

A.A. HISTORY

Easy E. 60+ Years of Sober Living

There are many giants who did not serve at a public A.A. level and Easy E. was one of those. He gave of himself at a more personal level by helping another willing alcoholic find sobriety. Easy E., as easy going as his name, was over 60 years sober in District 8 when he went to the "big meeting".

There's an article in the August 2003 Grapevine (our meetings in print), "60 Years and Counting" you can find and read that Easy was asked to write. In it, he states this "60 years, 365 days per year, plus 15 days for leap years, equals 21,915 days. That is how many days I have celebrated of continuous sobriety." On Nov. 15, 2002, at a special open A.A. Meeting held at the Downtown Group in Montgomery, AL he stated that "a lightening case" of Alcoholism brought him to A.A. in 1942, and he continued until his deathOne Day At A Time.

I have given Archives in District 8 pictures of him at his 60th anniversary in 2002 with a signed sheet with many other giants in A.A. So check out his story in a link with Alcoholics Anonymous on our Grapevine page.

Here are a few personal excerpts from those I have asked about him: my sponsor (Nancy N.M.) once sponsored by Ben H. who was sponsored by Easy E. for 31+ years... stated "Easy was a God fearing man who liked his 2 books, the Big Book and the Bible." Orrie Sr. remembers him as a devout member of the Downtown group, Montgomery, AL. Sponsored by Easy E., he said Easy once told him he was so low when he got to A.A. that he could take a bath on a wet sidewalk. Easy loved laughter. We are not a glum lot!

Ben S., Selma AL, once sponsored by Kenny C. who was sponsored by Easy, said Easy took him (newly sober) to a Snooker pool game where he played and beat the owner. Not a glum man for sure!

Easy said on a talk on an old tape I have, that back when he got to A.A., they would go to the courts and the Judge would turn a drunk, called a prospect, over to them to see if they could sober them up. He always carried a bottle for the new prospect who was coming off a good bender.

I met Easy in 1989 at the Downtown Group where I first got sober and attended many meetings with this gentle giant. He and Ben H. always attended the Christmas parties I held. Ben H. chauffeured him around with many other old timers. Easy would share his recollections of trying to sober men up at his home while they at times got a bit off the beam withdrawing from John Barleycorn. He said to some people, 60+ years of sobriety was nothing, as his mother had more years than that since she never took a drink in her life. He reminded us "for the love of God and this program we have it all".

Do you ever talk with old timers with 20+ years of sober living, and ask what it was like when they came in the rooms? Ask those you may see in your group to tell you what their sponsors told them about A.A. many years ago and maybe journal their remarks, as one day at a time, you too may share some history. Service by sharing, one alcoholic to another, is the highest recognition one will ever get in this wonderful 12 step group of Alcoholics. All else is secondary.

In love and service,
C. Faye H. - Fellowship

INSIDE THIS ISSUE

History Feature.....	Page 1
Mark Your Calendar	Page 2
Service Alert	Page 2
Area Meeting Schedule.....	Page 4/5
Step of the Month	Page 6
Tradition of the Month.....	Page 6/7
Concept of the Month	Page 7
Birthdays.....	Page 8
Español Spoken Here	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

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

Have a burning desire to share your experience, strength and hope? Send your article to post.editor@centralalaa.org.



MARK YOUR CALENDAR

**Intergroup Monthly Meeting
Saturday, October 3, 2020**

8:00 a.m. @ Legacies Group (via Zoom)
3412 Atlanta Hwy, Montgomery, AL 36109

**District 8 Service Meeting
Saturday, October 3, 2020**

9:30 a.m. @ Legacies (via Zoom)

* SUBJECT TO CHANGE. Please check website.

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



SERVICE ALERT

Post Positions Open - 12 month commitment:
All Post Positions are up for renewal at end of year. Voting for Editor 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 Post

POWER OF SOBER THOUGHT

THE POST COMMITTEE

Editor/Coordinator–Natalie C.
Copy Editor–Jill Z.
Composer–James A.
Distribution– Keith P.

DEPARTMENTS

History–Faye H.
Español Spoken Here–Oni S.
The Steps– Emily J.
The Concepts–Jay W.
The Traditions–Trei J.
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

WWW.CENTRALALAA.ORG

YOUR DISTRICT 8 ONLINE

WWW.AAAREA1.ORG

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 180; LaVina.

Staying Sober Under All Conditions

It was not so very long ago that a situation such as we find ourselves in now would have driven me to self-pity, anxiety, high drama and drink. I am so grateful that today I have a solution that works under all conditions: carrying this message to alcoholics and practicing these principles in all my affairs.

As more and more of our communities cope with the coronavirus pandemic, so too are our A.A. groups and members facing difficult questions that must be asked and answered. In the greater River Region (District 8, Area 1) our members stand fast in their dedication to carrying the message of hope and recovery from alcoholism to the next suffering alcoholic. We have had to make some changes: some of our landlords are not letting us hold our meetings; some groups have searched their conscience and have closed their doors temporarily, moving to a digital platform as the group or together with other

groups; some groups continue to meet at their normal time, but are mindful of social distancing both in the meeting itself and in prayer. All of us want to be available.

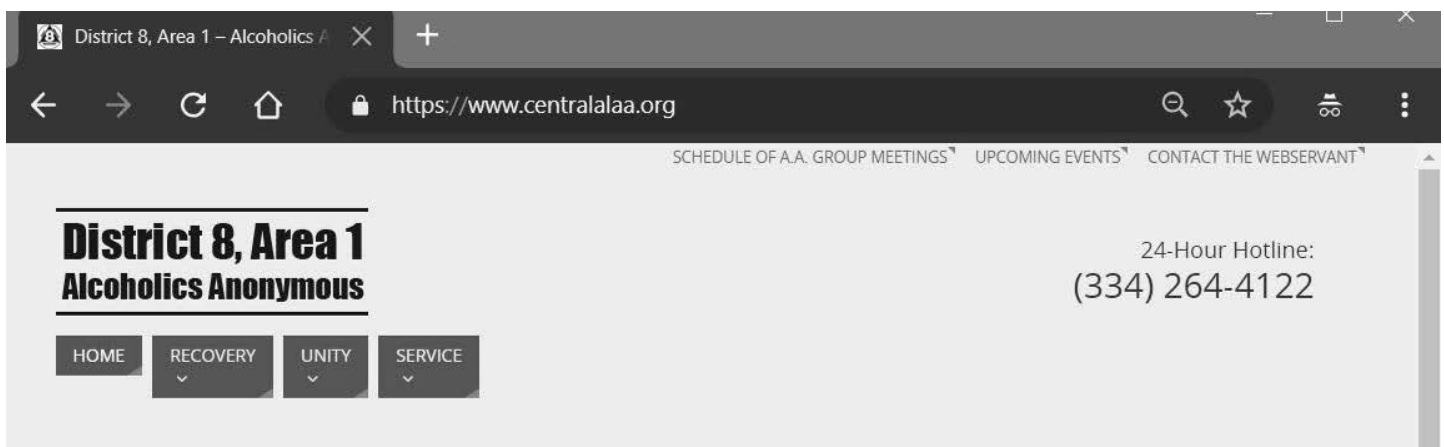
Your District 8 web committee will try to keep our information up to date. Groups which have notified us they are closed for whatever reason have been removed from the meeting guide temporarily. They are also listed below. Please know that as soon as you alert us, we will put you back in all places. If your group makes this decision, please notify us (email webservant@centralalaa.org) and we will likewise update our schedule and post. If any information on the schedule, the meeting guide app, or this website is incorrect, please let us know that, too.

If you are looking for an A.A. meeting and cannot find one, please call the A.A. Hotline, 334-264-4122, and our volunteers will do everything we can to put you in contact with the fellowship you need – online or in person.

Groups Temporarily Closed:

- Legacies Group - Zoom Meetings 798 727 9234 Awakening
Legacies also has In Person Meetings as well as Zoom meetings for their regular schedule.
- Tradition Three Group
- Strange Camels Group - Zoom Meetings 238 070 075 Camels (Mon.), outdoor meeting on Tuesdays/Thursdays
- County Hope Group
- Women's Meeting- Sundays 6 pm via Zoom # 904 607 1461 howitworks

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



MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: January 13, 2020

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	C-D 12p	C-D 9a
Living Sober Group of AA Mental Health Building 1116 South Hull Street	C-D 6p		C-L 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		O-BB 6p			

Continued on reverse side.

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

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

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 Intergrout@centralalaa.org

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

STEP NINE "MADE DIRECT AMENDS TO SUCH PEOPLE WHENEVER POSSIBLE EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS."

I decided when I was new to recovery that the 9th step was one I wouldn't or didn't need to complete. I wasn't one who was always "sorry" for what I did or said. I would justify my behavior or attempt to forget certain things ever happened. The steps are written in order for a reason. Each step prepared me for the next step. I would not have been able to make amends to people I had harmed without the previous steps to help me develop a relationship with a God of my understanding, begin to have the faith necessary to work the next step, become aware of my character defects, and develop some degree of humility, willingness, and acceptance of my personal responsibility. After making my 8th step list, it was time to take action to repair the damage I had done. I was to make direct amends to people I had harmed unless doing so would further hurt them. Although there was some fear involved, with a sponsor's help, I started making amends to those I was willing to make at that time. Trusting God, trusting the process. There were some amends I wasn't even close to being willing to make. It was important to not only be willing but also to have the proper attitude. Fear, pride and ego was still tied up in many of them so I continued to pray for willingness. For those people I felt had done me wrong, I was to disregard their part entirely. I was only there to talk about my own behavior. My amends would not be effective if I was still angry and defensive. Some of

those took time. Although not all have been ready to hear my amends, I remain willing, and if the opportunity presents itself, I'll be ready. The Big Book tells us our purpose is to fit ourselves to be of maximum use to God and the people about us. I cannot be of much use to others if I am still full of shame, guilt, and remorse and haven't cleaned up my side of the street. This step helped me begin to forgive myself and others and begin to let go of the shame, guilt and remorse I had been carrying for so long.

This is the step that has given me peace of mind and freedom from the past. Although some of the promises had already started to materialize, I began to experience the promises of the program on a deeper level after making some amends. Step 9 helped me rebuild relationships that had been damaged – relationships that could continue to move forward based on love and trust. I often hear that it gets better, but it was me who was getting better. My selfish behavior was being replaced by real concern for other people. I've learned I can make direct amends for past behaviors, however, if my behaviors don't change and I continue treating people the way I used to treat them, the amends mean little. It's important for me to continue to show them I'm trying to be a better person. The amends process was completed for some, but for others, such as my family, hopefully it will continue for as long as I live. As our literature states, there is a long period of reconstruction ahead.

Joni G., Prattville Downtown Group
(reprint from Sept 2018 edition)

**HOME
GROWN**

TRADITION NINE A.A., AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE.

Last month we looked at how A.A. ought never to be a professional organization nor have a professional class. We in A.A. do this for free and for fun. We carry our message to the alcoholic who has not heard how we stay free from alcohol one day at a time. In the 12x12 we are described as an "unorganized movement" which creates organized service committees. To outsiders, this must seem a contradiction. When I was a newcomer Tradition 9 confused me. Not organized, but you said we can create boards and committees.

The long form of the tradition states:

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, the A.A.

Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

Whew. That is a lot. Simply put, A.A. is not like other organizations; we are not organized in a traditional hierarchical structure. Governments, churches, universities, business, etc. all have rules and regulations. All these organizations have ways to enforce the rules and discipline members if needed. Each has a smaller body of members who have the ability to punish or remove members. The 12X12 states, "...every form of society has to be a government administered by human beings". But not us.

Least possible organization was not a virtue we received instantly. By the time Tradition 9 was written, we had experienced groups trying to impose rules and punish those who would not cooperate. We were convinced by trial and error we ought never be organized in the traditional sense. As members we get drunk for not following spiritual principles not by a committee with power punishing us. In a like manner, Groups "die" from within by not following spiritual principles, the Traditions. One of my favorite lines in the 12X12 is "Great suffering and great love are A.A.'s disciplinarians; we need no other". Meaning, no old timer, no Group, no district, no committee can tell us as individual members what to do. We are not organized in this manner.

So, what type of organization do we have? When we started out, we were a loose federation of groups. The original 3 had close ties because of Bill and Bob. Then as we

Continued on page 7

Tradition Nine, *Continued from page 6*

grew, we spun up our first "service committee" in New York to answer letters and share experience from one group to the next. This committee would later become our General Service Board. Except for the authority to handle day to day operations and be the voice of A.A. to the public, they hold no real authority. They serve us and by doing so making it possible maybe to reach the man or woman who has not heard our message. All committees and groups are structured for service nothing more. Our A.A. Service Manual paints a clear picture of how we are structured.

I love the last paragraph in the 12X12 for Tradition 9, so I will quote it. "A.A has to function, but at the same time

it must avoid those dangers of great wealth, prestige and entrenched power which necessarily tempt other societies. Though Tradition Nine at first sight seems to deal with a purely practical manner, in its actual operation it discloses a society without organization, animated only by the spirit of service - a true fellowship". We are not professionals and we are not organized. We are simply sober people trying to help those who want to stop drinking.

HOME
GROWN

Trei J., Strange Camels Group

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

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

Good leadership is key for any organization to succeed. That's why A.A.'s carefully designed service structure based upon spiritual principles and unselfish constructive action requires effective and competent leadership to function harmoniously not only at the General Service Conference, but at the A.A. home group as well. It all begins at the foundation of our service structure- the General Service Representative. The G.S.R. is the link between the group and A.A. as a whole. They are the service leaders for their group that meet at area assemblies to elect area committee members and Delegates. They are the A.A.'s group conscience and without their efforts we could not function effectively. That being said, when choosing the man or woman for G.S.R., personal ambitions along with feuds and controversies should be cast aside. We should never elect someone to serve us because "It would be good for him/her". Instead, we should always try to elect the best qualified person for the job. The methods in which we elect our Delegates is call The Third Legacy Procedure. This requires a two thirds majority vote or by lot. It has reduced the chances for friction among our service leaders by making them feel like actually trusted servants rather than the winner of a contest.

When I think of good examples of leadership in my own life, what has often been most impactful for me is not any particularly spiritual or philosophic advice, it has instead

been the example set and the actions taken by those in the program I've come to love and respect. And I've tried to take that frame of mind into my personal life, into my work life, and into my service responsibilities in Alcoholics Anonymous. In late 2018 I stood to serve my group as the G.S.R. When I was elected I felt a great sense of victory and self-importance. Never mind the fact that I was the only one to stand, so I was chosen by default! Deep down I knew that I would be the best G.S.R. our group has ever had and would undoubtedly be recognized as the champion of service that I thought I was. Nearly two years later I am just starting to understand what I am doing. If my experience has taught me anything it is that I am very human, I am going to make a lot of mistakes, and that I don't have to completely understand what is going on all the time or try to convince anyone that I'm more than I actually am. All I have to do is show up and try my best to be of service where God puts me. I love Alcoholics Anonymous and it is my sincere hope that my actions express that through service whether it be as G.S.R. or coffee maker, because there is no higher class of A.A. members. It is all designed to help the next sick and suffering alcoholic find in A.A. the solution that has been so freely given to me.

So if you are considering standing to serve at district or in your home group, and you believe yourself to be the most qualified for the position then don't worry, you will make many mistakes and you're not going to understand what's happening a lot of the time. As long as you have the desire to serve and continue to suit up and show up God will take care of the rest!

HOME
GROWN

Love & Service

Jay W., Legacies Group

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

Stay up to date on News - Events - Meetings and More!

www.centralalaa.org



August Birthdays

Strange Camels

Athena R.	08/05/2018	2 yrs
Davis W.	08/23/2015	5 yrs
Total		7 yrs

Chisholm

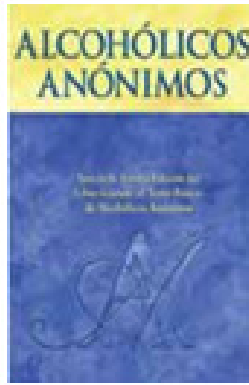
James B.	08/06/2019	1 yr
Kathleen A.	08/15/1995	25 yrs
Karl K.	08/16/2016	4 yrs
Becky S.	08/30/2014	6 yrs
Total		36 yrs

AUGUST		43 yrs
---------------	--	---------------

CELEBRATING AN AA BIRTHDAY?

AT YOUR NEXT BUSINESS MEETING ASK YOUR G.S.R. OR GROUP SECRETARY TO SEND IN MEMBER BIRTHDAYS 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 de la recuperación en las reuniones de Alcohólicos Anónimos por favor póngase en contacto conmigo Oni S., a través de Post.Editor@centralalaa.org.

Alcoholicos Anonimos
"Grupo 3 de Noviembre"
Un mensaje de vida.. "vida que deseamos compartir"

Si deseandolo sinceramente te das cuenta de que no puedes dejarlo del todo, o si cuando bebes tienes poco control de la cantidad que tomas, probablemente eres alcoholico.
Si deseas mas informacion o si solo quieres ser escuchado llamanos o visitanos en:

1028 Commerce Boulevard Pelham AL 35124 Telefonos: (205) 305-6611
Reuniones de Lunes a Sabado de 7:30 pm a 9:00 pm (205) 422-3676

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