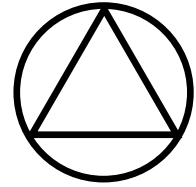


# The Post

POWER OF SOBER THOUGHT



OCTOBER 2019 Web Version

VOLUME 15 ISSUE 10

## EDITOR'S CORNER

### Service....oh what an Order!

When I first came into the rooms and heard everyone talking about service work, I remember thinking, that may be for some people, but not for me. I just needed to be taught how not to drink and that would be enough. However, I quickly learned that was not the case. My sponsor starting dragging me everywhere she went and she was involved in everything! We went to District and Area meetings. She took me with her whenever she, her sponsor, or another sponsee was speaking anywhere. She had me attend business meetings for our home group. She suggested (strongly) that I arrive early every day and make the coffee and help set up and stay late to help clean up. And once I had a year of sobriety, I was highly encouraged to volunteer for a position within my home group. (and quite often I was volunteered by my sponsor for one thing or another) This led to positions at the District level in following years. I also

began to carry the message to treatment facilities and to jails and prisons, in addition to sponsoring women. A far cry from when I came in thinking that just not drinking would be enough. What I learned through this journey was I had to give away what was freely given to me in order to keep it. I needed to be there for others just as those before me were there for me. I needed to do my part to keep the positions filled at my homegroup, the District, and the Area levels in order to keep this thing called AA going for those who would come behind us. And sadly, I know from my own personal experience that getting away from this part of my recovery results in my not having that peace and serenity that I found at one time while being fully in the middle of this program we have been so blessed with. I can honestly tell you from my own experience that half measures will not avail us what full measures will. The promises will not materialize trying to do this thing

*Continued on page 6*

## A.A. HISTORY

### Sponsorship

Because the word sponsor is never explicitly used in our AA Big Book, we might wonder where the concept comes from. Of course, we see sponsorship in action with Bill W. passing on the message to Dr. Bob (see the last POST for details). Some also know, perhaps from attending archives meetings here in town, that Bill W. considered a man named Ebby his guide and sponsor through his own spiritual development. We also know that while the word sponsor isn't mentioned in the Big Book, the task of working with another alcoholic to maintain sobriety is mentioned over 100 times.

Still, how did the formal sponsorship method begin? A sponsor is someone who vouches for the newcomer and recommends them to others, and that's just how it worked at the beginning. The

early meetings consisted of people "sponsoring" newcomers by accompanying them to their first gathering with the fellowship. In *Dr. Bob and the Good Oldtimers*, a member named Clarence explains that back then you couldn't just "walk in" to a meeting without being accompanied by another member.

In a similar way, sponsors would also sponsor someone so that hospitals would allow the alcoholic to recover with formal detoxing inside their walls. It was more closely related to making a Twelfth Step call than it is today. In today's world the person who helps you get to the hospital or to a meeting might not end up being your sponsor.

Dr. Bob used to lovingly refer to newcomers as 'pigeons' in the early days. There is no agreement on exactly how he came to this term, although some think it came from Benjamin Franklin's description

*Continued on page 5*

## INSIDE THIS ISSUE

Editor's Corner.....	Page 1/6
History Feature.....	Page 1/5
Mark Your Calendar.....	Page 2
<b>Service Alert</b> .....	Page 2
Area Meeting Schedule.....	Page 3-4
Step of the Month.....	Page 6
Tradition of the Month.....	Page 6
Concept of the Month.....	Page 7
Birthdays.....	Page 8
Español Spoken Here.....	Page 8

**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**  
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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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**For email subscriptions contact:**  
[Post.Subscription@centralalaa.org](mailto:Post.Subscription@centralalaa.org)



**MARK YOUR CALENDAR**

**Intergroup Monthly Meeting**  
**Saturday, November 2, 2019**

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

**District 8 Monthly Meeting**  
**Saturday, November 2, 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**

**The POST**

POST positions are a 1 year commitment. Articles are due each Month by the 1<sup>st</sup> Monday of the month. Below are positions still open for the upcoming year:

- Distributor
- Concepts Article
- History Article
- Events Recap
- Literature
- Mark Your Calendar

Please contact Natalie C. or [post.editor@centralalaa.org](mailto:post.editor@centralalaa.org) if willing and able to serve!

# The Post

POWER OF SOBER THOUGHT

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Editor/Coordinator—Natalie C.  
 Copy Editor—Jill Z.  
 Composer—Matt S.  
 Distribution—Keith P.

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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!  
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YOUR AREA 1 ONLINE

[WWW.CENTRALALAA.ORG/UNITY/INTERGROUP/LITERATURE/](http://WWW.CENTRALALAA.ORG/UNITY/INTERGROUP/LITERATURE/)  
 LITERATURE AT CENTRAL OFFICE

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Updated: September 6, 2018

Group / Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MONTGOMERY</b>							
<b>12 Steps Group of AA</b> Heritage Baptist Church 1849 Perry Hill Road, 36106 (Meeting in Room 127)		C-D-ST-BG 6p					
<b>A Vision for You Group of AA</b> Baptist Health Training Entrance 2010 Normandie Dr., 36111			O-D 7p				
<b>Chapter 9 Group of AA</b> CAP Auditorium 1153 Air Base Blvd., 36108						O-D 1:30p	O-D 1:30p
<b>Chisholm Group of AA</b> 1409 Federal Drive, 36107	C-D-Sm - 12p C-ST-Sm - 6p	C-D-Sm - 12p C-D-Sm - 6p	C-D-Sm - 12p C-L-Sm - 6p	C-D-Sm - 12p C-D-Sm - 6p	C-D-Sm - 12p C-D-Sm - 6p	C-D-Sm 6p	O-S 6p
<b>Fellowship Group of AA</b> Grace Church at Bell Road 5 Bell Road, 36117 (Corner of Bell Rd & Atlanta Hwy)	C-L & BG * 6p	C-D-BG * 6p		C-D-BG * 6p	C-L & BG * 6p	O-S 6p	C-D* - 2p C-D-W - 6p
<b>Happy Hour Group of AA</b> 3466 Eastdale Circle, 36117 (Next to Fortis College)	C-D - 6:30a C-D - 12p C-D - 6p	C-D - 6:30a C-D - 12p C-L - 6p	C-D - 6:30a C-L - 12p C-D - 6p	C-D - 6:30a C-D - 12p O-BG - 6p	C-D - 6:30a C-D - 12p C-D - 6pm  1st Friday O-S - 7p	C-D 12p	C-D - 12p O-D - 6pm
<b>The Legacies Group of AA</b> 3412 Atlanta Highway, 36109 (Enter off Forest Hills Drive)	C-D - 12p C-D - 6p	C-L 12p	C-D - 12p O-S - 8p	C-D 12p	C-D - 12p C-D-CL - 8p	C-D 12p	C-D 9a
<b>Living Sober Group of AA</b> Mental Health America 1116 South Hull Street, 36104	C-D 6p		C-D 6p				
<b>Sole Purpose Group of AA</b> 22 North California Street, 36107	C-D 7:30p			C-L 7:30p			C-D 7:30p
<b>Strange Camels Group of AA</b> Immanuel Presbyterian Church 8790 Vaughn Road, 36117	C-L 7p	C-D 7p		C-D 7p			
<b>Tradition Three Group of AA</b> Bradford Health Services 386 St. Luke's Drive, 36117	O-D 11a	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
<b>We Stopped in Time Group of AA</b> Unitarian Universalist Fellowship 2810 Atlanta Highway, 36109 (Enter at back off Dunn Drive)		O-D-YP 8p				O-D-YP 8p	
<b>CLANTON</b>							
<b>Clanton Group of A.A.</b> Trinity Episcopal Church 503 2nd Ave. S, 35045	O-D 7p			C-L 12p		O-D 7p	
<b>GREENVILLE</b>							
<b>Camellia City Group of AA</b> Greenville Housing Authority 601 Beeland St, 36037 334-437-2015 or 334-662-7129	C-D 7p			C-D * 7p			
<b>HOPE HULL</b>							
<b>County Hope Group of AA</b> Hope Hull United Methodist Church 305 Wasden Road, 36043 (Silver trailer behind church)		O-D 6p					
<b>MAPLESVILLE</b>							
<b>Maplesville Group of AA</b> Highway 139, PO Box 231, 36750					O-D 8p O-S 3rd Fri.		C-D 8p

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

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

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Group / Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MILLBROOK</b>							
<b>Primary Purpose Group of AA</b> Church of the Nazarene 3251 Browns Road, 36054 (In the Fellowship Hall)		O-D 6p		C-D 6p			
<b>PRATTVILLE</b>							
<b>Autauga S.O.S. Group of AA</b> St. Mark's Episcopal Church 178 East 4th Street, 36067	O-L 12p	C-D 12p		C-D 12p	C-D 12p	C-D-W 10a	
<b>Prattville Downtown Group of AA</b> 326 West 5th Street, 36067	O-S 6:30p	O-BG 6:30p	O-D - 12p C-D - 6:30p	C-D - 6:30a C-L - 6:30p	O-ST-S 6:30p	C-D - 12p O-D-CI - 6:30p	O-D - 12p C-ST - 6:30p
<b>SELMA</b>							
<b>5th Tradition Group of AA</b> West End Baptist Church 504 Cahaba Rd., 36701					C-D 6:00p		
<b>Selma Group of AA</b> Dallas County Courthouse 105 Lauderdale Street, 36701	O-D 12:30p	O-D 6p	O-D 12:30p	O-D 6p	O-D 12:30p		O-D 6p
<b>Braveheart Group of AA</b> St Paul's Episcopal Church 210 Lauderdale Street, 36701	C-D 6p		C-D 6p				
<b>TALLASSEE</b>							
<b>Ray of Hope Group of AA</b> Kent Community Center 2872 Kent Road, Kent, AL 36078	O-L 7p		C-D 7p		O-D 7p		C-D 3p
<b>12&amp;12 Group of AA</b> E. Tallassee United Methodist Church 101 Central Blvd, Tallassee 36078		O-ST * 7p					
<b>UNION SPRINGS</b>							
<b>An A.A. Group</b> Bradford Health Services 102 Conecuh Ave, West, 36089 (In Bullock County Hospital)	O-D 7p		O-D 7p				
<b>WETUMPKA</b>							
<b>Free World Group of AA</b> Elmore County Extension Office 340 Queen Anne Road, 36092 (Metal Outbuilding)							O-D 6p
<b>Wetumpka Group of AA</b> 103 West Tuskeena St., 36092	C-D * 7p						

Montgomery Intergroup provides this schedule of A.A. group meetings in this service area to member groups, individual A.A. members, and appropriate interested parties. A listing in this schedule does not imply approval or endorsement of any group's approach to or practice of the traditional A.A. program.

LEGEND			
O = Open Meeting <i>Anyone interested in the A.A. program may attend.</i>		C = Closed Meeting <i>Limited to those with a drinking problem and a desire to stop drinking</i>	
D = Discussion Meeting	Sp = Speaker Meeting	L = Literature Study (BB, 12/12, etc.)	St = Step Study
Cl = Candlelight Meeting	W = Women's Meeting	LGBT = Lesbian, Gay, Bi, Transgendered	BG = Beginners Meeting
Sm = Smoking Permitted	YP = Young People & Young at Heart	* = Al-Anon Meets Simultaneously	** = Alateen Meets Simultaneously

Montgomery Intergroup Central Office  
828 Forest Avenue, Suite A, Montgomery, AL 36106  
Open Mondays from 10 am until 2 pm.

[www.centralalaa.org](http://www.centralalaa.org) • Email [Intergru@centralalaa.org](mailto:Intergru@centralalaa.org)

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of a drunk as “pigeon-eyed.” We do know that pigeons were encouraged in the 1940s to work the Twelve Steps as quickly as possible since the numbers of AA members was much lower at the time. At some beginner meetings, newcomers were encouraged to work all the steps at once so that they may better help others. *The Little Red Book*, an early AA publication no longer in circulation, also tells us that having two sponsors instead of just one was an acceptable way to learn about AA.

Today’s AA pamphlet on sponsorship reminds us that “Whether you are a newcomer who is hesitant about ‘bothering’ anyone or

a member who has been around for some time trying to go it alone, sponsorship is yours for the asking. We urge you: *Do not delay.*” More experienced members want to share their solution for living with others so that they may stay sober. Each sponsor and sponsee relationship is different, but one thing they all have in common is the AA way of life. This is a “we” program that is best followed by getting help from others.

Shannon H. - Happy Hour Group

HOME  
GROWN

## STEP TEN

### CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

After making all the amends that I was able to at the time, my plan was that I wanted to take a break. I felt like I was done with the step work for a while. Lucky for me, I had a sponsor at the time that when I was working my first set of steps, knew me better than I knew myself. I had stopped asking questions and conferring with her and that prompted her to ask me where I was with my step work. I told her I was taking a breather and she let me know that was an option if I wanted to get full of self again or worse, get DRUNK!!

I prayed for the willingness to approach step 10 honestly, because I knew me and I knew how easy it would be to say “Yeah, of course I am doing my nightly inventory and spot checks and righting my wrongs immediately!”, and in reality not have done it at all. I had no idea how important that step was yet. I wish I could tell you I did it right from the start, but I didn’t. I came up with excuses and I stretched things out so long until I felt gross because I knew I was not being honest with myself, God, or my sponsor. That is what it took for me though in order to be ready to continue with the rest of the steps. I didn’t feel motivated to move until first becoming uncomfortable in whatever the scenario was.

Why I fought Step 10 initially was because it seemed too much like homework (I never liked homework). Now I know Step 10 is worth the work because it helps me to keep my side of the street clean. It helps me to look better at my interactions with friends, co-workers, family, and others and see where I am being a blessing or a mess, selfish or of service, honest or dishonest, quick to anger or calm during a storm. Only through daily reflections am I able to truly see the day clearly.

Spot check inventories are wonderful tools for any time during the day. I use them a lot of the same way I used the serenity prayer when first learning to work the steps and not drink one day at a time. The serenity prayer helped me start my day over when I felt out of control or upside down in a situation. A spot check helps me to not get too bent out of shape over a current situation in my day, but instead see it as an

opportunity to pause, pray, and see my part in the current situation and do my best to be honest and willing to right the wrong. Nightly inventory is done once the day is over and we have calm energy to help direct our thinking. It is a reflection at the end of the day where we address the good and the bad interactions of the day. The good is just as important to note as the negative areas that need work. I gain momentum in my step work when I see that I am making positive progress in areas of my life.

If I wait and group days or a week of time together I will miss, or forget, subtle little things that I did that might be note worthy and worthy of an apology to a co-worker but instead because the moment and emotions have passed, or lessened in my memory, I will not give it the credit it’s due and will miss out on an opportunity to do the right thing.

I want to be the best person I can be, and my actions speak much louder than my words so unless I do a nightly inventory and spot checks throughout the day I will not learn from my past behaviors and become a better version of myself. If I know that I have wronged someone and have not addressed it or apologized, that very thing no matter how big or small will keep me sick and surely send me back out eventually looking for a drink.

I absolutely must keep my conscious clean and address anything that I know is bothering me, before it festers and becomes a broken connection or relationship, or a new resentment. Since getting sober, I now know the difference between barely hanging on and living life to the fullest. Today I want to continue living life to the fullest, standing under the sunlight of the Spirit. I can’t do that if I let lies sneak back in or let old behavior crop bank up. So for as much as I don’t like doing homework, if it keeps me continuing to draw closer to God, then so be it !! BRING ON THE INVENTORY! PEN AND PAPER ARE TWO OF MY BEST ALLIES !!

Catherine S., Strange Camels Group

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

HOME  
GROWN

half way.

I say all of this because at last month's Intergroup meeting, we held elections for the upcoming year and could only fill half of the open positions. A comment was made by someone I respect that really hit home hard for me and that was (and I am paraphrasing) "if I am willing but unable to serve then that is ok, but if I am unwilling yet able to serve then I am being selfish and ungrateful for what this program has done for me". There was a time I was unwilling but I know today that this is a WE program and WE have to be there for the next alcoholic who walks through the doors. How can I turn my back on something that saved my life? How

can I be that selfish? How can any of us?

I hope that each of you will prayerfully consider volunteering to keep this wonderful program and all the associated services that we have had the privilege to have working for us continue to be available in our District. The next Intergroup Meeting will be Nov 2 at 8 am at Legacies. I hope you will join us!

Thank you for allowing me to serve as your Post Editor.

In love and service,

*Natalie C. – Strange Camels*



**ALABAMA/NW FLORIDA  
AREA 1 ASSEMBLY  
JANUARY 10-12, 2020**

**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**

**TRADITION TEN**

**ALCOHOLICS ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES; HENCE THE A.A. NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY.**

I recently attended a meeting at a local AA room where there was a political discussion being undertaken by 3 or 4 alcoholics. This was not a private conversation as it was across the room and I, not being part of the conversation, could easily hear their positions and thoughts on some of the political issues we face as a Country.

I spoke up and reminded these people about the 10<sup>th</sup> Tradition, that we need to avoid outside issues within the walls of these rooms. I did not counter their statements with mine. I only wanted to create a safe space for all of us. However, their reply was that they could talk about anything they wanted to before the meeting starts. What say you, District 8? Is this true? Are certain AA rooms in Montgomery no longer a safe place for folks of different political or religious beliefs? I felt unsafe in that room. How could I discuss or share my innermost feelings and thoughts as an alcoholic when I knew the people in that room were so politically different from me. They didn't even respect what I had to say about the Traditions we are guided by.

What if I were a newcomer who had similar beliefs as I do and didn't understand that any discussion of that ilk is not an appropriate discussion WITHIN THE ROOMS OF ALCOHOLICS ANONYMOUS. Not just in a meeting, but in the ROOMS. They are sacred. Sacrosanct. Safe. And I felt belittled, pushed, and fearful. I left and found a meeting where those things are not discussed

within the walls, either before, during or after a meeting.

I do have many friends within these rooms who have opposing views to mine and that is wonderful. As recovering alcoholics, we know not to discuss these things amongst ourselves. We honor our friendships and don't bring up things that would upset each other, IN or OUT of the rooms. After all, Step 12 states, "...to practice these principles in all our affairs." That means we are kind and considerate, tolerant and peaceful, outside and inside the rooms, not just during the meeting.

And I think this is just one example of why the 10<sup>th</sup> Tradition was included for our guidance. We must remember the Washingtonians, who had great success as a sobriety movement. Well, they did until they allowed members to bring politics into their rooms. "...we do not enter into public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause." Pg. 177, 12 & 12.

All I am saying is to be judicious about what you blithely discuss within the walls of an AA meeting, either before, during, or after. A newcomer with opposing views to yours may walk out, never to return, and die a miserable alcoholic death. And what a shame that would be.

*Jill Z., Happy Hour Group*



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

## CONCEPT TEN

**EVERY SERVICE RESPONSIBILITY SHOULD BE MATCHED BY AN EQUAL SERVICE AUTHORITY-- THE SCOPE OF SUCH AUTHORITY TO BE ALWAYS WELL DEFINED WHETHER EXTRADITION, BY RESOLUTION, BY SPECIFIC JOB DESCRIPTION OR BY APPROPRIATE CHARTERS AND BYLAWS.**

Bill W. went into painstaking detail to ensure that he was understood on the importance of having the proper amount of authority to discharge the responsibilities in each position of the service structure. He wanted a harmonious synergistic approach to thrive in A.A.'s service structure. With his background in business, he understood very well how tedious micromanagement from superiors and even peers could be especially to the alcoholic. Therefore, he found it necessary to state that the details of each service position be well defined, otherwise surely "clashes, confusion, and ineffectiveness will be inevitable".

Ultimate authority is the guiding principle that supports our structure. Without it, groups would be directing delegates at every turn, and delegates would micromanage the trustees to no end. This misuse of authority would create a dictatorship. Conversely, ultimate authority should never be used indiscriminately. It may be exercised in the event of an emergency. For instance, when delegated authority has gone wrong and it must be reorganized because it is ineffective and overstepping their defined parameters of operating. The conference may elect new

delegates or withhold funds. The delegates may request to reorganize the board of trustees. (We experienced a request to reorganize the board over the lawsuit for the big book manuscript.) The trustees may do the same with the service corporations and fire them if need be.

While the entire point of ultimate authority is to discharge responsibility without impediment. However, when delegated authority is running smoothly in the service structure, there is no need to exercise it. Our service structure has been defined at each level by legal means, traditional means, and principles to keep human tendencies to usurp in check. The purpose of Concept Ten is to ensure that A.A. servants have clearly defined responsibilities and the authority to carry them out. Our "group conscience" from Tradition Two is our ultimate authority, and the "trusted servants" are our delegated authority. The entire service structure of A.A. is held in balance by Concept Ten and Tradition Two.

### PREVIOUSLY PUBLISHED

Travis M., WSIT (We Stopped In Time)

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

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[www.centralalaa.org](http://www.centralalaa.org)

District 8, Area 1 – Alcoholics

https://www.centralalaa.org

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**District 8, Area 1  
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HOME | RECOVERY | UNITY | SERVICE

**Is Your Group or Committee  
Planning an Event?**  
You can get the word out here...

EVENTS FOR AND BY THE FELLOWSHIP OF A.A.



## September Birthdays

### PDG-Prattville Downtown Group

Marcus	09/10/2016	3 yrs
Keith P.	09/15/1994	25 yrs
<b>Total</b>		<b>28 yrs</b>

### Tradition 3 Group

Shirley D.	09/23/1981	38 yrs
<b>Total</b>		<b>38 yrs</b>

### Millbrook Primary Purpose

Scott. T.	09/07/2018	1 yr
Alan D.	09/03/2011	8 yrs
Judy W.	09/21/1986	33 yrs
Jimmy W.	09/20/1986	33 yrs
<b>Total</b>		<b>75 yrs</b>

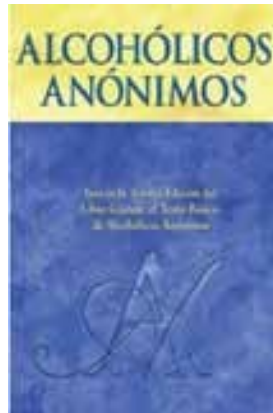
### Fellowship Group

Matt B.	09/17/2018	1 yr
Pam T.	09/06/2017	2 yrs
Jenny W.	09/04/2017	2 yrs
Michelle W.	09/06/2016	3 yrs
Joe N.	09/29/2008	11 yrs
		<b>19 yrs</b>

<b>SEPTEMBER</b>	<b>Total</b>	<b>160 yrs</b>
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**CELEBRATING AN A.A. BIRTHDAY?**  
 AT YOUR NEXT BUSINESS MEETING **ASK YOUR**  
**G.S.R.** OR GROUP SECRETARY TO SEND IN  
 MEMBER BIRTHDAYS TO **THE POST.**  
[POST.EDITOR@CENTRALALAA.ORG](mailto:POST.EDITOR@CENTRALALAA.ORG)

## ¿QUÉ ES A.A.?



Alcohólicos Anónimos es una comunidad internacional de hombres y mujeres que ha tenido un problema con la bebida. Es no profesional, automantenida, multirracial, no política y disponible en casi todo el mundo. No hay requisitos referentes a edad ni nivel de educación. Puede hacerse miembro cualquier persona que desee hacer algo para

solucionar su problema con la bebida.

*Desde su publicación en 1939, este texto básico ha ayudado a millones de hombres y mujeres a recuperarse del alcoholismo.*

Actualmente disponible en la Tercera Edición aprobada por la Conferencia de Servicios Generales, el Libro Grande contiene las historias de los cofundadores, y de muchos miembros de diversa procedencia que han encontrado la recuperación en la Comunidad mundial.

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Nuestra oficina Central, localizada en Montgomery, AL, tiene recursos en Español como literatura y folletos.

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

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



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