The Post

POWER OF SOBER THOUGHT

February 2023 VOLUME 19, ISSUE 2

EDITOR'S CORNER

We're so glad you decided to read this newsletter, whether you're reading it for the first time, or you've been a long time subscriber, welcome. Our goal is to provide information that will help Alcoholics in our local district, which makes up the greater Montgomery area and some outlying towns like Greenville and Selma, there are over 30 groups listed in this district. We believe that AA is a three legacy program, which means our program should be balanced through recovery, unity, and service. That's why we have an article on the steps (recovery), an article on the traditions (unity), and an article on the concepts (service). We also welcome articles on the history of AA and personal stories, we'd even publish a poem about recovery if you sent it to us. Each of these have 12 directives, so we publish articles based on the corresponding month. This month we're on step 2, tradition 2, and concept 2. What they all have in common is that they point us to the solution. Step 2 points us to a power greater than ourselves that can restore us to sanity, tradition 2 points us to a loving God who has the ultimate authority for our groups, and concept 2 points us to how that authority practically works itself through our groups to our worldwide AA fellowship. We also have the notes from our monthly District 8 meeting and Intergroup meeting, along with some birthdays and announcements. If you have any announcements or birthdays you would like in the POST, or would like to write for the POST, please email us at post.editor@centralalaa.org.

Happy reading
- Mike D.

HOME GROWN

INSIDE THIS ISSUE

Editor's Corner.....Page 1
Mark Your Calendar.....Page 2
Service Alert.....Page 2
Area Meeting Schedule.....Page 3
Step of the Month.....Page 5/6
Traditions.....Page 6/7
Concepts.....Page 7
Español Spoken Here.....Page 8
Birthdays.....Page 8
District Minutes.....Page 9/10
Intergroup Minutes.....Page 11

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



Fellowship Women's Group

A closed AA meeting for women
in recovery from alcoholism.

You are lovingly invited to attend a meeting with women who have solid sobriety and who will welcome you to share your experience, strength and hope.

Sundays at 6:00 pm in the Fellowship Hall
Grace Church,
5 Bell Road
Bell Rd and Atlanta Highway.

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
Contributions for print subscriptions are encouraged.
For email subscriptions contact:
Post.Subscription@centralalaa.org



MARK YOUR CALENDAR

Intergroup Monthly Meeting
Saturday, March 4, 2023
8:00 a.m. @ Legacies Group (via Zoom)
3412 Atlanta Hwy, Montgomery, AL 36109

District 8 Service Meeting
Saturday, March 4, 2023
9:30 a.m. @ Legacies (via Zoom)



SERVICE ALERT

Post Positions Open – 12 month commitment:
All Post Positions are up for renewal at end of year. Voting will be in October. If interested be sure to contact Post.Editor@centralalaa.org

All Intergroup positions are up for renewal at end of year. Voting is to be in October. If interested, please contact your Intergroup Chair or come to IG meeting.

Please contact
Intergroup@centralalaa.org if willing and able to serve!

• **The District 8 treatment and corrections committee** will be meeting at Legacies the third Saturday of each month at 10 am. The next meeting will be February 18th.

• **Happy Hour** will have a eating meeting on Friday, February 3rd. Eating at 6pm, speaker at 7pm.

• The next **AA of Montgomery** anniversary planning meeting will be at Happy Hour Sunday, February 12th at 1:15 PM.

• **The AA of Montgomery Anniversary** will be at Landmark Church (1800 Halcyon Blvd) Saturday, March 4th. Fellowship 2pm, eating 3pm, speaker at 4pm.

• **The Archives Committee** has a new meeting time on the first Tuesday of each month at Happy Hour at 5p.m. Any AA member interested in our history is welcome. The next meeting will be Tuesday, February 7th.

If you have any other group announcements you would like to be in the POST, please let us know.

*** SUBJECT TO CHANGE. Please check website.**

MORE EVENTS & INFO:
WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/

FOR THE MOST UP TO MEETING SCHEDULE, PLEASE VISIT
www.centralalaa.org/meetings

The Post

POWER OF SOBER THOUGHT

THE POST COMMITTEE
Editor/coordinator: Mike D.
Copy Editor: Jill Z.
Composer: James A.
Distribution: Vacant
DEPARTMENTS
Various

WE WELCOME YOUR ASSISTANCE!
SUGGESTIONS ON TOPICS YOU WANT EXPLORED?
TO GET INVOLVED, CONTACT US AT
POST.EDITOR@CENTRALALAA.ORG

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 180; LaVina.

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: July 1, 2022

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

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY							
A Vision for You Group of AA R.O.S.S. Recovery Center 925 Forest Ave Montgomery, AL 36106			O-D 7:30 p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Boulevard						O-D 1:30 p **Temporary Inactive**	O-D 1:30 p **Temporary Inactive**
Chisholm Group of AA I-409 Federal Dr. Montgomery, AL 36107 in back of strip mall	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-SP 6p
Fellowship Group of AA Grace Church at Bell Road 5 Bell Road (Corner of Bell Rd & Atlanta Hwy)	C-L & BG * 6 p	C-D & BG * 6 p		C-D & BG * 6 p	C-L & BG * 6 p	O-SP 6p	C-D* 2p C-D-W 6p
Happy Hour Group of AA 3466 Eastdale Circle (Next to Fortis College)	C-D 6:30 am 12p & 6p	C-D 6:30 am &12p C-L (12x12) 6p	C-D 6:30 am C-L/BB 12p C-D 6p	C-D 6:30 am &12p O-D/BG 6p	C-D 6:30 am 12p & 6p *O-SP 7p* *1st Friday*	C-D 12p	C-D 12p O-D/BG 6p
The Legacies Group of AA 3412 Atlanta Highway (Enter on Forrest Hills) Zoom ID 798-727-9234 PC Awakening	C-D 12P C-D 6 pm Zoom	C-L BB 12p	C-D 12p O-SP 8p Hybrid (in person and on-line)	C-L (12X12) 12p	C-D 12p C-D-CI 8p C-D-CI 8p Zoom	C-D 12p	C-D 9am C-D 9am Zoom
Grupo Ayudate a Ti Mismo 3412 Atlanta Highway (Enter on Forrest Hills)	O-D 7:30-9p HISP	O-D 7:30-9p HISP				O-D 7:30-9:30p HISP	O-D 11a-1p HISP
Living Sober Group of AA Church of the Ascension 315 Clanton Ave. 36104 meeting in the Joshua house	C-D 6p		C-L 6p				
Sole Purpose Group of AA 22 North California Street		C-D 7:30p		C-L BB 7:30p			
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 First Christian Church 1705 Taylor Montgomery, AL 36117	O-D 11a		O-D 11a		O-D 11a		
We Stopped in Time Group of AA Unitarian Universalist Fellowship 2810 Atlanta Highway Rear entrance on Dunn Street		O-S/D 8pm YP **Temporary Inactive**				O-SP/D 8pm YP	
CLANTON							
Clanton Group of AA Church of Christ 111 Lay Dam Rd. Clanton, AL 35045	O-D 7p			O-L 12p		O-D 7p	
GREENVILLE							
Camellia City Group of AA Greenville Housing Authority 601 Beelant St, 30637 334-437-2015	C-D 7p			C-D 7p			

https://www.centralalaa.org/meetings

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HOPE HULL							
County Hope Group of AA Hope Hull United Methodist Church 305 Wasden Road (Silver trailer behind Church)		O-D 6p		O-BB 6p			
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene Fellowship Hall 3251 Brown Road		O-D 6p		O-D 6p		O-SP 6p	
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 E 4th Street	O-L/BB 12p	C-D 12p		C-D 12p	O-L(12x12) 12p	C-D-W 9a	
Prattville Downtown Group of AA 326 West 5th Street	O-SP 6:30p	O-BG 6:30p	O-D 12p C-D 6:30p	C-L 6:30p	O-SP 6:30p	C-D 12p O-D-CI 6:30p	O-D 12p C-L /12x12 6:30p
SELMA							
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
THORSBY							
Thorsby Group of AA Thorsby Annex 12 Minnesota Ave, Thorsby			O-D 7:30p				O-D 8a
WETUMPKA							
Wetumpka Group of AA 103 Tuskeena St	C-D * 7p			C-D 7:30 p			

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
SM = Smoking
CI = Candlelight Meeting
W = Women
HISP = Spanish Speaking
YP = Young People & Young at Heart
ST = Step Study
BG = Beginners
L = Literature
Literature Study (BB, 12/12 or Other)
LGBT = Lesbian, Gay, Bi Transgender
* Al-Anon meets Simultaneously
** Alateen meets Simultaneously

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

Montgomery Intergroup 334-264-4122 * montgomery.intergroup@yahoo.com * www.centralalaa.org
828 Forest Avenue, Suite A * Montgomery, AL 36106 * Open Mondays 10 am to 2 pm

A.A. and Alcoholics Anonymous are registered trademarks of A.A. World Services, Inc.

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

From "The Doctor's Opinion" to the end of "More About Alcoholism" the Big Book discusses the first part of Step 1, which states, "We admitted we were powerless over alcohol". We've discussed, studied, and internalize material from the "Doctor's Opinion" to page 23 to see how we're powerless over alcohol bodily. We've used pages 23 – 43 to help us experience how we've been powerless mentally. Now I'd like to talk about a part of our "disease" which is seldom discussed in meetings nowadays: the "spiritual malady".

We often hear people say something like, "I have a three-fold disease: body, mind, and spirit." When you ask them to describe what they mean by that statement, they seem to have a firm grasp on the fact that we alcoholics suffer from "an allergy of the body and an obsession of the mind" – that once I put any alcohol in my system whatsoever it sets off a craving for more alcohol. And when I'm stone-cold sober, at my very best, the thought will occur to me to take a drink – or sometimes I think very little about it or not at all and I come-to out of a blackout after having experienced what page 42 refers to as a "strange mental blank spot". And of course this vicious cycle of my mind continuously taking me back to a drink and my body dooming me to not drink like "normal" people puts me in a senseless series of sprees and it makes it virtually impossible to stop. It is agreed that the "mental obsession" is the part of our "disease" which leads to the first drink; and it's the first drink that triggers the "phenomenon of craving". But, what about the part of my "disease" that triggers the mental obsession in the first place? Why is it that people who have remained abstinent from drinking in Alcoholics Anonymous for 1 year… 2 years… 5 years… 10 years… and in some cases even 20 years or more, go back to drinking? We know the physical craving does not cause these people to drink because it's been medically proven that after a few days of not drinking alcohol is processed out of the body. And, if you've been in the AA Fellowship for a while, for most people, the mental obsession dissipates. So why is it that after a long period of sobriety many people in our fellowship return to drinking – EVEN WHEN THEY DON'T WANT TO? What is the third fold of our illness that triggers the mental obsession – WHEN NOT DRINKING – HAVING BEEN SEPARATED FROM ALCOHOL FOR A LONG PERIOD OF TIME? Through closely examining our Big Book, along with much experience and practice with our Twelve Steps, as well as vigorous work with other alcoholics, the "missing piece" of Step 1 appears to be what is referred to on page 64 as the "spiritual malady".

Now, let me attempt to discuss the second half of Step 1: " – that our lives had become unmanageable." For a long time I thought my life was unmanageable because of all the crazy insane things I did while drinking – like the car accidents, hurting people when I didn't mean to, failed relationships, loss of jobs, family dysfunction, jails, asylums, etc. Finally, someone explained to me that those things are not the insanity that the Big Book talks about; nor are those things why the alcoholic's life becomes unmanageable. Of course those things can be classified as "unmanageability" – but they are external unmanageability. The unmanageability that the 1st Step is pointing to is the INWARD unmanageability of our lives – the restlessness, irritability, and discontentment that most alcoholics have even BEFORE they ever picked up their first drink. There are many names for this "inward unmanageability". Some refer to it as "untreated alcoholism". Others use the term "bedevilments", which comes from page 52 of the Big Book (which I'll be discussing in a moment). Page 64 simply refers to this "inward unmanageability" as "the spiritual malady". Our book promises us that "When the spiritual malady is overcome, we straighten out mentally and physically." The mental and physical factors of alcoholism are put into remission AFTER the "spiritual malady" is overcome – which means I'm still in danger of drinking until I have a spiritual awakening – whether I think so or not.

Two key points I'd like to focus on from this point forward:

1. What really is this "spiritual malady" and how, if left untreated, can it drive an alcoholic back to drinking?
2. What is the remedy for it? (By the way, our Big Book answers both of those questions in masterly detail in Chapters 4 – 11.)

What is this "spiritual malady" we alcoholics suffer from and how can "untreated alcoholism" cause an alcoholic to return to drinking – EVEN WHEN HE/SHE DOESN'T WANT TO? Imagine three layers. The first layer is our bodily reaction to alcohol when we ingest it - the physical craving. Under that is the second layer: the insanity of the mind just before the first drink - the mental obsession. Under that is the third layer: the inward condition that triggers the second layer, which in turn triggers the first - the "spiritual malady". Symptoms of this "third layer" as described in the Big Book include: 1. being restless, irritable, and discontented (page xxvi), 2. having trouble with personal relationships, 3. not being able to control our emotional natures, 4. being a prey to (or suffering from) misery and depression, 5. not being able to make a living (or a happy and successful life), 6. having feelings of uselessness, 7. being full of fear, 8. unhappiness, 9. inability to be of real help to other people (page 52), 10. being like "the actor who wants to run the whole show" (pages 60-61), 11. being "driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity" (page 62), 12. self-will run riot (page 62), 13. leading a double life (page 73), 14. living like a tornado running through the lives of others (page 82), and 15. exhibiting selfish and inconsiderate habits. These name just a few of the symptoms of the "spiritual malady" that's described throughout our text. But still in all, these are just symptoms of the "spiritual malady". What is it really? What is the driving force of the symptoms described above?

On page 62 the text explains that "Selfishness—self-centeredness! That, we think, is the root of our troubles." This "SELFISHNESS—self-centeredness" (or the "ego", as some people refer to it as) drives us to respond to life situations with the above "symptoms" as well as disorders and addictions other than alcoholism. If this selfishness—self-centeredness continues to manifest in an alcoholic's life - EVEN IN SOMEONE WHO IS NOT DRINKING AND CONTINUES TO ATTEND MEETINGS - and the ego is not smashed and re-smashed by continuous application of all

Continued on page 6

Continued from page 5

twelve steps, the sober (or "just not drinking") alcoholic is sure to drink again eventually… or even worse, continue to live miserably being "undrunk" (better known as a "dry drunk"). This is why we see people with 10 years in AA wind up in mental institutions - AND THEY HAVEN'T HAD A DROP TO DRINK!

You see, if I continue to act out with selfish – self-centered – ego-driven behaviors I will continue to experience the symptoms of the "spiritual malady". If I continue to experience this inward unmanageability, eventually my mind will seek out the "sense of ease and comfort" it thinks it can receive from taking a drink. Or, my ego can deceive me into thinking I'm doing perfectly fine. (i.e.: Fred's story in Chapter 3… Fred drank when there wasn't "a cloud on the horizon".) Typically, we'll tell ourselves and others, "Well, at least I'm not drinking." All of a sudden, I can experience a "strange mental blank-spot" – otherwise known as a "sober blackout" - and before it even hits me I'm pounding on the bar asking myself "How'd this happened?"

So, ask yourself if you're suffering from the "spiritual malady" - particularly if you haven't had a drink for a while. What condition is your "inner life" in, currently? Are you experiencing any of the symptoms listed previously? (Also refer to the "Step One Unmanageability Exercise" also included in this issue of "This Day".) Has it been a while since you've taken another alcoholic through the Steps? Has it been a while since you have gone through the steps? Have you ever taken all of AA's Twelve Steps? Have you done more than one 4th Step inventory? Have you completed all your 9th Step amends wherever possible? Are you working with the disciplines and practices of steps Ten and Eleven (self-examination, meditation and prayer)… consistently… EVERY DAY?

Page 62 says, "Above everything, we alcoholics must be rid of this selfishness ("the ego"). We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self (ego) without [God's] aid." Page 25 tells us, "There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings, which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at out feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed." This "fourth dimension", which we find out in the 10th Step is the "world of the Spirit", takes us beyond the physically, mental, and emotional dimensions of life - and eliminates the selfishness (ego) of the "spiritual malady". The term "spiritual malady" does not mean that our "spirit" is sick. It simply means we are spiritually blocked off from the Power of God, which enables us to remain sober, happy, joyous, and free.

To conclude, it's not my body - my allergic reaction to alcohol - that's going to take me back to drinking. It's really not my mind - the mental obsession – that is the underlying root of what will take me back to drinking. It's the "spiritual malady", as manifested by my EGO (selfishness—self-centeredness), that can eventually lead me back to drinking or sometimes even suicide. On pages 14 and 15 Bill W. writes, "For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank, he would surely die. Then faith would be dead indeed. With us it is just like that."

Thankfully, the "spiritual malady" is no longer a "missing piece" of Step One for me. It is a reality of my powerlessness and unmanageability and enables me to see why I so desperately need to seek a Power Greater than myself. And unless this malady is recognized, and a course of action (the Twelve Steps) is taken to enable God to remove it, the root of our alcoholic illness can lie dormant and burn us when we least expect it.

Mike L.
The Carry THIS Message Group
West Orange, NJ

TRADITION TWO
FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY—A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN.

The twelve steps tell us what to do in order to get recovery. The twelve traditions tell us what not to do so we don't lose our unity. Joe and Charlie said that each tradition has a principle of non-action, or things not to do. In this second tradition our leaders are reminded not to govern others, in other words not to control others. But who are our leaders?

When I came in I thought AA didn't have any leaders, I feel like someone told me that but I can't remember exactly when or who said it. But there are leaders. They hold trusted servant positions in our groups. They are the secretaries, treasurers, treatment chairs, general service representatives, and any other servant position the group conscience may choose to elect. They have limited terms for their responsibilities and all of their decisions are supposed to be submitted to the group conscience for decisions. The group conscious is the democratic decisions of each group which are made at their group conscious meetings, often referred to as business meetings. Even though each group is autonomous (independent or self-governing) no member of AA is autonomous, and all of our decisions when representing AA need to be submitted to the group for a decision. The committee elected to serve "gives no spiritual advice, judges no one's conduct, issues no orders. Every one of them may be promptly eliminated at the next election if they try this. And so they make the belated discovery that they are really servants, not senators" (12 and 12 pg. 134). So these leaders have no real authority in the group, they are truly the custodians of the group, making sure the bills are paid and the message of recovery is getting out. All the decision making for the group resides in the group conscience. The leadership, in terms of giving direction to others in the group, is all by example, not by telling members what to do.

Continued on page 7

Continued from page 6

This tradition also reminds us that the group conscience is where God expresses Himself to our groups. It's really too bad that so many AA members skip the group conscience meetings of their home groups because they are missing out on hearing the loving voice of God expressed to the group. I've heard some AA members dismiss these meetings as rancorous "business meetings" where people argue and nothing gets done. To their point, they can take a long time and members do sometimes get into arguments about what is supposed to happen, but that's what happens when each member has a say. These really aren't business meetings though, because AA isn't a business. Sure we do make some decisions at these meetings that may be classified as business, like paying the bills, but we also discuss our groups' relationship with other AA groups, our relationship with treatment facilities, correction facilities, and other professionals.

The group conscience should also be a place where any member can bring concerns about the group. If I choose not to show up to the group conscience meeting of my home group, I'm missing out on participating in hearing and being part of the voice of God.

- Mike D. PDG

HOME GROWN

CONCEPT TWO
THE GENERAL SERVICE CONFERENCE OF A.A. HAS BECOME, FOR NEARLY EVERY PRACTICAL PURPOSE, THE ACTIVE VOICE AND EFFECTIVE CONSCIENCE OF OUR WHOLE SOCIETY IN ITS WORLD AFFAIRS.

The General Service Conference is a bit of a confusing term. According to the A.A. Service Manual it "can mean either the structure involving committee members, G.S.Rs [1] and delegates in an area, or the annual meeting of Conference delegates each April in New York." The main point of this concept is that the members of A.A. delegate the responsibility of making decisions for A.A. to the General Service Conference. For the purpose of this concept, it mainly has to do with the annual meeting of Conference delegates each April in New York.

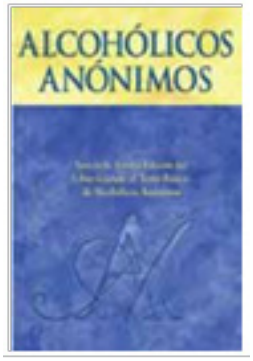
Individual A.A. members maintain the responsibility of carrying the message to whomever God puts them in connection with, but it would be impossible for them to also figure out how to do everything else A.A. World Services does. Some of the responsibilities of A.A. World Services are to print, and distribute literature, get A.A. meetings and materials into other countries and languages, communicate with professionals who help alcoholics, etc. However, it would be a mistake to think there is some huge army of recovered alcoholics working at the General Service Office in New York doing all these tasks. Most of the services provided by A.A. are carried on by A.A.s who volunteer their time to be of service by being on committees at their local groups, districts and areas, but there are some tasks that need paid employees to fulfill, and that is what the General Service Office in New York is for; but that doesn't mean that the General Service Office or the board of trustees makes the decisions for what they do. They get their directions from the deligates who meet annually in New York to decide what they do. The deligates get their directions from the local groups through their area assemblies.

In order to make all of these services possible, A.A. groups elect representatives to their local Intergroups and Districts, who then form committees to meet the needs of the local groups and carry the message in their District. The representatives, like the G.S.Rs [1], D.C.Ms [2], Area Delegate and other committee members then get together with their area at their Area Assembly. The Area Assembly is usually made up of the districts in their state (Area 1 is an exception because we are made up of Alabama and North West Florida). The Area Assembly helps the local districts and also sends a delegate to the annual meeting of Conference delegates in New York where they vote on matters that affect A.A. worldwide.

There is a lot more to it than I am saying here, but what we can get out of this concept is that no one person, or even a small group of executives, is running A.A. The ultimate authority for A.A. belongs to the individual groups, and they elect representatives to have "immediate service authority."

Source: (1) The A.A. Service Manual combined; (2) Twelve Concepts for World Service by Bill W. 2018-2020 Edition.

Have a burning desire to share your experience, strength and hope? Send your article to 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 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.

Copyright © 2015 Alcoholics Anonymous World Services, Inc.

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
Intergroup@centralalaa.org
https://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 dela recuperación en las reuniones de Alcohólicos Anónimos por favor póngase en contacto conmigo Oni S., a través de Post.Editor@centralalaa.org.



Birthdays

We Stopped in Time:
Colby W. 1/5/22

Happy Hour:
Lawrence J. 1/1/13
Greg H. 1/4/13
Stephanie S. 1/10/10
Cliff W. 1/19/22

PDG:
Kelly D. 1/2/22
Matt C. 1/2/22

Jim H. 1/4/18
Ben J. 1/16/20
Ray G. 1/13/01
Tim P. 1/21/13
Richard T. 1/22/21

Wetumpka Group:
Tim H. 1/16/08

If you want to see your homegroup's birthdays celebrated, please designate a group member to send in a list to post. editor@centralalaa.org. Please type them out as opposed to sending a picture. Thank you!


$5 SUGGESTED ENTRY FEE
WIREYPAA PRESENTS
Masquerade Bingo
spiritual experience
panelist:
Jeff E. Colby W. Jamie H.
SATURDAY, FEBRUARY 11, 2023
6PM-9:30PM
6PM EAT "POTLUCK"
7PM PANEL
8PM SOBRIETY COUNTDOWN-BINGO-50/50
FOOD-FELLOWSHIP-DOOR PRIZES
WIREGRASS CLUB
112 N. HERRING STREET DOTHAN,AL


AA OF
MONTGOMERY
CELEBRATES
29 YEARS
WHEN: MARCH 4, 2023
WHERE: LANDMARK C OF C
1800 HALCYON BLVD
FELLOWSHIP @ 2
EAT @ 3
HISTORY. BASKETS.
LOTS OF LOVE.
SPEAKER @ 4
AREA 1 DELEGATE KEVIN H
MEAT WILL BE PROVIDED. PLEASE
BRING A SIDE DISH & OR DESSERT

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