

### EDITOR'S CORNER

I was sharing with someone today about becoming willing to work the steps. So we looked up the words “willing” and “willingness” and I was struck by this definition...”eagerly or ungrudgingly ready to act”...what an order! I believe that all of us have some degree of willingness or we would have never walked through the doors of Alcoholics Anonymous. Perhaps it was because we were court-ordered, trying to avoid some consequence(s), or trying to appease someone close to us, but to even walk into a meeting showed some form of willingness. However, most times, that small degree was not enough to keep us

sober, as our memory seems to lapse as to how we came to be here in the first place. (“We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.”) (pg. 24 of the Big Book) In our A.A. literature, the word willingness is mentioned 33 times (11 in BB and 22 in 12&12) and the word willing is mentioned 68 times (36 in BB and 32 in 12&12). In looking up some of these occurrences, the words are almost always used in a context of being of utmost importance. In

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### A.A. HISTORY

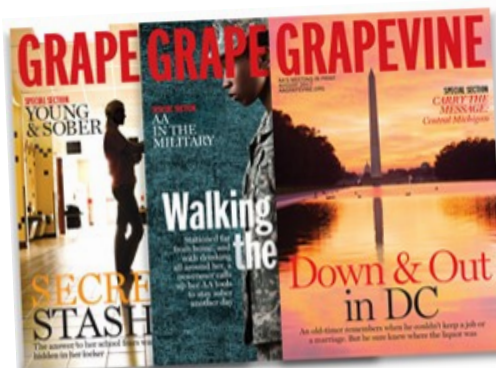
We recently celebrated the 75<sup>th</sup> anniversary of AA in Montgomery. However, there’s another 75<sup>th</sup> anniversary happening this year—for the A.A *Grapevine*.

Founded in New York by six alcoholics in 1944, the *Grapevine* is the international journal of AA, also referred to as our “meeting in print.” Bill W., founder of AA, wanted this journal to “carry the message” to a much larger group of people. That’s why the journal began, mostly to give men serving overseas in World War II a chance to keep their recovery alive.

Bill W.’s wife, Lois, further explains in her memoir that the *Grapevine* started as “an eight-page newsletter supposedly just for members in the New York area and for those serving in the armed forces.” The *Grapevine* was one of the first places Lois told her story of being the wife of an alcoholic. From the seeds of that sharing in

December of 1944 would come the later development of a group called, Al-Anon, designed to help those close to the suffering alcoholic.

From the beginning, the *Grapevine* has included first-person accounts of people sharing the message of a sober life. However, its early editions featured more general topics and book reviews. All along, the journal has celebrated with humor. In the 1940s, funny cartoons were included in a section called “Barley Corn.” Now this same section is called “At Wit’s End.” It is also worth noting



that the Twelve Traditions and the AA Preamble (often read at meetings) were first introduced through the pages of the *Grapevine*.

Over the years, the format and materials used for this journal have evolved. The covers of the *Grapevine* actually remained black and white until the 1990s. In 2009

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**Suggestions on topics you want explored? Contact us at [Post.Editor@centralalaa.org](mailto:Post.Editor@centralalaa.org)**

**WOULD YOU LIKE TO VOLUNTEER OR CONTRIBUTE TO THE POST? TO GET INVOLVED, CONTACT US AT [Post.Editor@centralalaa.org](mailto: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.**

**For email subscriptions contact:**

[Post.Subscription@centralalaa.org](mailto:Post.Subscription@centralalaa.org)

**MARK YOUR CALENDAR**



**INTERGROUP MONTHLY MEETING**

**SATURDAY, SEPTEMBER 7, 2019**

8:00AM @ LEGACIES GROUP  
3412 ATLANTA HWY, MONTGOMERY, AL 36109

**DISTRICT 8 MONTHLY MEETING**

**SATURDAY, SEPTEMBER 7, 2019**

9.30AM @ LEGACIES  
3412 ATLANTA HWY, MONTGOMERY, AL 36109

**ALABAMA/NW FLORIDA AREA ASSEMBLY**

**OCTOBER 11-13, 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

**PRATTVILLE DOWNTOWN GROUP 21ST ANNIVERSARY**

**SEPTEMBER 14, 2019 4:30 PM – 8:00 PM**

4:30PM WELCOME & FELLOWSHIP  
5:00PM DINNER  
6:00PM HISTORY/RAFFLE/50-50/SOBRIETY COUNTDOWN  
7:00PM SPEAKER: ANTHONY R.  
ST. MARK'S EPISCOPAL CHURCH  
178 E 4TH ST, PRATTVILLE, AL 36067  
[FYLER AT CENTRALALAA.ORG](http://www.centralalaa.org)

**FELLOWSHIP GROUP EAT & MEET**

**SEPTEMBER 21, 2019 4:00 PM – 7:00 PM**

JOIN US FOR AN EAT & MEET IN THE FELLOWSHIP HALL.  
FELLOWSHIP GROUP IS PROVIDING BBQ MEATS AND BEVERAGES.  
PLEASE BRING SIDES AND DESSERTS TO SHARE.  
A.A. SPEAKER: MATT S.  
AL-ANON SPEAKER: LIDA S.  
FELLOWSHIP GROUP  
5 BELL RD, MONTGOMERY, AL 36117  
[FYLER AT CENTRALALAA.ORG](http://www.centralalaa.org)

**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  
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Post Subscription Requests or Questions  
[Post.Subscription@centralalaa.org](mailto:Post.Subscription@centralalaa.org)

**THE POST COMMITTEE**

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Composer—Matt S.  
Distribution—Keith P.

**DEPARTMENTS**

History—Shannon H.  
*Español* Spoken Here—Oni S.  
The Steps— Catherine S.  
The Concepts—Jay W.  
The Traditions—Jill Z.  
Birthdays—Vicki B.  
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](mailto: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
<b>MONTGOMERY</b>							
<b>12 Steps Group of AA</b> Heritage Baptist Church 1849 Perry Hill Road, 36106 (Meeting in Room 127)		C-D-ST-BG 6p					
<b>A Vision for You Group of AA</b> Baptist Health Training Entrance 2010 Normandie Dr., 36111			O-D 7p				
<b>Chapter 9 Group of AA</b> CAP Auditorium 1153 Air Base Blvd., 36108						O-D 1:30p	O-D 1:30p
<b>Chisholm Group of AA</b> 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
<b>Fellowship Group of AA</b> 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
<b>Happy Hour Group of AA</b> 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
<b>The Legacies Group of AA</b> 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
<b>Living Sober Group of AA</b> Mental Health America 1116 South Hull Street, 36104	C-D 6p		C-D 6p				
<b>Sole Purpose Group of AA</b> 22 North California Street, 36107	C-D 7:30p			C-L 7:30p			C-D 7:30p
<b>Strange Camels Group of AA</b> Immanuel Presbyterian Church 8790 Vaughn Road, 36117	C-L 7p	C-D 7p		C-D 7p			
<b>Tradition Three Group of AA</b> Bradford Health Services 386 St. Luke's Drive, 36117	O-D 11a	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
<b>We Stopped in Time Group of AA</b> Unitarian Universalist Fellowship 2810 Atlanta Highway, 36109 (Enter at back off Dunn Drive)		O-D-YP 8p				O-D-YP 8p	
<b>CLANTON</b>							
<b>Clanton Group of A.A.</b> Trinity Episcopal Church 503 2nd Ave. S, 35045	O-D 7p			C-L 12p		O-D 7p	
<b>GREENVILLE</b>							
<b>Camellia City Group of AA</b> Greenville Housing Authority 601 Beeland St, 36037 334-437-2015 or 334-662-7129	C-D 7p			C-D * 7p			
<b>HOPE HULL</b>							
<b>County Hope Group of AA</b> Hope Hull United Methodist Church 305 Wasden Road, 36043 (Silver trailer behind church)		O-D 6p					
<b>MAPLESVILLE</b>							
<b>Maplesville Group of AA</b> 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
<b>MILLBROOK</b>							
<b>Primary Purpose Group of AA</b> Church of the Nazarene 3251 Browns Road, 36054 (In the Fellowship Hall)		O-D 6p		C-D 6p			
<b>PRATTVILLE</b>							
<b>Autauga S.O.S. Group of AA</b> 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	
<b>Prattville Downtown Group of AA</b> 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
<b>SELMA</b>							
<b>5th Tradition Group of AA</b> West End Baptist Church 504 Cahaba Rd., 36701					C-D 6:00p		
<b>Selma Group of AA</b> 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
<b>Braveheart Group of AA</b> St Paul's Episcopal Church 210 Lauderdale Street, 36701	C-D 6p		C-D 6p				
<b>TALLASSEE</b>							
<b>Ray of Hope Group of AA</b> Kent Community Center 2872 Kent Road, Kent, AL 36078	O-L 7p		C-D 7p		O-D 7p		C-D 3p
<b>12&amp;12 Group of AA</b> E. Tallassee United Methodist Church 101 Central Blvd, Tallassee 36078		O-ST * 7p					
<b>UNION SPRINGS</b>							
<b>An A.A. Group</b> Bradford Health Services 102 Conecuh Ave, West, 36089 (In Bullock County Hospital)	O-D 7p		O-D 7p				
<b>WETUMPKA</b>							
<b>Free World Group of AA</b> Elmore County Extension Office 340 Queen Anne Road, 36092 (Metal Outbuilding)							O-D 6p
<b>Wetumpka Group of AA</b> 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](http://www.centralalaa.org) • Email [Intergroup@centralalaa.org](mailto: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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the entire edition became full color. And once just eight pages, the digest form of the Grapevine now has over 60 pages.

Starting in 1996, the *Grapevine* became available in Spanish (titled *La Vina*). Also, P-52, a printed pamphlet started in 2004 that discusses the *Grapevine's* role in Alcoholics Anonymous, may be

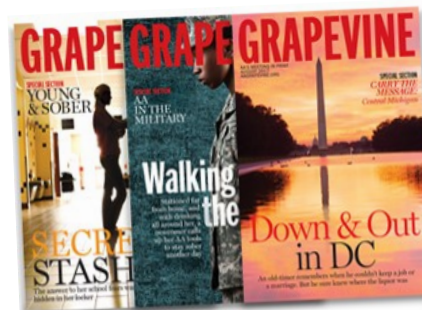
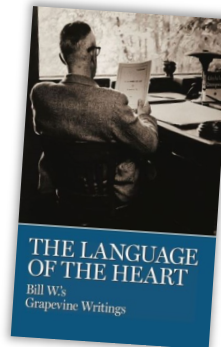
found on some home group shelves as a way to introduce the newcomer to the "meeting in print." The journal is also now available online and as an app on smartphones.

Shannon H. - Happy Hour Group



**The A.A. Grapevine** Our meeting in print - now available online and by app at [www.aagrapevine.org](http://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.



## STEP EIGHT

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

On the surface making a list of people that I had harmed seemed easy enough, but my subconscious pride and ego put up "warning-danger ahead" flags. This step is a two part process. By the time I got to Step Eight, I knew all too well what would come next after making my list. I would have to then become willing to face the people I had hurt, lied to, cheated, or stolen from. That was a tall, scary order. I had no idea what the reality of that would look like. In the beginning, I wanted to be able to say that because I was a loner and I did most of my drinking out and about, that the list of people I had harmed wouldn't be that long. I had to be reminded that the ripple effect my drinking caused had touched every aspect of my life. Sometimes the way I harmed people was by not being present when I was expected to be as a family member, friend, co-worker, mother, wife, girlfriend, best friend, daughter, sister, niece, aunt, grand-daughter, etc. (do you get my drift?). I didn't know where to start when it came to my drinking and my memory loss because my recall of the past did not always serve me well, as I was a blackout drinker.

Hearing people in AA share in meetings, especially when the topic was Step 8, was so helpful by allowing me to hear people share about the memory jogging that they were blessed with from putting pen to paper. The mystery of pen to paper is something that continues to amaze me. There is so much awareness, healing and self-knowledge that is found in this simple, yet powerful, practice. Today, I see people using phone apps that can be found for recovery to work the steps. I am not saying I am against the use of them for direction, but I am old school, and there is magic found by putting pen to paper. Just like in the beginning when first working Step 4, I found there was healing, truth, and appreciation found by making a list with pen and paper. In order to truly work this step to the best of my ability, I must be willing to first trust, then get honest, and lastly take the action of walking through the memories of my wrong doing to others, great and small.

The last word in this step is ALL and that is very important. We don't get the luxury to pick and choose who we make amends to. We must become willing to make amends to them ALL or risk staying sick and worse yet, getting drunk again. By walking through my past, the purpose of Step 8 is to hold myself accountable for my harming others, whether it was intentional or accidental. Once I faced how much pain I caused others, I became willing and motivated to make right my wrongs, no matter how uncomfortable the thought might have been. If you are anything like I was, when I came into the program and as I was working the program, it wasn't until righting my wrongs that I stopped being afraid of who I might bump into while I was out and about in town. Step 8 and 9 are crucial aspects to feeling equal to others around me.

Working with my sponsor I was able to see the list for what it is. It is my ticket to the continued front row seat before the sunlight of the spirit. Only by writing a thorough list of the persons I had harmed and praying for the willingness to right my wrongs and make amends to them all would I feel like a better person, a person of character, a person with a just morale compass, a person who wants to be a motivating friend among friends, a constructive worker among coworkers, and a good neighbor in my community. Not until I could look myself in the mirror and feel good about myself and who I was becoming could I walk freely as a happy, guilt-free, sober, active, trustworthy, friendly, light hearted, member of society. After working Step 8, I saw the world differently and I began to look forward to Step 9 so that I would one day no longer want to disappear and "do my own thing". Instead, I want to ask what I can do to be of service to others and prevent myself from falling back into old habits.

Catherine S., Strange Camels Group

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



**EDITOR'S CORNER** *Continued from page 1*

reflecting upon when I first walked through the doors to my first AA meeting, I am overwhelmed with gratitude for the precious gift of desperation. It enabled me to be willing...eagerly ready to act. I was at that place where I knew I was going to die if I didn't do something different and for the first time I was willing to do whatever it took to stay sober. Willingness was the first step to my sobriety and was of utmost importance.

However, willingness by itself probably would not have been enough for me to sustain sobriety. I was told when I started working with a sponsor that willingness, honesty, and open-mindedness were essentials (absolutely necessary) of recovery. I thought she was so wise (and she was), however, she was actually quoting from the *Spiritual Experience* in Appendix II of the BB. Therefore, honesty had to also become of utmost importance for me. I had to be willing to be honest, which quite frankly was not easy for me at the time. I had long ago lost the ability to do so, even where the simplest things were concerned. I didn't even know what the truth looked like anymore, as I had told so many lies and had so many black outs, that I had concocted my own version of reality. It took my being willing to work through the 12 Steps with a sponsor and to be intentional about being honest (boy was that painful), for clarity to even begin to return. But it did, a little at a time, and it was so different than what I had convinced myself for so long to be the truth. My willingness to do something different by accepting guidance, doing the next right thing, and striving for honesty in all that I did was the foundation to my being able to stay sober, one day at a time.

Willingness also allowed me the luxury of being open-minded; to believe that there was something far greater than you or me at work in these rooms, and that I didn't have to know what that was but rather be willing and open-minded enough to just believe and trust the process. Sometimes that meant I had to be O.K. with being uncomfortable, to just sit in the moment and not act. Other times it meant I had to act out my willingness by working the steps, trusting God, doing service work, doing the next right thing even if it was scary, or following my sponsor around as she did service work. I even helped my grand-sponsor and her husband move when I was about 3 weeks sober. I was moving boxes and cleaning bathtubs and had absolutely no idea what that had to do

with the program of AA and staying sober....but I was willing. They, however, knew it would keep me busy on a Saturday and out of myself and just maybe I wouldn't drink that day...and I didn't! I didn't have to know WHY or HOW it was keeping me sober, I just had to be willing and open-minded enough to get out of my own way, to not try to over analyze everything, and to trust that those who came before me knew and understood, and that was enough for a beginning.

Sobriety comes in all shapes, sizes, ages, genders, and ethnicities. I can learn from everyone if I am honest, open-minded, and willing to listen to the experience, strength, and hope shared in the meetings, over coffee or dinner, doing service work, etc. I think back to one of my first speaker meetings when a very young woman spoke. I was in awe that she had a few years of sobriety at such a young age but I clung to every word she said...because she had been able to do something that I had not and that was to stay sober one day at a time. I thank God (because I can assure it was not of my doing) for granting me the willingness to listen with an open heart and mind. That young woman is still sober today, has helped numerous women in this program, continues to awe me with her wisdom, and I am blessed to be able to call her my friend.

For me, willingness, honesty, and open-mindedness truly are absolutely necessary to all areas of my program of recovery. The phrase states "and", not "or" which means I can't leave one out and expect to get the results I desire. They work together, just like going to meetings, working with newcomers, and maintaining my spiritual condition work together. I don't question which one is keeping me sober...I just know that if I practice these principles in all my affairs each day, the likelihood that I will drink that day are pretty slim and that's enough for me.

My prayer for each of us is that we can once again find and keep that "eager and ungrudging readiness to act" that we so desperately clung to when we first came to AA.

Thank you for allowing me to serve as your Post Editor.  
In love and service,

*Natalie C. – Strange Camels*

**HOME  
GROWN**

**TRADITION EIGHT****ALCOHOLICS ANONYMOUS SHOULD REMAIN FOREVER NONPROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS.**

AAs' very foundation is built upon service of one sober alcoholic carrying the message to another. The only payment is maintaining sobriety. Sharing our experience, strength and hope with one another, no strings attached, reminds us that money and spirituality do not mix. This tradition of non-professionalism helps AA steer clear of the profit motive and concentrate on offering 12 step recovery to all who want it.

I am sure we have all tried to get sober by other means prior to

coming through the doors of Alcoholics Anonymous. Spending a ton of money on a rehab facility might get us sober but it does not keep us that way. Once released, without working this program, alcohol, again, becomes our main coping strategy.

How about all those religious or spiritual retreats, the self-help books, medical treatments, etc.? I don't know how much money I have paid over the years for all of the above and to no avail. I still drank within days, and sometimes hours, of getting home from the workshop or finishing the book. Filled with the wisdom of a highly paid professional, their words sang hollow when I was faced with the reality of day-to-day life. I had learned to cope with life early on by numbing myself, by putting the world at a distance with the alcohol I put in my body. It felt safe somehow.

*Continued on page 7*

But I was anything but safe.

The only way that I have found to stay sober is to receive the help from another alcoholic and to share my experience, strength, and hope with another. Therapists, doctors, and religious leaders have their place in my life but they have never kept me sober. Only the program of Alcoholics Anonymous and all it entails has done that.

But what about hiring someone to clean or staff our office or World Service Office? This idea of paying someone to maintain our offices and our program has been a source of contention for years. People argued that paying someone to carry the 12<sup>th</sup> step to another was against all of our traditions. Bill W is very clear in his various writings on the Eighth Tradition that when we hire

secretaries or custodians we are not paying them to carry the message. We are paying them to keep our offices organized so that WE can carry the message.

“For our purpose we have discovered that at the point of professionalism, money and spirituality do not mix. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same; our single purpose has been defeated.” Alcoholics Anonymous Comes of Age, pg. 114.

Jill Z., Happy Hour Group



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

## MILLBROOK PRIMARY PURPOSE

### Meeting Changes:

THURSDAY 6PM IS NOW AN OPEN MEETING

WE'VE ADDED A SATURDAY 6PM OPEN MEETING!

### CONCEPT EIGHT

**(LONG FORM) The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committee directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of the entities.**

The Trustees of Alcoholics Anonymous are comprised of 21 men and women, 14 alcoholic (class B) and 7 nonalcoholic (class A). Their purpose and mission is to serve the fellowship of AA. They are tasked with providing clear and effective leadership to our fellowship and are concerned with all matters affecting our primary purpose of carrying the A.A. message to the still suffering alcoholic. They are the guardians of A.A.'s Steps, Traditions, and Concepts.

The role of Trustees is devoted mainly to larger matters in AA dealing with policy, finance, group relations, public relations and leadership. These things demand all of their attention and service to be discharged effectively and efficiently. Therefore, they can't be burdened with lesser matters and difficulties that arise daily. The Board cannot possibly manage everything. So it must delegate in order to operate harmoniously. They elect directors to manage the day to day stuff they'd otherwise be overwhelmed by. So the Board's attitude is that of custodial oversight.

This honestly makes me think of any successful business or cooperation. If an owner of a large company has any chance to make it, they must delegate its powers to competent managers and leaders charged with carrying out the vision of said company while

the owner focuses on matters of greater importance. This company just happens to be AA. And in AA no one is ever put in a position of higher authority over another—we're all just drunks trying to make it one day at a time.

Last November I had the privilege of attending the regional forum in which the Trustees gave their reports to the fellowship. Over the course of a few days, I was immersed in general service and had absolutely no idea what anyone was talking about. But what I did know by the end of the Forum was that the people that serve us truly do serve "us". Beforehand, the Board of Trustees always sounded to me like some sort of good ole boys club that sits up high on their throne and tells us what to do. This just isn't so. "They" are "Us". There is no difference. They are simply trying to serve us in the best way they see fit.

I am forever grateful for the people in my life who took time to explain to me just how AA operates, that it doesn't just magically happen. There are people constantly tasked with making everything I take for granted in our groups possible, from pamphlets to committee kits. But it's also important for me to remember that at the end of the day, this is all to help the hopeless alcoholic who stumbles in the dark a block away from our meeting who hasn't reached us yet.

Love & Service  
Jay Walker- Legacies



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



## July Birthdays

### PDG-Prattville Downtown Group

Martha	07/20/2016	3 yrs
<b>Total</b>		<b>3 yrs</b>

### Strange Camels Group

James A.	07/11/2011	8 yrs
<b>Total</b>		<b>8 yrs</b>

### Fellowship

Charles W.	07/22/1990	29 yrs
Carol G.	07/10/2012	7 yrs
Loyde S.	07/20/2012	7 yrs
Don G.	07/01/2013	6 yrs
Erin R.	07/13/2014	5 yrs
Rachel I.	07/27/2014	5 yrs
Andy H.	07/16/2016	3 yrs
David C.	07/14/2016	3 yrs
Deborah P.	07/25/2017	2 yrs
Robert T.	07/24/2017	2 yrs
Brittany J.	07/01/2018	1 yr
Danny J.	07/24/2018	1 yr
<b>Total</b>		<b>71 yrs</b>

### Legacies

Myles W.	07/01/1993	27 yrs
Craig M.	07/13/1994	25 yrs
Tom H.	07/27/1999	20 yrs
Ashley B.	07/20/2005	14 yrs
Warren S.	07/27/2009	10 yrs
Mary Joyce	07/24/2018	1 yr
Jennifer C.	07/22/2018	1 yr
<b>Total</b>		<b>98 yrs</b>

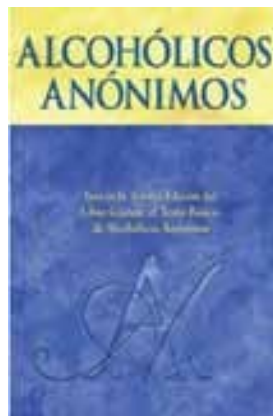
**JULY** **180 yrs**

### **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](mailto: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](mailto:Intergruop@centralalaa.org)  
<http://www.AA.org>

**>> para mas informacion y recursos en Espanol**

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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](mailto:Post.Editor@centralalaa.org).

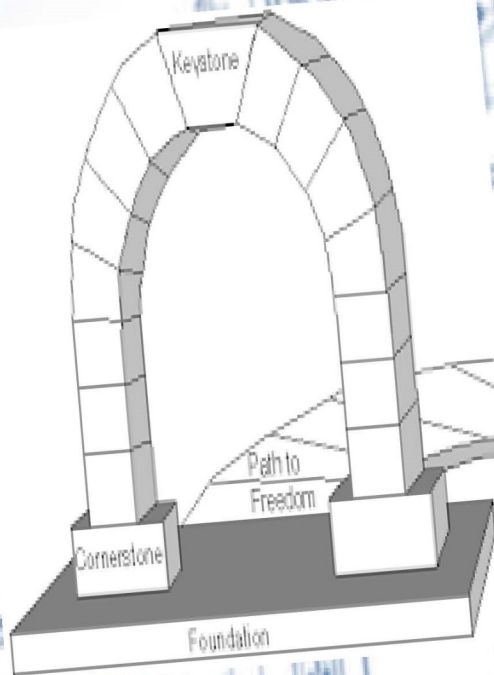




# A Design for Living

## Prattville Downtown Group's 21<sup>st</sup> Anniversary

September 14, 2019



4:30 pm

Welcome &  
Fellowship

5:00 pm

Dinner

6:00 pm

History, Raffle &  
50/50, Sobriety  
Countdown

6:45 pm

Speaker:  
Anthony R.

**St. Mark's Episcopal Church**  
**178 East 4<sup>th</sup> Street, Prattville, AL**

OPEN EVENT. All are invited. Please bring a side dish and/or dessert.

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