

### SERVICE ALERT

#### INTERGROUP SERVICE OPPORTUNITIES

Elections for Intergroup Positions will be held Oct 5<sup>th</sup> at 8am. See below for positions up for election for a 1 year term. If you are interested please come to Intergroup at 8am on Oct. 5<sup>th</sup>.

#### Positions:

- Intergroup Chair -Secretary
- 24-Hour Hotline Coordinator
- Website Coordinator
- 12<sup>th</sup> Step List Committee Coordinator
- Anniversary Committee Coordinator

Intergroup meets monthly before District.

#### 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!

### A.A. HISTORY

#### Dr. Bob and His House

I was fortunate enough to tour Dr. Bob's home in Akron, Ohio this past August. As most know, "Dr. Bob" was Bill W.'s partner in spreading the messages of sobriety and helping to found AA. A surgeon who started his heavy drinking in college, Bob had tried to quit drinking first on his own, then during Prohibition, and later with the Oxford Group in the early 1930s, but had little success. The home in Akron is special to many alcoholics because that is where Dr. Bob, after having invited Bill



W. to stay with him and his wife, took his last drink on June 10, 1935.

Located at 855 Ardmore Avenue, Dr. Bob's three-story home is referred to as an "arts and crafts" style of architecture and was first built in 1915. Bob and his wife Anne moved into the home a year later and lived there with their children Sue and Robert, nicknamed Smitty. They remained there until their deaths. Like Lois W., Anne shared her home with many early members of AA and spent time with families, giving her experience, strength, and hope. In 1936 she organized a "Woman's Group" specifically for the wives of alcoholics. Likewise, Bill called Bob the

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

#### CONTACT US

Montgomery Area  
Intergroup Central Office  
**Office Hours:**  
Monday 10 A.M.–2 P.M.  
828 Forest Avenue  
Montgomery, AL 36106  
**24/7 Answering Service**  
(334) 264-4122

#### E-MAIL ADDRESS

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

**Contributions for print subscriptions are encouraged.**

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



**MARK YOUR CALENDAR**

**Intergroup Monthly Meeting**

**Saturday, October 5, 2019**

8:00am @ Legacies Group

3412 Atlanta Hwy, Montgomery, AL 36109

**District 8 Monthly Meeting**

**Saturday, October 5, 2019**

9.30am @ Legacies

3412 Atlanta Hwy, Montgomery, AL 36109

**Alabama/NW Florida Area Assembly**

**October 11-13, 2019**

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/)



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# The Post

POWER OF SOBER THOUGHT

**THE POST COMMITTEE**

Editor/Coordinator—Natalie C.

Copy Editor—Jill Z.

Composer—Matt S.

Distribution—Keith P.

**DEPARTMENTS**

History—Shannon H.

*Español* Spoken Here—Oni S.

The Steps— Catherine S.

The Concepts—Jay W.

The Traditions—Jill Z.

Birthdays—Vicki B.

Events Recap— *Service Opportunity*

Literature— *Service Opportunity*

Mark Your Calendar— *Service Opportunity*

WE WELCOME YOUR ASSISTANCE!

***SUGGESTIONS ON TOPICS YOU WANT EXPLORED?***

TO GET INVOLVED, CONTACT US AT

[POST.EDITOR@CENTRALALAA.ORG](mailto:POST.EDITOR@CENTRALALAA.ORG)

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[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

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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)

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

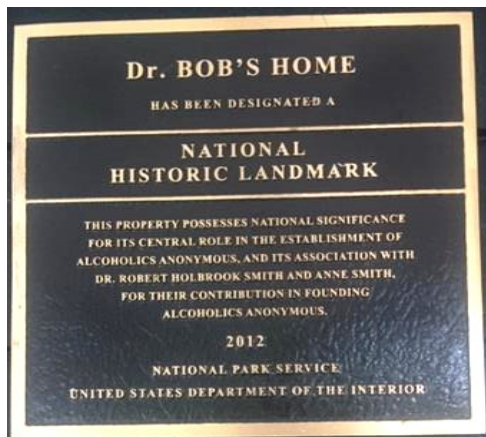
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“Prince of the Twelve Steppers” for his work with over thousands of alcoholics during his lifetime. He died in 1950 of colon cancer, with fourteen years of continuous sobriety.

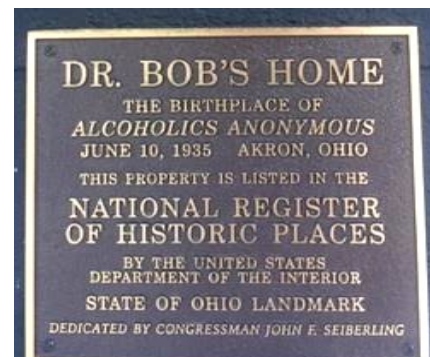
The home first became a museum for AA in 1984 and has been a popular place ever since.

Visitors are numerous around June 10 each summer as people celebrate Founder’s Day by touring the location. The home and its tours are run by volunteers who often greet each visiting alcoholic with the phrase “welcome home” as they enter the door. Next door to the home is a gift shop with t-shirts, coffee cups, and literature for sale, even some



from the early days of the first AA group in Akron. The home and gift shop are open from noon to 3pm daily, except on Christmas.

Inside the home you are able to see the books that inspired Bob as well as a large rough draft copy of the Big Book, with edits written all over the pages. You can tour the basement where Bob often hid liquor bottles from Anne. There are also audio recordings of both Bob and Bill’s voices. Still, one of the first and most intriguing things visitors notice when they enter is the set of steps that lead up to the front door. There are, as you might guess, twelve in all.



Shannon H. - Happy Hour Group



## STEP NINE

### MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD HURT THEM OR OTHERS.

So here we are, time to make right our wrongs. I remember when I had first made my list. I set it aside for a few days so I could pray for the strength and ability to reach out and approach the people that were on my list in a way that would not cause more harm. I made a plan to make my amends in order of importance to me. My Higher Power was surely looking down laughing, thinking to Himself, this girl still thinks that this is in her control. Trying to take the bull by the horns and making these amends in an order I wanted for my own objectives didn’t work well. In my experience, once I prayed for the correct timing of my attempts and the willingness to make the amends on God’s cue not mine, the amends unfolded in a way that I could have never planned on my own.

I was very fearful about some of the outcomes of several rights that I needed to make. I prayed with my sponsor and she helped me to stay where my feet were and to not fear what hasn’t even happened yet and may not ever happen, especially if I handle the amends and myself in a way that I am respectful to all involved. I discussed my list and plans with my sponsor so that her counsel could help keep me on task, stay focused, remain motivated, and keep me from involving persons that should remain nameless or throwing people under the bus to save myself. Her counsel also helped keep me willing to walk through my fear of being

humiliated by apologizing for the things I had done or not done during my drinking. My mantra was “willing to go to any length”. I was so appreciative when my sponsor pointed me back to the Big Book on page 83 that says “We should be sensible, tactful, considerate and humble without being servile or scraping. As God’s people we stand on our feet; we don’t crawl before anyone.” This gave me a sense of belonging and the motivation to want to walk tall among my peers. For so long due to my drinking, I didn’t know what it felt like to belong to anything or to feel equal to those around me. I usually stood defiantly. Never before had I stood tall with love for those around me. I longed for my cross to feel lighter and my walk to be tall, graceful, and ladylike. I kept in mind what page 86 in the 12 Steps and 12 Traditions says which is “let’s try to avoid harming third parties, whoever they may be. It does not lighten our burdens when we recklessly make the crosses of others heavier.”

The people on my amends list fell into different categories:

- some were no brainers and easy to do.
- some were friends and family who had been watching me along the way get better.
- some took a lot of prayer and turning over to God for His timing.
- some were financial were I needed to consider the affects to my sobriety, home, son and others in my life that would be affected by my beginning to pay back creditors that I had avoided for a long time.
- some people I am not sure if I will ever be able to make amends to for one reason or another.

The most important thing is that I make every attempt to reach out to each and every one that I owe an amends to especially those that might risk my sobriety by keeping me sick if I don't clean up my mess. I have to pray about those that seem to fall in a gray area. I have to make sure I am not making excuses for avoiding a situation that I should make right. Fear can be cleaver and tricky!! I can not hide nor can I rest on my laurels.

Thank goodness I am not alone. Hearing people in the rooms of AA tell about their experiences on Step Nine gave me the strength to face sticky, ugly situations with courage and grace. I learned to pray before reaching out to each individual that I needed to apologize to so that I might be connected to God and be of sound mind and body and good fit spiritual condition.

I found myself surrendering my conversations and the outcomes to God. One by one I learned to trust the process and I realize that my action(s) was all that I needed to worry about. God takes care of the rest. How He does that is a mystery, but that is above my pay grade. I wanted to start by cleaning up the past and my side of the street. I was able to set up meetings with the people I had harmed. I met them, looked them in the eyes and calmly told them how incredibly sorry I was for the harm I had caused by my lying and deceiving them, my abandoning or mistreating them, or my misuse and/or abuse of their money. For those people that were receptive to meeting with me, once I apologized I made sure to ask them if there was anything that I had left out. If they added anything I sat quietly while they mentioned the things I had done to them that hurt them deeply. Then I apologized for those things as well to the best of my ability. After our conversation, keeping the faults completely one sided, being careful not to get angry or talk about their stuff, I asked what I could do to make things right. Most times everyone I met with in person, when possible, or on the phone due to geographical difficulties, was happy to see or hear that I was a changed person, seeking to continue on a positive path. Those people typically told me to just keep doing what I was doing

and to stay sober.

There was only one of my amends that did not quite go as I had hoped. My ex-husband told me, with a snarl, he would get back to me about what I could do to make it right. I wanted to get angry and say something, but thanks to the program of AA, and being advised to be in a fit, spiritual condition before making amends, I was able to say ..... okay, thank you (and let me tell you that was God doing for me what I couldn't do for myself as I would have said something in snarky retaliation had I not been able to keep in mind what the amends process is about). By the way, fast forward years later, he has never reached out for me to do anything. I choose to believe that is God working in ways that I couldn't. Serenity came stronger and longer with every amend that I made. Because of that, it was easy for me to walk through old memories with people in order to tie up loose ends and attempt to heal old wounds and mend hurt relationships. Freedom and stronger sobriety came when I had made every effort to the best of my ability to leave no stone unturned. Only then could I truly sleep well at night and walk among my peers feeling better about myself than I had in a long time. For the first time, I understood what they meant about not regretting the past nor wishing to shut the door on it. I was at peace and now willing to share my past to help anyone who might be struggling in ways that I once did. I was now living proof that we can get through anything with God by our side and arrive on the other side with a better understanding of life, ourselves, relationships with others, and our place and purpose on this earth. My place on this earth is to be of service, and to help newcomers to see that there is light at the end on the tunnel.

Catherine S., Strange Camels Group

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

HOME  
GROWN

## TRADITION NINE

**A.A. as such, ought never to be organized, but we may create service boards or committees directly responsible to those they serve.**

This Tradition has been the strangest one for me to conceptualize. I mean really, how does it happen that all of these AA groups SEEM to be part of an organization but aren't? What?

Have you ever seen an organizational chart? It's got the

CEO at the top, or whatever the leader is called. Then it has its' vice presidents, managers, support staff, etc. There are a set of rules that govern the purpose of the organization and the rules to participate in the organization. You agree to follow the rules of the company/government/corporation when you get hired, even if you don't agree with all of them. You need the job. If you break these rules, you might get fired. There is always someone ready and in power to enforce those rules. "Power to direct or govern is the essence of

organization everywhere.” (pg. 172, 12 & 12). The organization has the power to enforce these rules of behavior and its’ business.

AA is different in that we all enter the rooms with one idea in mind- to get sober. The 12 Steps are suggestions, not rules. With the 12 steps as our main focus, we do what we need to do in order to stay sober-we make the coffee, clean the rooms, organize celebrations, etc. We step up to chair meetings in which we are not the leaders but alcoholics who want to stay sober by spreading the message. “Unless each A.A. member follows to the best of his ability our suggested Twelve Steps to recovery, he almost certainly signs his own death warrant. His drunkenness and dissolution are not penalties inflicted by people in authority; they result from his personal disobedience to spiritual principles. (Pg. 174, 12 & 12).

The same is true of the A.A. group. If we don’t follow the Traditions, the group dies. Groups need to maintain their sobriety as well. These 12 Traditions, also suggestions, lead to group sobriety. No group, or person within the group,

has the power to tell another alcoholic how to work their recovery or whether they have the right to claim a seat in the rooms of Alcoholics Anonymous. Trusted servants have no power. We run our groups with a group conscience, which works well when everyone shows up. These are not rules, these are spiritual principles. We don’t have to follow them, that is our choice as individuals and as groups. “Great suffering and great love are A.A.’s disciplinarians; we need no others.” (Pg. 174, 12 & 12).

As an alcoholic, I have authority issues and it is very appealing to me that A.A. has no rules, no organization, no one more powerful than another. It works if we all work the program. If we keep ourselves sober, we can keep our groups sober and do what we are challenged to do - carry the message of Alcoholics Anonymous.

Jill Z., Happy Hour Group

HOME  
GROWN

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

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## CONCEPT NINE

**(Short Form) Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.**

Somewhere in our literature there is a statement to this effect: "Our leaders do not drive by mandate, they lead by example." In effect we are saying to them, "Act for us, but don't boss us."

A leader in AA service is therefore a man (or a woman) who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job. When a leader power-drives us badly, we rebel; but when he too meekly becomes an order-taker and he exercises no judgment of his own - well, he really isn't a leader at all.

It has been my experience in our wonderful fellowship that has saved my life that my personal heroes in this program have led by example. They never lectured or moralized to me what the right thing to do is. They set the example and cleared the path ahead for me to do the same for the next suffering alcoholic who can't go a day without drinking. This not only applies to general service for me, it absolutely applies to all aspects of my life. If I take this mindset that Bill talks about in this essay into the workplace,

at home, at meetings, with sponsees, and with any personal relationship I have, my life is great. For the majority of my life I've been a taker, I've passed the buck and tried to get out of life what I thought was best for me while disregarding the concerns of anyone else. When I got here, if I wanted to stay, I had to change. This principle of giving and leading by example and not by mandate is something that was vital for me to see coming into the rooms. I was not told what I should do, other alcoholics showed me what they did everyday to live a different way. Their talk matched their walk.

That's what made this program so attractive for me. It's a program of action, not of talking or thinking. I hope that with God's help, I can be the kind of person that Bill writes about in this essay. One that doesn't preach to others what they should do or what I believe- but instead through my actions, my beliefs become apparent. Of course I fall short of this in day to day practice, as we all do. However, just the fact that this is something that I'm striving for, that we are all striving for, is indicative of a physic change and what the power of God can do in my life if I let him.

Love & Service  
Jay Walker- Legacies

HOME  
GROWN

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

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## August Birthdays

### PDG-Prattville Downtown Group

Paul D.	08/10/2017	2 yrs
Chuck Y.	08/10/2017	2 yrs
Joni G.	08/15/2000	19 Yrs
Heather M.	08/22/2018	1 yr
<b>Total</b>		<b>24 yrs</b>

### Strange Camels Group

Athena R.	08/05/2018	1 yr
<b>Total</b>		<b>1 yr</b>

### Tradition 3 Group

Maria E.	08/22/1982	37 yrs
<b>Total</b>		<b>37 yrs</b>

### Millbrook Primary Purpose

Bob M.	08/27/1989	30yrs
<b>Total</b>		<b>30 yrs</b>

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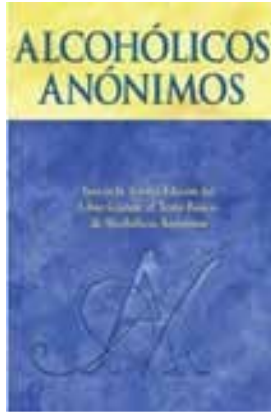
**AUGUST 92 yrs**

### 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, 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  
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Tel: (334) 264-4122

[Intergruop@centralalaa.org](mailto:Intergruop@centralalaa.org)  
<http://www.AA.org>

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