

EDITOR'S CORNER

Responsibility Declaration

"I am Responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that, I am responsible."

December can be difficult for a lot of people, and especially for us alcoholics. I remember my first holiday season sober and it was a struggle even with several months under my belt at the time. Parties scared me to death! I was so grateful for my sponsor and others in AA who kept me busy and included me in all sorts of activities so I wouldn't be alone and who shared their experience with going to parties sober! Let's reach out to those newcomers, or those we know who may be going through a rough time or may be alone. I know I was extremely grateful for meetings and the fellowship my first year....AA meetings are on a short list of places you can still go on Holidays...for free...or for a dollar or two if you choose. Where else can we find that?

I pray each and every one of us can remember what it was like our first holiday season in sobriety, and reflect on what got us through without taking a drink. In turn, I hope we can share our experience, strength, and hope with those who are going through it for the first time,

A.A. HISTORY

An International AA Program and an International Convention

On September 9, 2019, something special happened. Registration began for the International Convention of Alcoholics Anonymous. This event is held every five years in a major city where more than 50,000 people gather to celebrate their recovery. This year the conference will be held in Detroit, Michigan.

One of the things to be grateful for in AA

for the newcomer who walks in the door, having not a clue what to do but reaching out for help all the same, and for those who are lonely during this time of year. We can't keep it if we don't give it away. For that we are ALL responsible.

This year the Happy Hour Group (3466 Eastdale Circle, Montgomery) will be hosting the **Alcathon**. Below is the schedule of meetings and times:

TIME	CHAIR
12/31 6:00 PM	REG. SCHEDULE HH
12/31 8:00 PM	HAPPY HOUR
12/31 10:00 PM	WE STOPPED IN TIME
1/1 MIDNIGHT	LEGACY
1/1 2:00 AM	STRANGE CAMEL
1/1 4:00 AM	FELLOWSHIP
1/1 6:30 AM	REG. SCHEDULE HH
1/1 8:00 AM	PDG
1/1 10:00 AM	LEGACY
1/1 NOON	REG. SCHEDULE HH

In love and service,
Natalie C. – Strange Camels



is the large number of us that work the program and the many opportunities that number provides. Even in the greater Montgomery area, there are numerous meetings and home groups that cater to different ages, genders, and purposes (such as literature studies, open meetings, closed meetings, women's meetings, etc).



INSIDE THIS ISSUE

Editor's Corner.....	Page 1
History Feature.....	Page 1/5
Mark Your Calendar.....	Page 2
Service Alert	Page 2
Area Meeting Schedule.....	Page 3-4
Step of the Month.....	Page 5
Tradition of the Month.....	Page 5-6
Concept of the Month.....	Page 6
Birthdays.....	Page 7
Español Spoken Here.....	Page 7

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®.

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, January 4, 2020

8:00am @ Legacies Group

3412 Atlanta Hwy, Montgomery, AL 36109

District 8 Monthly Meeting

Saturday, January 4, 2020

9.30am @ Legacies

3412 Atlanta Hwy, Montgomery, AL 36109

Alabama/NW Florida Area Assembly

January 10-12, 2020

More Info on AREA 1 website

<http://www.AAarea1.org/>

Clarion Inn & Suites Hotel

1577 S. College Street, Auburn, AL 36830

MORE EVENTS & INFO:

[HTTP://WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/](http://www.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/)



SERVICE ALERT

Post Positions Open – 12 month commitment:

Concept Article for The POST – share your experience and understanding of the Concept for the month. Article due monthly on the Friday before District.

POST Distribution – emailing the monthly POST to email recipients, printing and mailing the hard copies for those who do not receive it by email

Please contact Natalie C. or post.editor@centralalaa.org if willing and able to serve!

The Post

POWER OF SOBER THOUGHT

THE POST COMMITTEE

Editor/Coordinator—Natalie C.

Copy Editor—Jill Z.

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

WWW.CENTRALALAA.ORG

YOUR DISTRICT 8 ONLINE

WWW.AAAREA1.ORG

YOUR AREA 1 ONLINE

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LITERATURE AT CENTRAL OFFICE

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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.

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: October 14, 2019

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

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY							
12 Steps Group of AA Heritage Baptist Church, Rm 127 1849 Perry Hill Road		C-D-ST-BG 6p					
A Vision for You Group of AA Baptist Health Training Entrance 2010 Normandie Dr.			O-D 7p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Boulevard						O-D 1:30p	O-D 1:30p
Chisholm Group of AA 1409 Federal Drive	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 (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 Women's Mtg 6p
Happy Hour Group of AA 3466 Eastdale Circle (Next to Fortis College)	C-D 6:30a 12p & 6p	C-D 6:30a & 12p C-L 6p	C-D 6:30a C-L 12p C-D 6p	C-D 6:30a & 12p O-BG 6p	C-D 6:30a 12p & 6pm O-S 7p 1st Friday	C-D 12p	C-D 12p O-D 6pm
The Legacies Group of AA 3412 Atlanta Highway (Enter on Forest Hills Dr)	C-D 12p & 6p	C-L 12p	C-D 12p O-S 8p	C-D 12p	C-D 12p C-D-CL 8p O-Chip Celebration 8p Last Friday		C-D 9a
Living Sober Group of AA Mental Health Building 1116 South Hull Street	C-D 6p		C-D 6p				
Sole Purpose Group of AA 22 North California Street	C-D 8p			C-L 8p	C-D 8p		C-D 8p
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 386 St. Luke's Drive Bradford Health Services building	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 Church (rear entrance, downstairs) 2810 Atlanta Highway		O-D 8p YP				O-D 8p YP	
CLANTON							
Clanton Group of AA Trinity Episcopal Church 503 2 nd Ave. S, Clanton, AL 35045	O-D 7p			O-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 (Silver trailer behind church)		O-D 6p					

Continued on reverse side.

MONTGOMERY INTERGROUP DIRECTORY OF A.A. GROUP MEETINGS							
Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAPLESVILLE							
Maplesville Group of AA Highway 139, PO Box231, 36750					O-D 8p O-S 3 rd Fri.		C-D 8p
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene, Fellowship Hall 3251 Browns Road		O-D 6p		O-D 6p		O-D 6p	
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 East 4th Street	O-L 12p	C-D 12p		C-D 12p	C-D 12p	C-D Women's Mtg 10a	
Prattville Downtown Group of AA 326 West 5th Street	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 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
Selma Men's Group of AA St Paul's Episcopal Church 210 Lauderdale Street	C 6p		C 6p				
TALLASSEE							
Ray of Hope Group of AA 2872 Kent Road, Kent	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, East Tallassee		O-ST * 7p					
UNION SPRINGS							
Bullock County Hospital Detox Unit 102 Conecuh Ave Union Springs, AL	O-D 7p		O-D 7p				
WETUMPKA							
Free World Group of AA Elmore Co. Extension Office, metal bldg Highway 14, Queen Ann Road							C-D 7:30p
Wetumpka Group of AA 103 West Tuskeena St.	C-D * 7p						O-D 6p

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 Sp = Speaker L = Literature Study (BB, 12/12, or Other) St = Step Study
 Cl= Candlelight W = Women's Meeting LGBT = Lesbian, Gay, Bi, Transgendered BG = Beginners
 Sm = Smoking YP = Young People & Young at Heart * = Al-Anon Meets Simultaneously ** = Alateen Meets Simultaneously

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.

**Montgomery Intergroup 334-264-4122 • montgomery.intergroup@yahoo.com • www.centralalaa.org
 828 Forest Avenue, Suite A • Montgomery, AL 36106 • Open Mondays 10 – 2pm**

www.centralalaa.org

Intergroup@centralalaa.org

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

But what's even more astonishing and exciting is the spread of AA throughout the world. By the beginning of the twenty-first century, AA had spread, our Big Book informs us, to "100, 800 groups meeting in approximately 150 countries around the world." Our Big Book has also been translated in seventy languages as of 2017.

The International Convention allows people from all over the world to come together in one place and speak one common "language of the heart." The event occurs in major cities of the United States or Canada every five years. The first convention was held in 1950 to celebrate AA's fifteenth anniversary, and this was where the Twelve Traditions were first adopted. By the time the thirtieth convention was held in Toronto in 1965, the event was truly self-supporting, with 10, 500 people in attendance. By 1980, that number had doubled.

This coming July, with the theme of "Love and Tolerance is Our

Code," AA will celebrate its eighty-fifth anniversary event. The convention is typically held over a weekend (this time July 2-5, 2020), with open meetings, panels, and workshops on Friday, Saturday, and Sunday. The flyer tells us that subjects will include "Came to Believe," "Healing Through Laughter," "Tolerance and Trust," and many more. The event also features a flag ceremony representing all the countries in attendance.

Those interested in learning more about the International Convention should check out the official Alcoholics Anonymous website at aa.org. On that page, you may find a video invitation to the event, information about registering, opportunities for volunteering, and news about available lodging and transportation. https://aa.org/pages/en_US/international-convention-2020

Shannon H. - Fellowship Group

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STEP TWELVE

HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS

Having had a spiritual awakening, I see life and things in it differently. It is my obligation to share with others what I did to stay sober one day at a time. I try to be loving and tolerate of all things on this earth. I no longer take things in life so personally and I try to help others who may be struggling in their journey. Having learned that honesty is key, I try to master the life that God has given me and actively work to achieve the level of serenity and peace that God has in store for me so that I can be of maximum service in all things that I involve myself with and so that I might be the best representation of a Big Book as possible. I am no longer riddled with huge fears, doubts, or selfish wants and wishes as a result of working the twelve steps. My purpose and direction in life are to be right sized and even keeled. There will always be peaks and valleys but the steps have helped me to realize that nothing is forever and to stay steadfast, ever faithful, continue praying, and turning things over to God and eventually God will see us through to the other side. An added bonus to that is that we are granted knowledge and more tools for our toolbox to share with others once we get to the other side of any given tough or trying situation.

I have been taught that when it comes to keeping my sobriety that if I do not give it away I will lose it. Also I know that once we reach step twelve we are not done. With the help of our sponsor we continue to work these steps as needed in order to stay in fit condition mentally, spiritually and physically. If ever anyone reaches out to me I will do my best to help them or direct them to someone who can.

When I was drinking there was no way you could get me to believe that there was any possibility of a good life for me. Fast forward to today and I wouldn't trade this life of sobriety for anything in the world. I will continue to pray, help others, and go to meetings so I can better ensure this life I now have. If you are new, please keep coming back. I once thought I could never piece together even a week and now I have 15 years. By the grace of God the obsession to drink has been lifted one day at a time, contingent on my fit spiritual condition. Thank you for letting me share my experience, strength, and hope with you this year through each of the twelve steps of AA. Good luck as you trudge your road and find your place and purpose as I and others before me did.

Catherine S., Strange Camels Group

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

TRADITION TWELVE

ANONYMITY IS THE SPIRITUAL FOUNDATION OF ALL OUR TRADITIONS, EVER REMINDING US TO PLACE PRINCIPLES BEFORE PERSONALITIES.

I found a speech by Bill W, that is included in the book, Alcoholics Anonymous Comes of Age, page 286, that says all I could ever say about Tradition 12 and it is so pertinent to our days and times:

"As never before, the struggle for power, importance, and wealth is tearing civilization apart-man against man, family against family, group against group, nation against nation.

Nearly all those engaged in this fierce competition declare that their aim is peace and justice for themselves, their neighbors, and their nations. 'Give us power,' they say, 'and we shall have justice; give us fame and we shall set a great example; give us money and we shall be comfortable and happy.' People

throughout the world deeply believe such things and act accordingly. On this appalling dry bender, society seems to be staggering down a dead-end road. The stop sign is clearly marked. It says, 'Disaster.'

What has this got to do with anonymity, and Alcoholics Anonymous?

We of A.A. ought to know. Nearly every one of us has traversed this identical dead-end path. Powered by alcohol and self-justification, many of us have pursued phantoms of self-importance and money right up to the disaster stop-sign. Then came A.A.

We faced about and found ourselves on a new highroad where the direction signs said never a word about power, fame, or wealth. The new signs read, 'This way to sanity and serenity. The price is self-sacrifice.'"

Bill's speech goes on to describe various scenarios when A.A. members challenged the need for anonymity and how they failed, the result of that being the twelfth tradition. From page 292:

"The old files at A.A. Headquarters reveal many scores of such experiences with broken anonymity. Most of them point up to the same lessons.

They tell us that we alcoholics are the biggest rationalizers in the world, and that, fortified with the excuse that

we are doing great things for A.A., we can, through broken anonymity, resume our old and disastrous pursuits of personal power and prestige, public honors, and money-the same implacable urges that when frustrated once caused us to drink, the same forces that are today ripping the globe apart at its seams. These lessons make clear, moreover, that enough spectacular anonymity breakers could someday carry our whole society down into that ruinous dead end with them.

So we are certain that if such forces ever rule our Fellowship we will perish too, just as other societies have perished throughout human history. Let us not suppose for a moment that we recovered alcoholics are so much better or stronger than other folks, or that because in twenty years nothing has ever happened to A.A. nothing ever can.

Our really great hope lies in the fact that our total experience, as alcoholics and as A.A. members, has at last taught us the immense power of these forces for self-destruction. These hard-won lessons have made us entirely willing to undertake every personal sacrifice necessary for the preservation of our treasured Fellowship."

Thank you all for allowing me to serve this past year by writing for The Post.

Jill Z., Happy Hour Group

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

CONCEPT ELEVEN

General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that, though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

The 6 Warranties of the General Service Board are:

1. Shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power;
2. That sufficient operating funds and reserve be its prudent financial principle;
3. That it place none of its members in a position of unqualified authority over others;
4. That it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity;
5. That its actions never be personally punitive nor an incitement to public controversy;
6. That it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

Why are these warranties so important that it requires the written consent of $\frac{3}{4}$ of all the directory-listed A.A. groups and at least six (6) months of careful consideration in order to amend or cancel any part of any one of these warranties?

Bill writes "The Warranties of Article 12 are a series of solemn undertakings which guarantee that the Conference itself will conform to A.A.s Twelve Traditions..." and then recites the six (6) warranties again.

Then it follows "These Warranties indicate the qualities of prudence and spirituality which our General Service Conference should always possess. Barring any unforeseen defects, these are the permanent bonds that hold the Conference fast to the movement it serves.

Rather than try and describe what is so well written in Concept 12, I will urge each one of us to read this beautifully spirit filled discourse Bill worked so diligently on; in order to leave us a lasting legacy of recovery, unity, and service.

Myles W..
Legacies Group
(Previously Published)

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



November Birthdays

PDG-Prattville Downtown Group

Amanda K.	11/03/2018	1 yr
Stephanie R.	11/05/2017	2 yrs
Jeff H.	11/05/1995	24yrs
Patrick C.	11/23/2016	3 yrs
Total		30 yrs

Strange Camels Group

Trei J.	11/03/1992	27 yrs
Chris J.	11/30/2016	3 yrs
Total		30 yrs

Fellowship Group

Alex T.	11/02/2016	3 yrs
Greg T.	11/02/2006	13 yrs
Matt S.	11/08/2007	12 yrs
Bobby B.	11/12/2014	5 yrs
Billy G.	11/18/2014	5 yrs
Eric H.	11/18/2018	1 yr
Sam D.	11/22/2017	2 yrs
Harvey F.	11/27/2017	2 yrs
David A.	11/29/2016	3 yrs
Total		46 yrs

Tradition Three

Kent W.	11/23/2004	15 yrs
Total		15 yrs

Legacies

Katrina M.	11/01/2015	4 yrs
Jessica L.	11/10/2012	7 yrs
Jenna B.	11/25/2018	1 yr
Total		12 yrs

Happy Hour

Mike F.	11/02/2018	1 yr
Logan T.	11/05/2018	1 yr
Brandon W.	11/14/2018	1 yr
Tracy P.	11/15/2017	2 yrs
Jason K.	11/24/2016	3 yrs
Dru B.	11/25/2018	1 yr
Shethar M.	11/25/2013	8 yrs
Bill M.	11/27/2018	1 yr
Total		18 yrs

NOVEMBER 151 yrs

CELEBRATING AN A.A. BIRTHDAY?

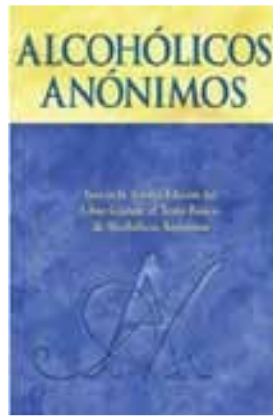
AT YOUR NEXT BUSINESS MEETING **ASK YOUR G.S.R.**

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, 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 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

Intergroup@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.



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