

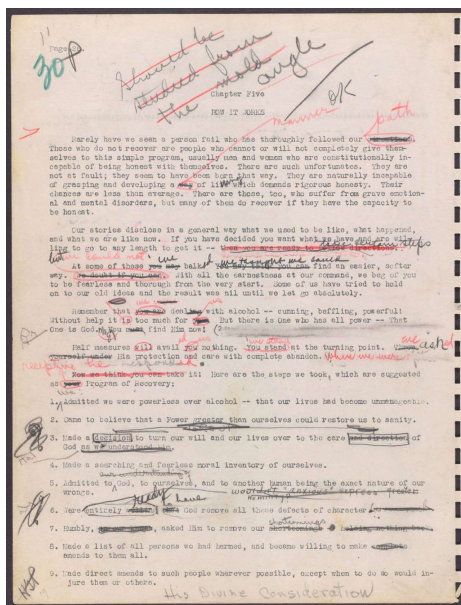
### HISTORY FEATURE THE ORIGINAL MANUSCRIPT

Few literary works, fictional or non-fictional, have arguably carried more weight, been more life changing, or allow for a more profound experience than the 12 Steps of Alcoholics Anonymous. At a mere 200 words, one could argue that the sum is so much more than any quantitative attempt to measure its parts. To put this into perspective by comparison, if only by word-count length to overall literary impact, here's a look at other works. Two hundred words into the Declaration of Independence barely gets us out of the preamble and into the Rights of Man; after two hundred words into Shakespeare's MacBeth, we barely have time to meet the third witch, and rounding out this comparison, the ubiquitous Miranda Rights wrestle their impact out of 64 succinct words.

So, as we start this new year and new opportunity in sobriety, I thought it would be interesting to look back at the original manuscript of Alcoholics Anonymous, visit the 5<sup>th</sup> Chapter of How It Works, and see some of the differences from the original 12 Steps. I appreciate being asked to contribute to this service opportunity and look forward to contributing to the Post over the next year. Within the original manuscript you'll notice several differences with an almost lecturing tone becoming that of humble suggestion. For those not able to make the winning bid of \$2.4 million dollars for the original manuscript, following is an excerpt from Bill Wilson's original manuscript from the chapter *How It Works*.

~~~~~  
*Remember that you are dealing with*

*alcohol - cunning, baffling, powerful!  
Without help it is too much for you.  
But there is One who has all power -  
That One is God. You must find  
Him now!*



*Half measures will avail you nothing. You stand at the turning point. Throw yourself under His protection and care with complete abandon.*

*Now we think you can take it! Here are the steps we took, which are suggested as your Program of Recovery:*

- 1. Admitted we were powerless over alcohol - that our lives had become unmanageable.*
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.*
- 3. Made a decision to turn our will and our lives over to the care and direction of God as we understood Him.*

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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.<sup>®</sup> 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<sup>®</sup>.

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For email subscriptions contact:

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

## MARK YOUR CALENDAR



### INTERGROUP MONTHLY MEETING

**SATURDAY, FEB 2, 2019**

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

### DISTRICT 8 MONTHLY MEETING

**SATURDAY, FEB 2, 2019**

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

### 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/)

### MONTGOMERY AREA A.A. 75TH ANNIVERSARY GALA

COME JOIN US AS WE CELEBRATE 75 YEARS OF CARRYING THE MESSAGE OF HOPE IN THE RIVER REGION.

**WHEN: SATURDAY, FEBRUARY 16, 2019 · 6 PM – 10 PM**

**WHERE: RSA ACTIVITY CENTER, 201 DEXTER AVENUE, MONTGOMERY**

[HTTPS://WWW.CENTRALALAA.ORG/ANNIVERSARY/](https://www.centralalaa.org/anniversary/)

Enjoy incredible fellowship over delicious food, the history of our district brought to life, and music and dancing to end the evening. This is a ticketed event to remain self-supporting and are available online. Tickets are \$30 each and must be purchased by February 1. to ensure your spot at this incredible diamond jubilee.

[HTTPS://EVENTS.EVENTZILLA.NET/E/MONTGOMERY-AREA-75TH-ANNIVERSARY-GALA--2138714725](https://events.eventzilla.net/e/montgomery-area-75th-anniversary-gala--2138714725)

Hard tickets are also available through your group's GSR or Intergroup representative. Additional contributions and/or sponsorship registrations may also be made online.

### 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.

### **PLEASE NOTE NEW EMAIL ADDRESSES:**

Montgomery Area Intergroup Central Office

[InterGroup@centralalaa.org](mailto:InterGroup@centralalaa.org)

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

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*Español* Spoken Here—Oni S.

The Steps— Catherine S.

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](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><br>Heritage Baptist Church<br>1849 Perry Hill Road, 36106<br>(Meeting in Room 127)                              |                                      | C-D-ST-BG<br>6p                      |                                      |                                       |                                                                     |              |                         |
| <b>A Vision for You Group of AA</b><br>Baptist Health Training Entrance<br>2010 Normandie Dr., 36111                                        |                                      |                                      | O-D<br>7p                            |                                       |                                                                     |              |                         |
| <b>Chapter 9 Group of AA</b><br>CAP Auditorium<br>1153 Air Base Blvd., 36108                                                                |                                      |                                      |                                      |                                       |                                                                     | O-D<br>1:30p | O-D<br>1:30p            |
| <b>Chisholm Group of AA</b><br>1409 Federal Drive, 36107                                                                                    | C-D-Sm - 12p<br>C-ST-Sm - 6p         | C-D-Sm - 12p<br>C-D-Sm - 6p          | C-D-Sm - 12p<br>C-L-Sm - 6p          | C-D-Sm - 12p<br>C-D-Sm - 6p           | C-D-Sm - 12p<br>C-D-Sm - 6p                                         | C-D-Sm<br>6p | O-S<br>6p               |
| <b>Fellowship Group of AA</b><br>Grace Church at Bell Road<br>5 Bell Road, 36117<br>(Corner of Bell Rd & Atlanta Hwy)                       | C-L & BG *<br>6p                     | C-D-BG *<br>6p                       |                                      | C-D-BG *<br>6p                        | C-L & BG *<br>6p                                                    | O-S<br>6p    | C-D* - 2p<br>C-D-W - 6p |
| <b>Happy Hour Group of AA</b><br>3466 Eastdale Circle, 36117<br>(Next to Fortis College)                                                    | C-D - 6:30a<br>C-D - 12p<br>C-D - 6p | C-D - 6:30a<br>C-D - 12p<br>C-L - 6p | C-D - 6:30a<br>C-L - 12p<br>C-D - 6p | C-D - 6:30a<br>C-D - 12p<br>O-BG - 6p | C-D - 6:30a<br>C-D - 12p<br>C-D - 6pm<br><br>1st Friday<br>O-S - 7p | C-D<br>12p   | C-D - 12p<br>O-D - 6pm  |
| <b>The Legacies Group of AA</b><br>3412 Atlanta Highway, 36109<br>(Enter off Forest Hills Drive)                                            | C-D - 12p<br>C-D - 6p                | C-L<br>12p                           | C-D - 12p<br>O-S - 8p                | C-D<br>12p                            | C-D - 12p<br>C-D-CL - 8p                                            | C-D<br>12p   | C-D<br>9a               |
| <b>Living Sober Group of AA</b><br>Mental Health America<br>1116 South Hull Street, 36104                                                   | C-D<br>6p                            |                                      | C-D<br>6p                            |                                       |                                                                     |              |                         |
| <b>Sole Purpose Group of AA</b><br>22 North California Street, 36107                                                                        | C-D<br>7:30p                         |                                      |                                      | C-L<br>7:30p                          |                                                                     |              | C-D<br>7:30p            |
| <b>Strange Camels Group of AA</b><br>Immanuel Presbyterian Church<br>8790 Vaughn Road, 36117                                                | C-L<br>7p                            | C-D<br>7p                            |                                      | C-D<br>7p                             |                                                                     |              |                         |
| <b>Tradition Three Group of AA</b><br>Bradford Health Services<br>386 St. Luke's Drive, 36117                                               | O-D<br>11a                           | O-D<br>11a                           | O-D<br>11a                           | O-D<br>11a                            | O-D<br>11a                                                          |              |                         |
| <b>We Stopped in Time Group of AA</b><br>Unitarian Universalist Fellowship<br>2810 Atlanta Highway, 36109<br>(Enter at back off Dunn Drive) |                                      | O-D-YP<br>8p                         |                                      |                                       |                                                                     | O-D-YP<br>8p |                         |
| <b>CLANTON</b>                                                                                                                              |                                      |                                      |                                      |                                       |                                                                     |              |                         |
| <b>Clanton Group of A.A.</b><br>Trinity Episcopal Church<br>503 2nd Ave. S, 35045                                                           | O-D<br>7p                            |                                      |                                      | C-L<br>12p                            |                                                                     | O-D<br>7p    |                         |
| <b>GREENVILLE</b>                                                                                                                           |                                      |                                      |                                      |                                       |                                                                     |              |                         |
| <b>Camellia City Group of AA</b><br>Greenville Housing Authority<br>601 Beeland St, 36037<br>334-437-2015 or 334-662-7129                   | C-D<br>7p                            |                                      |                                      | C-D *<br>7p                           |                                                                     |              |                         |
| <b>HOPE HULL</b>                                                                                                                            |                                      |                                      |                                      |                                       |                                                                     |              |                         |
| <b>County Hope Group of AA</b><br>Hope Hull United Methodist Church<br>305 Wasden Road, 36043<br>(Silver trailer behind church)             |                                      | O-D<br>6p                            |                                      |                                       |                                                                     |              |                         |
| <b>MAPLESVILLE</b>                                                                                                                          |                                      |                                      |                                      |                                       |                                                                     |              |                         |
| <b>Maplesville Group of AA</b><br>Highway 139, PO Box 231, 36750                                                                            |                                      |                                      |                                      |                                       | O-D<br>8p<br>O-S 3rd Fri.                                           |              | C-D<br>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><br>Church of the Nazarene<br>3251 Browns Road, 36054<br>(In the Fellowship Hall)  |               | O-D<br>6p     |                          | C-D<br>6p                  |                 |                             |                           |
| <b>PRATTVILLE</b>                                                                                                    |               |               |                          |                            |                 |                             |                           |
| <b>Autauga S.O.S. Group of AA</b><br>St. Mark's Episcopal Church<br>178 East 4th Street, 36067                       | O-L<br>12p    | C-D<br>12p    |                          | C-D<br>12p                 | C-D<br>12p      | C-D-W<br>10a                |                           |
| <b>Prattville Downtown Group of AA</b><br>326 West 5th Street, 36067                                                 | O-S<br>6:30p  | O-BG<br>6:30p | O-D - 12p<br>C-D - 6:30p | C-D - 6:30a<br>C-L - 6:30p | O-ST-S<br>6:30p | C-D - 12p<br>O-D-CI - 6:30p | O-D - 12p<br>C-ST - 6:30p |
| <b>SELMA</b>                                                                                                         |               |               |                          |                            |                 |                             |                           |
| <b>5th Tradition Group of AA</b><br>West End Baptist Church<br>504 Cahaba Rd., 36701                                 |               |               |                          |                            | C-D<br>6:00p    |                             |                           |
| <b>Selma Group of AA</b><br>Dallas County Courthouse<br>105 Lauderdale Street, 36701                                 | O-D<br>12:30p | O-D<br>6p     | O-D<br>12:30p            | O-D<br>6p                  | O-D<br>12:30p   |                             | O-D<br>6p                 |
| <b>Braveheart Group of AA</b><br>St Paul's Episcopal Church<br>210 Lauderdale Street, 36701                          | C-D<br>6p     |               | C-D<br>6p                |                            |                 |                             |                           |
| <b>TALLASSEE</b>                                                                                                     |               |               |                          |                            |                 |                             |                           |
| <b>Ray of Hope Group of AA</b><br>Kent Community Center<br>2872 Kent Road, Kent, AL 36078                            | O-L<br>7p     |               | C-D<br>7p                |                            | O-D<br>7p       |                             | C-D<br>3p                 |
| <b>12&amp;12 Group of AA</b><br>E. Tallassee United Methodist Church<br>101 Central Blvd, Tallassee 36078            |               | O-ST *<br>7p  |                          |                            |                 |                             |                           |
| <b>UNION SPRINGS</b>                                                                                                 |               |               |                          |                            |                 |                             |                           |
| <b>An A.A. Group</b><br>Bradford Health Services<br>102 Conecuh Ave, West, 36089<br>(In Bullock County Hospital)     | O-D<br>7p     |               | O-D<br>7p                |                            |                 |                             |                           |
| <b>WETUMPKA</b>                                                                                                      |               |               |                          |                            |                 |                             |                           |
| <b>Free World Group of AA</b><br>Elmore County Extension Office<br>340 Queen Anne Road, 36092<br>(Metal Outbuilding) |               |               |                          |                            |                 |                             | O-D<br>6p                 |
| <b>Wetumpka Group of AA</b><br>103 West Tuskeena St., 36092                                                          | C-D *<br>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<br><i>Anyone interested in the A.A. program may attend.</i> |                                    | C = Closed Meeting<br><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 [Intergrupp@centralalaa.org](mailto: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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4. *Made a searching and fearless moral inventory of ourselves.*
5. *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*
6. *Were entirely willing that God remove all these defects of character.*
7. *Humbly, on our knees, asked Him to remove our shortcomings - holding nothing back.*
8. *Made a list of all persons we had harmed and became willing to make complete amends to them all.*
9. *Made direct amends to such people wherever possible, except when to do so would injure them or others.*
10. *Continued to take personal inventory and when we were wrong promptly admitted it.*
11. *Sought through prayer and meditation to improve our contact with God, praying only for knowledge of His will for us and the power to carry that out.*
12. *Having had a spiritual experience as the result of this course of action, we tried to carry this message to others, especially alcoholics, and to practice these principles in all our affairs.*

*You may exclaim, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.*

*Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after, have been designed to sell you three pertinent ideas:*

- (a) That you are alcoholic and cannot manage your own life.*
- (b) That probably no human power can relieve your alcoholism.*
- (c) That God can and will.*

Thank you for the opportunity to serve. Yours in Service.

Greg D., Happy Hour Group



**STEP ONE**

**We admitted we were powerless over alcohol - that our lives had become unmanageable.**

This Step is so important to me now. Without Step One, I could not begin to conceive of working the rest of the steps.

In the beginning, Step One did not come easy for me. I didn't know how to not drink one minute at a time or one hour at a time, much less one day at a time. To admit that a liquid of any kind had power over me was ridiculous! Right?!? The thought of admitting powerlessness over anything meant I was weak. I prided myself on my successful career, so how could my life be unmanageable?

I turned to alcohol when I couldn't deal with aspects of my life. I started drinking at age 13 and was a blackout drinker from the start. Alcohol and the effects brought on by alcohol made me feel "normal". My story includes memories of disappointments, heartaches, betrayals, lies, abuse, secrets, loneliness, self-doubt, and low self-esteem.

I started occasionally attending AA meetings in my 30's. I heard things like, living life on life's terms, one day at a time, meeting makers make it, and happy joyous and free. Those

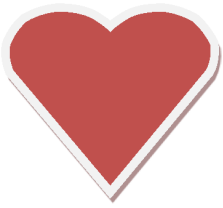
all sounded foreign and too tall of an order for me. I can do anything short term, but long term is another story. I had no interest in living without alcohol for the rest of my life. If I wanted to stop, I would. After all, I had always been told I was strong willed. However, at age 32, my drinking quickly began to spiral out of control. My disease had progressed to the point of no return. I just couldn't see it yet.

It took several unsuccessful interventions, 3 stays in rehab facilities, and years of failed attempts of controlled drinking to plant a seed of desperation and doubt sufficient enough To bring about a small change in me. I starting half - heartedly making attempts to work Steps One, Two, and Three. Half measures availed me nothing. I went back out drinking again and often found myself drunk. Every time was worse than the last. I lost more of myself with each relapse. I was no longer able to recognize myself in the mirror. During my final days of drinking, I was seeing shadows and hearing voices that weren't there. Yet still, I drank. Why couldn't I stop? Even my aforementioned strong will failed me!

I was told early on that Step One is the only step you have to work 100%. For me, I had to first be spiritually, mentally, and

**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



# 48<sup>TH</sup> GULF COAST ROUNDUP February 8, 9, and 10, 2019



On the Gulf Coast of Okaloosa Island at **“The Island”** (formerly Ramada Plaza Beach Resort) ....  
1500 Miracle Strip Pkwy SE (Hwy 98E.), Fort Walton Beach, FL 32548, 850-243-9161 or 1-800-874-8962  
**Hotel reservations must be made by Jan 7<sup>th</sup> to ensure these rates, and please state Gulf Coast Roundup.**  
Standard \$69/night    Courtyard \$79/night    Poolside \$99/night    Gulf Front \$109/night (**“Yes..it’s only \$109..!!”**)

**Our website for updates: [www.GulfCoastRoundup.com](http://www.GulfCoastRoundup.com)    Send questions to [ChipBowdren54@gmail.com](mailto:ChipBowdren54@gmail.com)  
or Text them to 850-865-1660**

**Scheduled speakers:**

- 4:30 Fri:    **Mike K. (AA) Destin, FL**
- 8:00 Fri:    **Patty K (AIAnon) Cypress, TX**
- Right after our Speaker..”Movie Nite w/ Popcorn”**
- 10:00 Sat:    **Tim E. (AA) Dothan, AL**
- 2:00 Sat:    **Workshop: “to be announced”**
- 4:00 Sat:    **Cathy B. (AA) Penrose, NC**
- 8:00 Sat:    **Tom M. (AA) Waynesville, NC**
- 9:40 Sat:    **Terry Stokes..the Amazing Hypnotist...!!**
- 9:30 Sun:    **Mike B. (AA) Penrose, NC**

**VOICE: John Van E. (Montgomery, AL)**

**SATURDAY NITE SPECIAL SHOW FROM  
TERRY STOKES...THE HYPNOTIST...!!**

You are invited to spend the weekend on the beach with us to enjoy the fellowship our roundup provides. Meeting Room holds 350 people on the 6<sup>th</sup> Floor of the **“The Island Resort.”** This spectacular view also has the famous and very large hospitality area with plenty of tables and chairs, Food Items, snacks, coffee, and soft drinks, to accommodate fellowship between events. The beautiful Gulf Beach on the South...with the Choctawhatchee Bay to the North will be the backdrop for this wonderful conference...!! Enjoy Heated Swimming Pool and Exercise facility...(and yes...we have requested our famous Dolphins to appear again...!!)

**Recording of the entire conference by Jerry and Jill W. of MasterCopy Tapes, Inc**

\$25 registration fee per person includes admission to all meetings and events. Alateens admission is free.

**PRE-REGISTRATION Payments by PayPal (go to website) or mail check...OR at the door with cash or check**

**Register at [www.GulfCoastRoundup.com](http://www.GulfCoastRoundup.com) or use form below**

## Gulf Coast Roundup – February 8-10, 2019 – Registration

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name(s) on Badge(s) \_\_\_\_\_

Make checks payable to: Gulf Coast Roundup

Mail to: **Martin Maitlin, 1 Brighton CT NE, FWB, FL 32547**

**STEP ONE** *Continued from page 5*

physically bankrupt by the disease of alcoholism before that made any sense to me. It wasn't until alcohol, "aka : my best friend through it all", let me down, that I finally reached my bottom. Only then did I understand what people in AA were saying about working Step One 100% in order to have a chance at true sobriety, happiness, and freedom.

After hitting my last bottom, my mindset changed. I started attending as many meetings as possible. I began hanging out with members of AA. I started reading books and literature of AA. I started praying in the morning for God to please help me stay sober and then thanking him at night for my sobriety. I called my sponsor often and asked for her experiences on Step One. If I thought for one second that I might drink again, I shared my fear with my sponsor or another woman in AA. Sometimes I found myself sitting on the curb outside of a meeting until the urge to drink lessened. Sometimes my thoughts about drinking found me going to another meeting immediately following the last meeting. I would and will continue doing whatever it takes to guard against the first drink. By not working Step One 100%, I learned the hard way that the first drink will begin the phenomenon of craving all over again and start my drinking sprees back up. Being able to work Step One, one day at a time, one hour at a time, and one minute at a time

is my best defense against the disease of alcoholism. I truly believe that I may have another relapse in me but that I don't necessarily have another recovery in me.

I feel blessed to be able to recall with sufficient force the last dark day that changed my life. It was such a bright day outside, yet so dark all around me. I knew death was near, as I felt it so heavy on me. I was in that place where I couldn't imagine life with or without alcohol. It was only by God's grace that I found myself at an AA meeting. At that meeting I said "Catherine, Alcoholic" as I had said so many times before. However, this time when I heard myself say it, I knew I meant it, felt it and owned it. I knew that only through God, the rooms of AA, working the program of AA with a sponsor, and not drinking one day at a time did I have any chance at true happiness. My only chance of having a good life was by first working Step One 100% every day.

My sobriety date is 10-28-2004. That was the beautiful day that my road to recovery in AA began. These have been the best 14 years of my life!

Catherine S., Strange Camels Group

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

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**TRADITION ONE**

**Our common welfare should come first; personal recovery depends upon A.A. unity.**

The Traditions are radical concepts written by a man who was desperately seeking a way to prevent group conflict and eventual disbanding of a philosophy of living that was saving thousands of lives. Bill Wilson wrote in a Grapevine article in April, 1946, "Though full answers to all our perplexities may never be found, I'm sure we have come at least to a vantage point whence we can discern the main outlines of a body of Tradition; which, God willing, can stand as an effective guard against all the ravages of time and circumstance." He wanted us to stand together and to put our own interests aside for the good of the group. He knew it was essential to the health and longevity of the AA program.

We are, each of us, selfish, self-seeking, prideful and egotistic. So why on earth would we ever want to put the group's interests and welfare ahead of our own desires? It seems tricky, at best. To newcomers, I'm sure that group cohesion

and unity is the last thing they want to worry about. And although the notion of putting the AA group ahead of our own personal desires and ambitions is not a natural state of mind for alcoholics, it is essential to our individual sobriety and the success of our AA groups.

I am not what you would call a joiner. Stepping up to do service work for my group despite my personal issues in life is really, really, really hard for me. But when I do sacrifice my personal time and give to my AA group, my sobriety strengthens, and hopefully, so does my group. I become a stronger person in the group and the group gets stronger still.

Our "common welfare" must come first or each individual alcoholic may certainly die without the strength of the group to carry them from despair to the 9<sup>th</sup> step promises and beyond. It's the safety of the group that allows us to visualize what just might happen if we work a set of simple steps.

Jill Z., Happy Hour Group

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

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The Legacies Group Now Has a Saturday 12 Noon Closed Meeting



## December Birthdays

### PDG-Prattville Downtown Group

|          |            |                     |
|----------|------------|---------------------|
| Mechel C | 12/2/1982  | 36 yrs              |
| Joe C    | 12/31/2009 | 9 yrs               |
|          |            | <b>TOTAL 45 YRS</b> |

### Happy Hour Group

|           |            |                      |
|-----------|------------|----------------------|
| John S.   | 12/1/2009  | 9 years              |
| Vicki B.  | 12/3/1999  | 19 years             |
| James B.  | 12/7/2004  | 14 years             |
| Bill W.   | 12/13/1979 | 39 years             |
| Howard S. | 12/18/1988 | 30 years             |
| Amber D.  | 12/30/2016 | 2 years              |
|           |            | <b>TOTAL 113 YRS</b> |

### Fellowship

|           |          |                     |
|-----------|----------|---------------------|
| JEFFREY W | 12/18/07 | 11 yrs              |
| JUDY S    | 12/31/05 | 13 yrs              |
| ROD L     | 12/27/14 | 4 yrs               |
|           |          | <b>TOTAL 28 YRS</b> |

### Legacies Group

|            |           |                     |
|------------|-----------|---------------------|
| John V.    | 12/3/2011 | 7 yrs               |
| Liz M.     | 1/26/1993 | 25 yrs              |
| Nancy M.   | 1/10/1985 | 33 yrs              |
| Tatiana B. | 1/28/1991 | 27 yrs              |
|            |           | <b>TOTAL 92 YRS</b> |

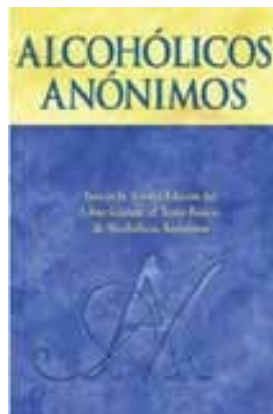
**DECEMBER TOTAL 320 YRS**

### 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, 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

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





## **District 8 Corrections Committee Meeting**

**Where? Happy Hour Group**

3466 Eastdale Circle  
Montgomery, AL 36117

**When? Monday, February 11, 2019 at 7:15 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](mailto:tazyknitter@gmail.com)) with any questions.

# Fellowships' 22<sup>nd</sup> 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**

**CONCEPT ONE**

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Step 1 identifies the problem of powerlessness and unmanageability. Tradition 1 identifies the need for unity in order for group survival. Similarly, Concept 1 identifies the need to define who holds ultimate authority and final responsibility for A.A.'s world services. It was realized in 1948 that Dr. Bob was suffering from a fatal illness and the fact of the founders' mortality came to the forefront of at least Bill's mind, and the corporate mind of the Board of Trustees. Would the society collapse when both Bill and Bob passed? How could this be prevented?

Something had to be done to establish a link between the groups and the board of Trustees. The Service Manual and later Concepts define and explain the duties of the board of Trustees (now the General Service Board of Alcoholics Anonymous). However, Tradition 2 and Tradition 9 suggest that leaders at all levels of AA service do not govern, but rather are trusted servants of the whole {fellowship}.

Concept One gives final responsibility and ultimate authority of all of the World Services to those who are served by the trusted servants. The groups. The groups put this Concept into action by electing a GSR at each group, who then participates in the District Committee, and at the Area Assembly by electing a delegate to the General

Service Conference, the Group Conscience of Alcoholics Anonymous.

A couple of years ago at SSAASA, the Southern States of Alcoholics Anonymous Service Assembly, a past trustee was sharing his experience about Concept One and he shared something that really made me think about this Concept. He shared that while this Concept GAVE the final responsibility and ultimate authority to the groups, it meant nothing if the groups failed to TAKE it. A ball handed off but not taken gets dropped and is only of any use to the one who picks it up. It is my responsibility as a member to make sure I am informed when asked to consider a decision that affects my home group, my district, my area, or especially AA as a whole. Even though it may seem easier to let "them" deal with it, the responsibility and thus the authority is just as much, if not more, mine.

When I attend, listen and share my experience at my home group's business meeting; when I attend, listen and share my experience at district meetings; when I participate in Pre-Conference discussions at my home group and the Area Delegate's report of the General Service Conference, I am demonstrating the action of Concept One.

John V., Legacies Group

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

# Montgomery Area A.A. 75th Anniversary Gala

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

Come join us as we celebrate 75 years of carrying the message of hope in the River Region.

When: Saturday, February 16, 2019 · 6 pm – 10 pm

Where: RSA Activity Center, 201 Dexter Avenue, Montgomery

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