

HISTORY FEATURE EARLY PERCEPTION OF ALCOHOLISM

Throughout domestic history, numerous descriptions and “causes” of alcoholism have been offered with



many including a lack of morality. A common belief was that alcoholics could not be helped. The first major American document on the effects of alcoholism was “An Inquiry Into the Effects of Ardent Spirits Upon the Human Body and Mind,” by Dr. Benjamin Rush (1745-1813). Published circa 1785, it states that this ‘Odious Disease’ leads to madness and death. He provides some random suggestions and mentions a few cases of abstinence.

Changes in this thinking started occurring in the early 1800s. Prior to this, many believed alcoholics could not be helped. The Temperance Movement of the 1820s focused on negating drinking behavior. It made attempts at preventing consumption rather than dealing with alcoholism once it had occurred. The movement advocated temperance for everyone, whereby members made pledges of abstinence.

The rise of the Washingtonian Society in the 1840s brought a new idea in that a suffering alcoholic could be restored to a useful place in society. Six drinking

buddies took their experience with the Temperance Movement and named the new organization in honor of the nation’s first President. The new founders signed the following pledge:

“We, whose names are annexed, desirous of forming a society for our mutual benefit, and to guard against a pernicious practice, which is injurious to our health, standing, and families, do pledge ourselves as gentlemen, that we will not drink any spirituous or malt liquor, wine, or cider.”

This comradeship had drunks banding together to solve their drinking problem, and quickly grew to an estimated 400,000 members in just a few years. However, attempts at solving numerous societal problems, losing primary focus of helping alcoholics, and the lack of anonymity (at least one prominent spokesman’s drunken behavior tarnished the Washingtonian’s reputation) all led to the Washingtonian’s demise. By 1848, the society had virtually disappeared. This society faded, but not before significantly changing the treatment of alcoholism by stressing 1) that an alcoholic is not a moral degenerate but can and should be helped, and 2) the importance of drunks helping themselves in their recovery.

This set the stage for later views of alcoholism treatment, including the Emmanuel Movement, the Peabody Method, the Oxford Group, and individuals, including Dr. Silkworth. These will be discussed next month.

Yours in Service,
Greg D., Happy Hour Group



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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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MARK YOUR CALENDAR



INTERGROUP MONTHLY MEETING

SATURDAY, MARCH 2, 2019

8:00AM @ LEGACIES GROUP

3412 ATLANTA HWY, MONTGOMERY, AL 36109

DISTRICT 8 MONTHLY MEETING

SATURDAY, MARCH 2, 2019

9.30AM @ LEGACIES

3412 ATLANTA HWY, MONTGOMERY, AL 36109

FELLOWSHIP GROUP 22ND ANNIVERSARY CELEBRATION

FEBRUARY 23, 2019 4:00 PM – 8:00 PM

LANDMARK CHURCH OF CHRIST, 1800 HALCYON BLVD

MONTGOMERY, AL 36117

DAVIS B. – AA SPEAKER

MIKE V. – AL-ANON SPEAKER

• PLEASE BRING A COVERED SIDE DISH, BBQ WILL BE PROVIDED.

• DOORS WILL OPEN AT 4:00 FOR SET UP AND FELLOWSHIP.

• MIKE V. WILL SPEAK PROMPTLY AT 5:00 PM.

• DINNER WILL START AT 6:00 PM

• THE AA SPEAKER AT 7:00 PM.

RAFFLE AFTER AA SPEAKER

THE NEXT ALABAMA/NW FLORIDA AREA ASSEMBLY

APRIL 5-7, 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

MORE EVENTS & INFO:

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

PLEASE NOTE NEW EMAIL ADDRESSES:

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The Concepts—John V.

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.

www.centralalaa.org • Email Intergrupp@centralalaa.org

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

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

CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY

In Step One we admit powerlessness over alcohol and that our lives have become unmanageable – Now what?

For some people, Step Two comes easy. Some people already have a Higher Power. Some may have believed in God but felt He let them down. For others, this step can be a stumbling block, such as those that don't believe there is a Higher Power for them at all. I fell into this latter category when I originally entered AA. I felt that after the life I had lived there was not a God for me. I had convinced myself when I was a child that I had ruined any chances of ever having any type of a relationship with God. If a Higher Power truly did exist, then why did He allow life to dump all over me?!?! God didn't love people like me (or so I thought), so how am I to come to believe anything? Right?!? On the matter of restore us to sanity... I was pretty much convinced that I was born insane, so how could anything or anyone restore to me something that I never had? I thought for sure I was one of the ones doomed to die an alcoholic death because I didn't know how on earth to begin living life on life's terms, on a spiritual basis, much less have a spiritual experience that could combat my illness.

My sponsor pointed out to me the difference between AA and church. She said AA is a spiritual program that offers spiritual solutions to the disease of alcoholism, not a religion or religious solution to my alcoholic drinking. This was something that I needed to hear to help me to recognize and understand the difference before I could let go of my original objections, fears, beliefs, and prejudices.

In meetings, I heard people share their own experiences and tell how they came to believe in a Higher Power. I heard all walks of life tell me how, after working Step Two, God started working in their lives in ways they could never have imagined. I asked as many people as I could about Step Two. I asked how I could possibly jump from just barely being able to breathe and walk through 24 hours without drinking to being able to believe in anything, especially something that I couldn't see, touch, or feel. Most of their answers were about the same. Several people suggested I believe that they

believed and suggested that

I use their Higher Power

until I found one of my own that worked for me. I was told to keep it simple. It was suggested that I not drink, read the Big Book and call my sponsor. It was also suggested that I practice prayer and meditation until my prayers reached farther than the ceiling tiles. I was told to keep coming back to the meetings, even when I didn't feel like it. Most importantly, it was recommended that I not quit 5 minutes before the miracle. What Miracle was ever going to happen to or for me? I wanted to scream "Remember me"?!? I am the one who is doomed! These suggestions all sounded silly, ridiculous, and pointless at first. However, through these suggestions, God was planting seeds, that once watered, would start doing for me what I couldn't do for myself. By regularly attending meetings, I saw first-hand the change in people's lives and witnessed people's attitudes change to gratitude, all while I sat still without much growth of my own. I listened to people say that on a daily basis they

prayed for God's will in their life, and I saw that they seemed to have a next level of happiness that I didn't have or feel. These same people talked about how life was getting better every day, and how their worst day sober is better than their best day drunk. I wanted what I was seeing and

hearing. It was now time for me to truly get serious and decide if I was open and willing to believe in a Power greater than myself that could restore me to sanity too. What an Order!!! In Chapter 4, We Agnostics, it says that lack of power was our dilemma. Up to this point, all I had known was relying on me and my own instincts and power, which I once thought worked. As of late, my best instincts and power, or lack thereof, had always gotten me into trouble, and deeper in my addiction of alcoholism. I would hear people in the rooms say that God started doing for them what they couldn't do for themselves as soon as they quit fighting everything and everyone and started believing in a power greater than themselves. I also heard people say that we will intuitively know how to handle situations that used to baffle us when we stop drinking and start working the 12 Steps of Alcoholics Anonymous and practicing the principles in all our affairs, just as the Big Book promises. I had to remember that my best thinking and instincts brought me to

What an Order!

**THE NEXT ALABAMA/NW FLORIDA
AREA ASSEMBLY
APRIL 5-7, 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

Fellowships' 22nd Anniversary Celebration

DAVIS B. – AA SPEAKER

MIKE V. – AL-ANON SPEAKER

- Please bring a covered side dish, BBQ meat will be provided.
- Doors will open at 4:00 for set up and fellowship.
 - Mike V. will speak promptly at 5:00 pm.
- Dinner will start at 6:00 pm along with the history of Fellowship presented by Matt S.
- The AA Speaker, Davis B., will speak at 7:00 pm.

FEBRUARY 23, 2019 4:00 PM – 8:00 PM

LANDMARK CHURCH OF CHRIST

1800 HALCYON BLVD

MONTGOMERY, AL 36117

STEP TWO *Continued from page 5*

AA and that maybe my way wasn't the best or right way to continue looking at life or my place in it.

Don't over think this step. We constantly remind ourselves that the steps are merely suggestions. I was told once that this step was for self-awareness and recognizing that maybe there is something bigger than us out there. I heard people with my similar experiences, viewpoints, and prejudices share how they came to believe in a power greater than themselves, and slowly, my ears and mind started to open.

I was told by many within the fellowship that I could use my sponsor, or the rooms of AA as my Higher Power until I found a

Higher Power that worked for me. I was also told that my Higher Power would evolve as my sobriety and my faith evolved. As weird as that all sounded, in a strange way, it eased my mind and made me feel more comfortable about the whole thing. I liked hearing that I didn't have to have all the answers. I was already failing in the outside world, the last thing I wanted to do was admit my fear of failing at finding a God of my understanding!!

As I mentioned before, I still tried to figure out where I fit into the spiritual/religious spectrum; atheist, agnostic, believer, or former believer. I soon found that none of that

Happy, Joyous & Free

really mattered, and this was me just trying to stall or find a reason why this program wouldn't work for me. Now that I had admitted that I was powerless over alcohol, I needed to stop debating and find a way to stay away from alcohol before it killed me. I had to become willing to believe that only a power greater than I could do that for me and could also restore me, my life, and my soul to sanity.

This step doesn't have to be worked or understood 100 percent right off the bat. By beginning to seek out a Higher Power for myself, having faith, and continuing to practice Step Two to the best of my ability, I started to see how making just a few simple changes in how I conducted my day might someday find me restored to sanity; happy, joyous and free. It is my experience that more will always be revealed as long as I continue to seek God's will and work the 12 Steps of AA. I may not always know what God's will is for me, but one thing is for sure.... I know God's will is not for me to drink!! Sober living led me to the sunlight of the spirit and away from the darkness, gloom, and doom!

Catherine S., Strange Camels Group

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

HOME
GROWN

TRADITION TWO

There is but one ultimate authority, a loving God as he may express himself in our group conscience. Our leaders are but trusted servants, they do not govern.

The Second Tradition is all about spirituality-the spirituality of each individual and the spirituality of the group at large. It's about democracy, our own ideas of spirituality, and how our Higher Power shows up in the group. It is important that each of us have a reasonable idea of what our Higher Power is and what he wants for us before we can act as trusted servants. Governing is easy. Serving is a little more complicated.

Here are some ideas to ponder that I found on Silkworth.net:

- Do I criticize or do I trust and support my group officers and committees?
- Am I trustworthy, even in secret, of 12 step jobs or other AA responsibilities?
- Do I look for credit in my positions or praise for my ideas?
- Do I have to save face in my group or can I honestly share what is going on?
- Even if I have been sober for many years, am I willing to serve my turn with AA responsibilities?
- In group discussions, do I sound off about matters on which I have no experience or knowledge?

The first business meeting I attended, I saw little of group spirituality. I did, however, see parliamentary procedure, politeness, brisk discussion, and arguing. At that point in my recovery though, I didn't know to look for spirituality. I hadn't done enough reflection on my own spirituality. So, I stayed away, as many of us do. I told myself others were doing such a good job, I think I'll let them. I asked myself how I could let go of my desire to know what is right for the group at large. I am strong willed and opinionated. How can that work in a group?

Today, because I have a much stronger concept of my Higher Power, I can see my path more clearly and I am beginning to know how to serve. I look to my sponsor to guide me in that because I have learned not to trust myself with those important decisions. Maybe we can all look at our paths in sobriety to see where we need to step up, to carry the message, to help our AA program function and grow. We need to share responsibility in order to allow our program to thrive, not just exist.

Jill Z., Happy Hour Group

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

HOME
GROWN



January Birthdays

PDG-Prattville Downtown Group

Ronnie B.	1/1/2009	10 yrs
Skye B.	1/5/2013	6 yrs
Jill	1/9/2018	1 yr
Ray G.	1/13/2001	18 yrs

Mary	1/16/2017	2 yrs
Ginger	1/19/2014	5 yrs
David	1/19/2014	5 yrs

Tim P.	1/21/2013	6 yrs
Brad E.	1/23/2001	18 yrs
Total		71 yrs

Strange Camels Group

John I.	1/6/1977	42 yrs
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Legacies Group

Liz M.	1/26/1993	26 yrs
Nancy M.	1/10/1985	34 yrs
Samantha C.	1/6/2018	1 yr
Tatiana B.	1/28/1991	28 yrs
Total		89 yrs

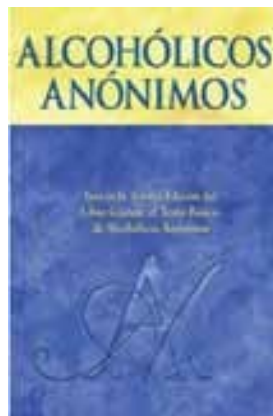
JANUARY **202 yrs**

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
Tel: (334) 264-4122

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

>> para mas informacion y recursos en Espanol

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





12 Step List Committee Meeting

Where: **Legacies Group**
3412 Atlanta Highway (Forest Hills Shopping Center)
Montgomery, AL 36109

When: **Saturday, March 9, 2019**
10:30 a.m.



The 12 Step List is a list of people that are willing and able to carry the message to the next suffering alcoholic. The 12 step list is provided to the 24/7 phone hotline coordinator and volunteers so they will know who to contact if they receive a call from a suffering alcoholic who needs help. If you are presently on the 12 step list, or if you are interested in being on the list, please attend the meeting.



“Each day, somewhere in the world, recovery beings when one alcoholic talks with another alcoholic, sharing experience, strength, and hope.”



District 8 Corrections Committee Meeting

Where? **Happy Hour Group**

3466 Eastdale Circle
Montgomery, AL 36117

When? **Monday, March 11, 2019 at 7:00 PM**

Why? The purpose of a corrections committee is to coordinate the work of individual AA members and groups who are interested in carrying our message of recovery to alcoholics behind the walls, and to set up means of smoothing the way from the facility to the larger AA community through prerelease contacts.

Who? Anyone that is currently taking a meeting into a correctional facility

Anyone interested in taking our message into correctional facilities

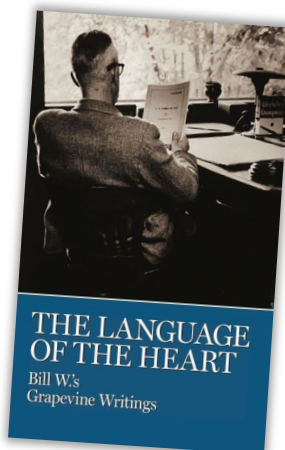
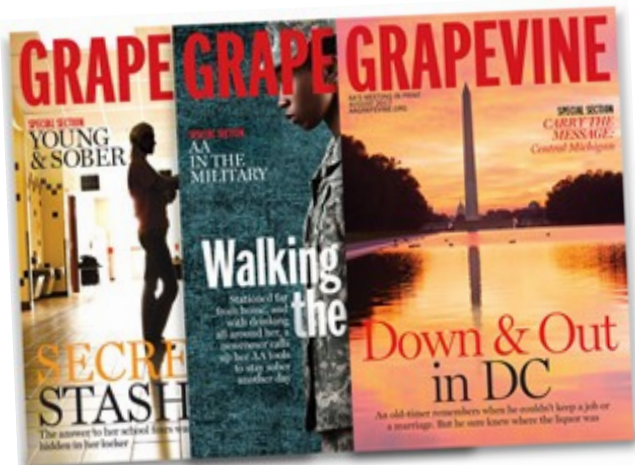
Anyone wanting to serve on the committee to help fulfill the committee's purpose

Anyone elected by their group as a Corrections Representative

Snacks and coffee will be provided!

Contact Debra G., District 8 Corrections Committee Chair, by cell (334-202-4325) or email (tazyknitter@gmail.com) with any questions.

PREA TRAINING AT CHURCH OF THE HIGHLANDS FROM 8-10 MARCH 9TH.



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.

CONCEPT TWO

When in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and effective conscience for our whole Society.

Concept 1 gave final responsibility and ultimate authority to the A.A. Groups themselves, but how would the groups carry out the maintenance of the world services? It would be impossible. At the 20th Anniversary A.A. Convention in St Louis in 1955, the Conference Charter was confirmed and delegated these services to a General Service Conference—whose members include Delegates elected by each service Area (ours is Alabama/Northwest Florida). The Conference process is an interesting one when we look at it because it both listens and speaks.

The Delegates and other Conference members receive the agenda for the Conference which is then distributed to the groups (in our Area via the Alternate Delegate to the DCM to the GSRs then to the groups' members) and each has the opportunity to read, discuss and give input back to the Delegate (in our Area at a special Pre-Conference Assembly usually in April). The Conference convenes, listens, shares, then acts on each item and thereby achieves an informed Group Conscience (Tradition 2) of A.A. as a whole.

When I was new, I read a lot of the concepts wondering when they would actually apply to me, but I've learned that I begin practicing Concept 2 when I accept a position of trusted service at my group (the group delegates a

responsibility and authority to me). I show up to my service commitments, whether it is a district meeting, a committee meeting, or taking a meeting to an institution, then I bring back to my group any information gathered or action needed to continue carrying the message.

In case you're like me and key in on words like "excepting" I'm including a reprint from the Conference Charter, found on pages S103-S108 in the Service Manual to highlight what is necessary to make a change in the Twelve Traditions or in Article 12 of the Conference Charter. If you'd like more information—seek out your local General Service Junkie (I promise we're out here) and ask questions!

AND IT IS UNDERSTOOD: That neither the Twelve Traditions of Alcoholics Anonymous nor the warranties of Article XII of the Conference Charter shall ever be changed or amended by the General Service Conference except by first asking the consent of the registered A.A. groups of the world. [This would include all A.A. groups known to the general service offices around the world.]³ These groups shall be suitably notified of any proposal for change and shall be allowed no less than six months for consideration thereof. And before any such Conference action can be taken, there must first be received in writing within the time allotted the consent of at least three-quarters of all those registered groups who respond to such proposal.

John V., Legacies Group

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

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