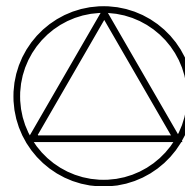


The Post

POWER OF SOBER THOUGHT



NOVEMBER 2019 WEB VERSION

VOLUME 15 ISSUE 11

EDITOR'S CORNER

Gratitude can be defined as "an emotion expressing appreciation for what one has; recognition of value independent of monetary worth; the quality of being thankful; readiness to show appreciation." I would take it a step further to say it is an expression of appreciation that I am not where I used to be or where I could be.

When I finally showed up in the rooms of Alcoholics Anonymous, my life, like most, was a mess. I was having issues with relationships of all kinds, my home was in shambles, my health was deteriorating, my car and my job were hanging by a thread, I felt completely useless and miserable, full of fear and resentment, and gratitude of any kind was non-existent. I remember looking around the rooms and wanting the joy that others appeared to have. I couldn't understand how, if they drank like I did and had a life like mine, they could be happy or joyous, much less thankful. I remember saying that exact thing in a meeting and seeing the smiles around the table from some of those who had been around a while, and hearing them say "just keep coming back".

Since I struggled with seeing that I had anything to be grateful for, it was suggested (though not a requirement of the program) early on that I make a gratitude list every day and share with my sponsor, AND it couldn't be the same things each day. Sadly, I had a real hard time recognizing anything for which I was grateful. I would put down the visible things in my life, but I felt something was still missing. As I continued to work with a sponsor who led me through the steps, my life started to get a little bit better...or at least different. As she encouraged me to get involved in service work and get in the middle of AA, I unknowingly began to focus on the message rather than on the mess of my life, and things continued to get different....my circumstances may not have necessarily changed but my view of them sure did!

My sponsor encouraged me to show my appreciation by taking care of that with which I had been blessed. If I had a home, I should keep it neat and clean. If I had a car, I should do the same thing. If I had family, I should show my gratitude and

Continued on page 6

A.A. HISTORY

On the Road with Bill and Lois

Most of us have read about AA founder Bill W. in terms of domestic work, where he and Dr. Bob would visit hospitals and hold meetings for those still suffering from the disease of alcoholism. However, unlike Dr. Bob, who often stayed put in Akron, Bill and his wife, Lois, were big travelers. They moved often, both before and after Bill co-founded AA with Dr. Bob in the 1930s.



Travels frequently took them cross-

country and to Canada, as well as abroad. Lois' memoir includes passages with rich description of different stops on her

frequent travels, particularly during times when Bill was unemployed or struggling with drinking. Lois' memoir, *Lois Remembers*, explains this: "To think things over, we decided to take an extended walking trip through Maine, New Hampshire, and Vermont. This started a lifelong habit. When we were tired or unable to solve some problem, we would go off by ourselves in the woods or occasionally by the sea. It did not always solve the problem, but we were better able to think clearly after such a renewal of

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

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

THE POST is published to improve communication between local A.A.® groups and encourage the participation of A.A. members in services and activities that promote sobriety. Opinions expressed in letters and articles are those of the authors and do not indicate endorsement by Montgomery Area Intergroup Central Office or Alcoholics Anonymous®.

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Contributions for print subscriptions are encouraged.

For email subscriptions contact:

Post.Subscription@centralalaa.org



MARK YOUR CALENDAR

Intergroup Monthly Meeting
Saturday, December 7, 2019

8:00am @ Legacies Group
3412 Atlanta Hwy, Montgomery, AL 36109

District 8 Monthly Meeting
Saturday, December 7, 2019

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!

Intergroup positions Open -12 month commitment:

24 Hour Hotline Coordinator
Anniversary Committee Chair
Central Office – Keeps the office manned and open for business, closes out bills, makes deposits, inventories literature and supplies.

Please contact Intergroup@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

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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?
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YOUR AREA 1 ONLINE

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.

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

Intergru@centralalaa.org

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

body and soul.” (p.27)

Such trips, Lois argued, helped Bill stay away from alcohol, but both husband and wife also enjoyed being out “in the open.” Her descriptions from the memoir become especially vivid when they camped out: “When a car went by at night, its lights turned objects in between into fancy silhouettes. . . ; in moonlight, grasses and boughs sketched decorative patterns on the walls; and seen from the outside, where our electric light was lit inside, the green, translucent tent seemed eerie, like a fairy habitation that might fly away at any moment.” (p. 49)



Still, Lois’s frustration over constant travel and relocation was a central theme of her memoir. She said, “I hadn’t let myself realize how deeply I longed for a home of our own, nor how tired I was of living around in other people’s houses. One day in February, 1940, as Bill and I were going through Grand Central Station, I suddenly sat down on the stairs and exploded, ‘Will we ever have our own home?’ I wept oceans right there in public.” (p.

128) The couple moved 51 times during this early period of AA’s history.

Finally, Bill and Lois put down roots. They moved to Bedford Hills, New York where they would find a house that would

affectionately be called Stepping Stones. The couple lived there for 30 years, and to this day their home is preserved by a foundation created by Lois. If you see pictures of Bill and Lois smiling in front of Stepping Stones, remember that those smiles are well earned. Like all of us who begin to plant ourselves in AA, the couple found peace once geographic relocation stopped being the only solution to their problems.

For more information consult www.steppingstones.org and Lois

Remembers, originally published in 1979. This book is also used in conjunction with Al-Anon, a support group for family and friends of those with alcoholism.

Shannon H. - Happy Hour Group

HOME
GROWN

STEP ELEVEN

SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT

Prayer and meditation was not something that I was comfortable with in the beginning. It was not something that I knew how to do on any level. But upon reaching this point in my program, I had learned to trust the process and have faith that practice would reveal, on at least a small scale, the intention of this Step. Some still don’t feel comfortable referring to their higher power as God. But those that have advanced toward a new outlook on life with God by our side tend to live a happier, more whole life without fear or doubt for their own purpose on this earth.

Once learning how to practice Step 10 with its regular spot checks and inventories at the end of each day, learning to pray “Thy will, not mine, be done” on a regular basis in every situation of our life did not seem like too tall of an order to practice.

Praying for Gods’ will for us is something that gets easier to practice as time goes on. Just as we learned to say the Serenity Prayer as many times as necessary throughout the day in order to start our day over, we can also pray “Gods will, not mine, be done” as many times as needed. Any time we feel blocked from the sunlight of the Spirit is a perfect time to slow down, pray any prayer that brings us comfort, and reflect on where we are with any given situation. By doing this, we strengthen our relationship with God. We start to know what Gods’ will is **not** for us, which in

turn makes it easier to know what Gods’ will **is** for us, like being of service in AA, being in meetings, being forgiving, turning things that are out of our control over to HIM, being kind, being understanding, being calm rather than easily agitated, etc.

Meditation can seem harder in which to engage than prayer. However, meditation is just an extension of prayer, where one practices being quiet with one’s thoughts and listening for Gods’ love and connection in any given situation. We pray for a channel to keep us open to receiving Gods’ will for us in our life. Being in AA we quickly learn just how hard life can get and how quick life can change if we do not put God first in every aspect of our life.

Do not worry if you feel like you are not where you should be on this step. Keep trying. Ask your sponsor and others for help, inquiring as to what works for them and in turn, you will eventually find a system that works best for you. Just know the only wrong way is to not try at all. Just try your best to make a conscious contact with your Higher Power, that is all you need to do. I have been practicing this step for years and each year it changes. I seem to feel a different connection with God now than when I was in my first year. My prayer life has increased, my meditation time has increased, and as a result, I feel better aligned with what I feel God would have me to be. I wish the same for you.

Catherine S., Strange Camels Group

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

HOME
GROWN

EDITOR'S CORNER *Continued from page 5*

appreciation by being present in their lives. If I wanted to keep what had been so freely given to me, then I should give it away to others.

I do not know at what point I began to sincerely feel a deep appreciation for my life, but I do know it was when I was in the middle and involved in this program and fellowship and working with others. It was especially evident when I was taking meetings to the women's prison and felt that gut wrenching gratitude when I could walk out, because I knew with everything in me that it should be me behind those bars. Or when I would be sitting in a meeting and see a newcomer across the room and see the pain on their face or hear the despair and feelings of hopelessness in their words, because I had been them. Or in watching those who can't seem to get this thing and continue to relapse, with more and more consequences piling up, because that could easily be me if I wasn't willing to go to any lengths. And sadly, when hearing about those who succumbed to the insanity of this disease, because but for the grace of God go I.

We have a daily reprieve contingent on our spiritual condition. For me, a big part of my being spiritually fit is my recognizing and expressing appreciation for where I am today compared to where I was or where I could be. AA has given me a life with purpose, a life worth living today. I recently attended a conference in which

the speaker suggested that the bedevilmings listed on page 52 of our Big Book can be used as a barometer of our sobriety. I went back to my room and reflected upon my life today using the bedevilmings as my barometer. I have healthy relationships with my spouse, family, and friends. I can control my emotional nature and I am not prey to misery and depression. I am a good employee and able to make an honest and modest living. I do not have that feeling of uselessness, and I can be of real help to others. I am joyful today and can recognize value and express gratitude on a regular basis. I understand that gratitude is not about things but rather about a state of being. Is there room for improvement, absolutely, but AA has given me a way of life I never thought possible, and for that, I am and will continue to be eternally grateful.

November is typically the month for reflecting on what we are grateful for. May I suggest that we each reflect not only on the material things we have but also on where we are compared to where we were or where we could be, and express our gratitude by reaching out to someone who may not be there yet. Thank you for allowing me to serve as your POST Editor.

In love and service,

Natalie C. – Strange Camels

**HOME
GROWN**

TRADITION ELEVEN**OUR PUBLIC RELATIONS POLICY IS BASED ON ATTRACTION RATHER THAN PROMOTION; WE NEED ALWAYS MAINTAIN PERSONAL ANONYMITY AT THE LEVEL OF PRESS, RADIO, AND FILMS.**

When the Traditions were written, the internet hadn't yet been discovered, few, if any, households had televisions, and people actually read newspapers. Almost every family had a radio and that is how they got their dramas, their comedies and their news. Films, or movies, were popular and the only means by which people actually saw, not just heard, the news. There wasn't a nightly news on three main networks, much less news channels. In other words, it was a simpler time in which to maintain personal anonymity at the level of press, radio, and films. Even though the potential losses in anonymity were fewer, A.A. still presented this as an important Tradition to follow.

We now live in a culture of social media, where ordinary people can become internet stars by virtue of their intelligence, or stupidity, as they post on social media, blogs, etc. Opinions are everywhere. Although Facebook may be a means by which we stay connected, it can also be a major blow to this Tradition if we aren't careful. "The platforms in and of themselves do not infringe on our principles of anonymity or any other Traditions. It is the actions of the individual that may cause harm to themselves, to others, or to A.A. as a whole." (A.A. Guidelines-Internet)

Here are a few guidelines to remember when making decisions about social media and the internet (as noted in the above-referenced guideline):

-individual members can create an entirely anonymous social media account without names or faces.

-is the posting about the messenger or the message?

-will this be done in hopes of helping another alcoholic or am I shouting from the rooftops?

-is this story affiliated with political or religious causes or themes?

-am I extra cautious about avoiding names and faces?

-am I providing links to pertinent A.A. websites, such as the Grapevine, our local groups' websites, and others?

-am I avoiding the temptation to incite controversy with caustic argument or bully others who disagree with me?

The other aspect of this Tradition is attraction rather than promotion. In other words, we don't advertise, we don't shout from the rooftops, but we DO walk the walk and not just talk the talk. We carry A.A. into all our affairs. We live our amends and follow our principles and concepts to the best of our ability. If I hear someone share in a meeting about how harmful gossip can be but hear them after the meeting gossiping about someone, I have difficulty trusting that person's opinion in helping my sobriety. Consistency is tricky as we are all a bundle of idiosyncrasies.

Please think about how we, as members of our A.A. groups, walk the walk and not just talk the talk, consider others' privacy as we work the program, and talk with sponsors or another trusted alcoholic before doing anything that might put a crack in our beloved A.A. program. Anonymity is the main safety net that protects the alcoholic, their friends and families.

Jill Z., Happy Hour Group

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

**HOME
GROWN**

CONCEPT ELEVEN

While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

In this concept, Bill explains the function, composition, and relationships of the standing committees of the General Service Board and its subsidiary operating boards, the General Service Office and the AA Grapevine. Along with this, Bill goes on to explain that there is an internal service comprised of non-trustees which are a part of the trustees' committees; the non-trustee directors of the two operating boards and the executives and staff members. Bill expands upon the importance of these members in the following statements:

"Far more than most of the Trustees, these servants will be in direct contact with A.A. world-wide, and their performance will be constantly on view. They will perform most of the routine labor. They will carry on most of our services. They will travel widely and will receive most visitors at the Headquarters. They will often originate new plans and policies. Some of them will eventually become Trustees. Because this group will, for the visible image of

world service, most A.A.'s will measure our service values by what they see and feel in them. Members of this group will not only *support* the world leadership of the Trustees; in the nature of the case they will be bound to *share world* leadership with them."

"Their quality and dedication, or their lack of these characteristics, will make or break our structure of service. Our final dependency on them will always be great indeed."

Much like any other society or organization, the leadership cannot take on all of the work, it must be properly dispensed to those who can rightly take these services on properly. This makes me think of the saying "Better to do one thing very well than to do many things very poorly." It is no different for A.A. However, I do believe that how we differ from everyday organizations is that Concept 11 clearly states that these non-trustee members will not only support but share leadership with with the Trustees. I honestly can't think of one example in the the outside world where the same principle of shared responsibility and respect applies. To me it just drives home the fact that our trusted servants serve us, A.A. as a whole. The Groups must always be at the top of the upside down pyramid of service. Only then can we truly be relying on a High Power for guidance, for that is truly our Ultimate Authority.

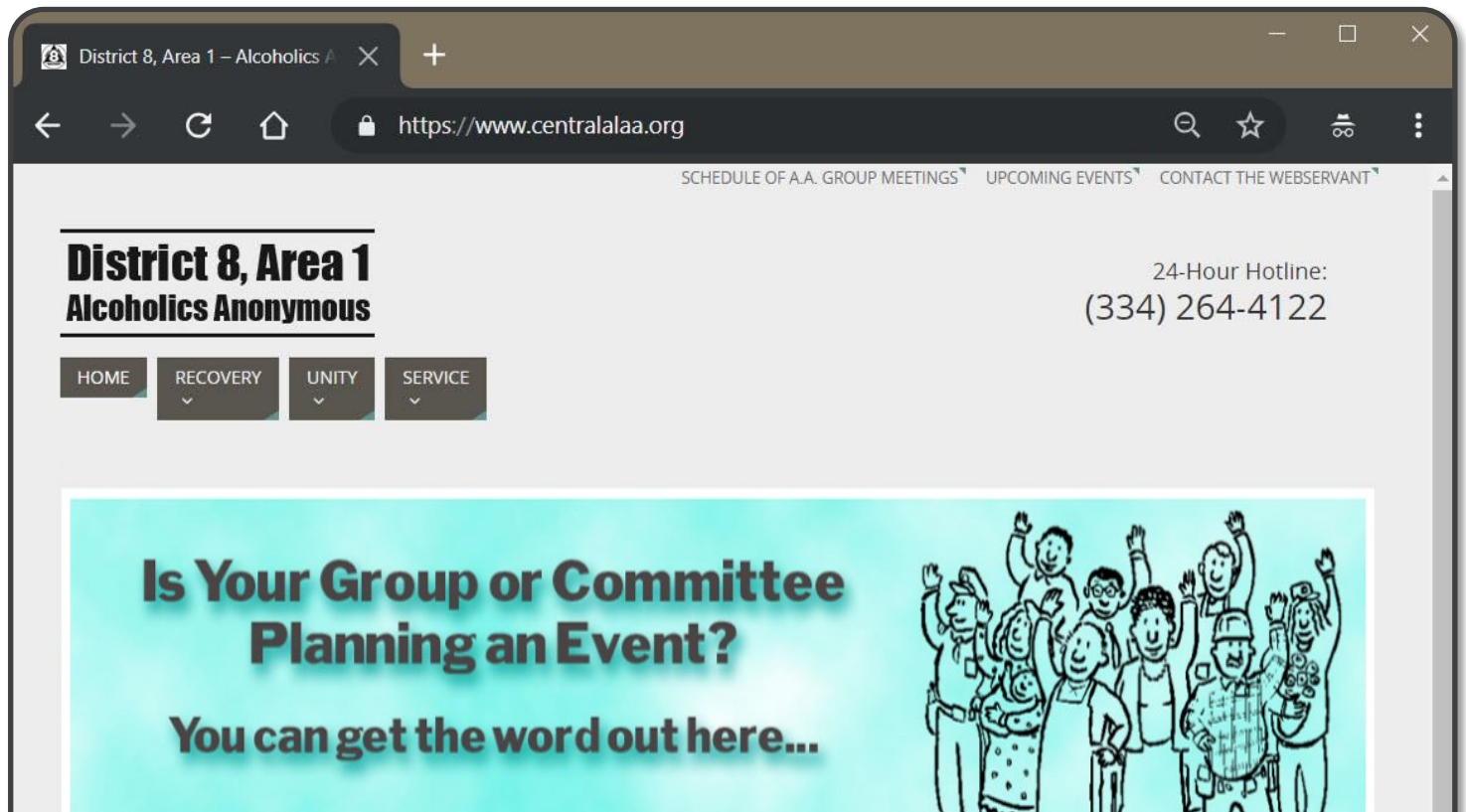
Love and service,

Jay W., Legacies Group

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



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





October Birthdays

PDG-Prattville Downtown Group

Tracy S.	10/10/2015	4 yrs
Mark B.	10/21/1986	33 yrs
Kim D.	10/26/2013	6 yrs
Total		43 yrs

Strange Camels Group

Deborah M.	10/02/2006	13 yrs
Emily J.	10/25/2012	7 yrs
Catherine S.	10/28/2004	15 yrs
Total		35 yrs

Fellowship Group

Ann P.	10/01/2008	11 yrs
Michael N.	10/03/2008	11 yrs
Donnie F.	10/17/2002	17 yrs
Jonathan R.	10/24/2018	1 yr
Kym S.	10/27/2018	1 yr
Total		41 yrs

OCTOBER **119 yrs**

CELEBRATING AN A.A. BIRTHDAY?

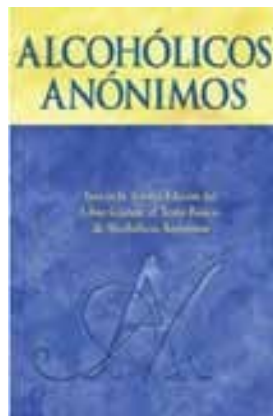
AT YOUR NEXT BUSINESS MEETING **ASK YOUR**

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.



BLANK

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