ON AREA 1 WEBSITE

[HTTP://WWW.AAAREA1.ORG/](http://www.aaarea1.org/)

CLARION INN & SUITES HOTEL

1577 S. COLLEGE STREET

AUBURN, AL 36830

PLEASE NOTE NEW EMAIL ADDRESSES:

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The Traditions—Jill Z.

Birthdays—*Service Opportunity*

Events Recap— *Service Opportunity*

Literature—*Service Opportunity*

Mark Your Calendar— *Service Opportunity*

We welcome your assistance!

Suggestions on topics you want explored?

To get involved, contact us at

Post.Editor@centralalaa.org

[WWW.CENTRALALAA.ORG](http://www.centralalaa.org)

YOUR DISTRICT 8 ONLINE

[WWW.AAAREA1.ORG](http://www.aaarea1.org)

YOUR AREA 1 ONLINE

[WWW.CENTRALALAA.ORG/UNITY/INTERGROUP/LITERATURE/](http://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 1st 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 2nd 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 3rd 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.

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

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which is very aptly called the Devil.”

Carl Jung concluded his letter to Bill W. with the following. "Alcohol in Latin is spiritus, and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: spiritus contra spiritum." In some ways this quote is a riddle, but certainly seems to indicate Jung's belief that a higher spiritual experience of seeking God can conquer the lower spiritual experience of being a slave to alcohol.

For much more detail on this fascinating correspondence, see Alcoholics Anonymous, pages 26-27; Pass It On: The

Story of Bill Wilson and How the A. A. Message Reached the World, pages 381-386. For more on the Swiss psychiatrist, Carl Gustav Jung, see https://en.wikipedia.org/wiki/Carl_Jung

Mike B., Prattville Downtown Group

The full text of the letter may be found at <http://www.barefootsworld.net/wilsonletter.html>
The full text of this letter may be found at <http://www.barefootsworld.net/jungletter.html>

HOME
GROWN

(This article was originally published in the Oct. 2015 POST)

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

The Big Book calls Step Four a form of personal housecleaning. It is the next spiritual step on our road to recovery. Now that we have learned from Step Three to rely on God and turn things over to Him, we are ready to take a long, hard look at our past and at our character defects.

Resentment is our Number One offender. It is a luxury that we, as alcoholics, cannot afford. We must create a system for breaking them down into bite size pieces that we can handle. We create a personal inventory by creating a chart with 4 columns.

The first column is the resentment itself. The second column is the cause of our resentment. The third column is what the resentment affects. The fourth and final column is our role in the resentment itself. Page 65 of the Big Book has an example of this chart.

In the first column, we will list all the people, places, institutions, or principles that we hold a grudge against or are angry with. In the second column, we list the instance or thing that caused the resentment. The third column requires we look inside ourselves to see what or where it affected us (financially, pride, self-esteem, sex relations, security, or fear) and then list our discovery. Only after all resentments and aforementioned columns have been completed, do we then go back to the top and create the fourth column. We recall fearlessly, thoroughly, and honestly our lives and we admit and list our part in each situation. Only as we see and admit our part in each situation can we earnestly start wanting to make things right.

The Seven Deadly Sins are pride, greed, lust, anger,

gluttony, envy, and sloth. The Twelve Steps and Twelve Traditions tell us that pride leads to self-justification and always, spurred by conscious or unconscious fears, is the basic breeder of most human difficulties; the chief block to true progress. Pride will have me placing demands on myself and others and I won't even realize it until I have a resentment because I expected way too much from myself and/or others. Pride and Fear are the root of a lot of our resentments. Fear of not getting something, or fear of losing something, fear of being alone, fear of being misunderstood and so on.

After we complete this moral inventory, we then work to address our sex conduct. We put paper to pen and we list where we were selfish, dishonest, or inconsiderate. We list those that we used, lied to, were mean to or hurt. We look to God for answers about our sex conduct. He is our final judge. Through prayer and meditation, we look for what God would have us to be. Sex is a God given gift and not to be misused. Once we see our part, our error, we must become willing to make amends in each situation.

Personally, I must be careful when it comes to pride. The moment I think I am justified in my anger I become self-righteous. I start thinking it is my way or the highway, and I am no longer willing to see my mistakes in any situation. I start becoming intolerant of the world around me which immediately blocks me from the sunlight of the spirit. I must stay right sized and remain vigilant when it comes to admitting my part and my mistakes in any given situation. I must remember the only thing that I can change is myself, my actions, and the way I view people and life around me. I must treat people the way I want to be treated.

Catherine S., Strange Camels Group

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

HOME
GROWN

BBCA

BIG BOOK COMES ALIVE

with

LARRY S. & CAAN B.

Join us for a "Joe and Charlie"
style Big book Study!

JUNE 21 & 22, 2019

FRIDAY 6-9:00P,

SATURDAY 9-6:00PM

Whitfield United Methodist Church
2673 Fisk Rd
Montgomery, Al 36111

REGISTRATION \$25

Mail registrations to:

BBCA

c/o Montgomery Intergroup Central Office Inc.

828 Forest Ave

Montgomery, Al 36106

online registration soon!

TRADITION FOUR

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

Tradition 4, Long Form: "With respect to its own affairs, each AA group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect AA as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount."

Tradition 4 is where each AA group gets to have its' own personality as long as that personality does not bring in outside issues nor affect other groups or AA as a whole. It is the tradition of autonomy in its' own affairs while contributing to the whole. Bill W referred to this autonomy as "the right to be wrong."

I love the structure and consistency of AA meetings. Wherever I have attended AA meetings, whether it be Edinburgh, Scotland, Richland, WA, or here, they feel the same. There are always readings of the Steps and Traditions, maybe a Concept or the 9th Step Promises. These might be in unfamiliar order. Groups might also adopt non-sanctioned portions to their meetings, like the Lord's Prayer. As long as these decisions don't affect other AA groups, they are fine, per the 4th Tradition. Personally, I find comfort in knowing that wherever I roam on the planet, I can find an AA meeting that feels familiar, safe, but are still different

enough to know I am not attending my home group.

While researching and thinking about this Tradition, I found all sorts of instances where AA groups had hired preachers or self-help professionals to lead the meetings or meetings that didn't allow entrance if you were not of the same faith or politics. Fortunately, AA meetings have a way of surviving if things are going well and failing if they aren't. From the very beginning, AA has gone through all sorts of alterations and changes but the mission remains the same, achieving and maintaining sobriety through following some simple steps to guide the individual and traditions to guide their meetings.

I love what Bill W writes in "The Language of the Heart" on pg. 317:

"Tradition Four is yet another confident declaration of mutual trust and love as it flows from each AA group to the other. We give each group full autonomy, the undisturbed right to manage its' own affairs. To make this condition doubly permanent and secure, we have guaranteed to all AA groups that they will never be subjected to any centralized government or authority. In turn, each group agrees that it will never take any action that could injure us all. Rarely indeed has any AA group ever forgotten that precious trust."

Jill Z., Happy Hour Group



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

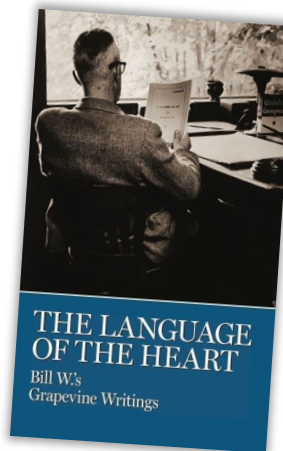
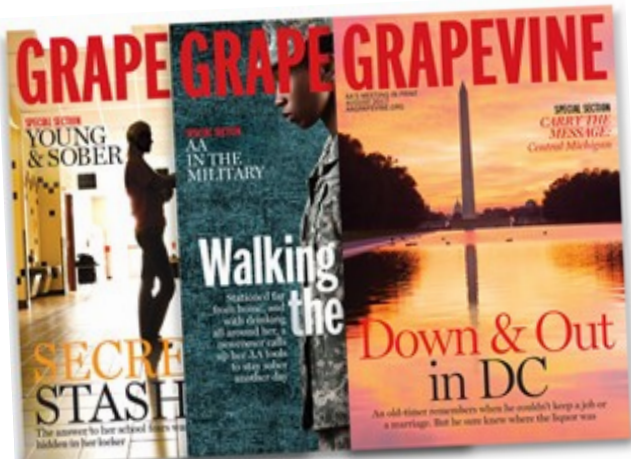
The POST is searching for a **new layout & design volunteer.**

This position, formally called the composer, has the duty of laying out each months POST issue, including articles, events, flyers, birthdays, meeting minutes and anything else you've seen published in our wonderful monthly publication.

Skills needed include document manipulation and copy formatting in MS Word, MS Publisher and Pdf. Light design skills to make announcements and notices. Access to email and computer needed along with a commitment to communicate and meet deadlines!

Contact the POST Editor for more information:

Post.Editor@centralalaa.org



The A.A. Grapevine Our meeting in print - now available online and by app at www.aagrapevine.org. Its sister publication, La Vina, a bi-monthly Spanish language publication is currently available in print only, but you can subscribe and learn more here: <http://www.aagrapevine.org/espanol>

The A.A. Grapevine also publishes many of our favorite books such as *The Language of the Heart*, *Emotional Sobriety* and *Spiritual Awakenings*. These are available for purchase at many groups and at Central Office.



March Birthdays

PDG-Prattville Downtown Group

Madison	03/08/2018	1 yr
Mica J.	03/09/2018	1 yr
Gene S.	03/14/2000	19 yrs
Marvin	03/17/2000	19 yrs
Ragan	03/19/2015	4 yrs
John P.	03/22/2016	3 yrs
Gary S.	03/23/2004	15 yrs
Total		62 yrs

Strange Camels Group

Natalie C.	03/05/2003	16 yrs
Carroll I.	03/15/1977	42 yrs
Mike K.	03/27/2013	6 yrs
Total		64 yrs

Fellowship Group

Kay C.	03/08/1980	39 yrs
Alex L.	03/03/2018	1 yr
Jay R.	03/01/2017	2 yrs
Faye H.	03/11/1989	30 yrs
Penny C.	03/02/2013	6 yrs
Scott S.	03/25/2017	2 yrs
Mike E.	03/02/2017	2 yrs
Steve H.	03/26/1995	24 yrs
Troy G.	03/28/2016	3 yrs
Willie R.	03/07/2016	3 yrs
Total		112 yrs

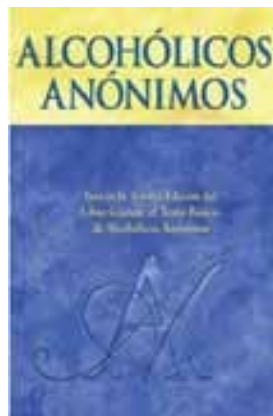
MARCH 238 yrs

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
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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.



Stay up to date on News-Events-Meetings and More!
CentralALAA.org

The screenshot shows a web browser window with the following content:

- Browser Tab:** District 8, Area 1 – Alcoholics A
- Address Bar:** <https://www.centralalaa.org>
- Navigation Links:** SCHEDULE OF A.A. GROUP MEETINGS, UPCOMING EVENTS, CONTACT THE WEBSERVANT
- Header:** District 8, Area 1 Alcoholics Anonymous
- 24-Hour Hotline:** (334) 264-4122
- Menu:** HOME, RECOVERY, UNITY, SERVICE
- Meeting Schedule:** Next Intergroup Meeting - Saturday, April 13, 2019 @ 8:00 am
- Banner:** Is Your Group or Committee Planning an Event? You can get the word out here... (Includes illustration of a diverse group of people)
- Text:** EVENTS FOR AND BY THE FELLOWSHIP OF A.A. Send us information on any upcoming events at your group, your committee, or other districts and areas. We'll get it on the calendar and help you get the word out. Click here for the Upcoming Events form.
- Meeting Schedule:** Next District 8 Meeting - Saturday, April 13, 2019 @ 9:30 am
- Four Promotional Cards:**
 - Do You Think You May Have A Drinking Problem?** Information about Alcoholics Anonymous: the program, meetings, and fellowship. [READ MORE »](#)
 - Are You A Professional? We Want To Work With You.** Information on the program and fellowship of Alcoholics Anonymous for professionals who may come in contact with alcoholics. [READ MORE »](#)
 - Looking for Intergroup or Literature at Central Office?** Intergroup provides basic services to groups including 24-Hour Answering Service, Group Meeting Schedules, Conference-approved literature, medallions and chips and a central office. [READ MORE »](#)
 - Want to Share? Or See What Our Members Say?** Members Share Experience, Strength and Hope. [READ MORE »](#)

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