

### EDITOR'S CORNER

It's a new year - a good time to recommit to the habits that work for us. The program of AA never changes and is always there; it is the anchor that keeps us tethered to sanity and to our Higher Power. How awesome that we don't have to reinvent the wheel! We just have to discipline ourselves to take the actions that our program outlines.

As we hear so often in the rooms, this isn't easy, but it IS simple. Let's all help each other remember how sweet and how simple our AA program is as we start a new year and recommit to a life of sobriety and service. Happy 2023!

Gratefully yours,  
Allison K.

HOME  
GROWN

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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®.

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**Contributions for print subscriptions are encouraged.**  
**For email subscriptions contact:**  
[Post.Subscription@centralalaa.org](mailto:Post.Subscription@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.



**MARK YOUR CALENDAR**

**Intergroup Monthly Meeting**

**Saturday, January 7, 2023**

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

**District 8 Service Meeting**

**Saturday, January 7, 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](mailto: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.

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Please contact  
[Intergroup@centralalaa.org](mailto:Intergroup@centralalaa.org) if willing and able to serve!

- **Area Assembly** will be at The Clarion Inn & Suites University Center, Auburn, AL January 13-15, 2023.
- The **anniversary committee meeting** will be meeting at Happy Hour on January 8, 2022 at 1:15 at Happy Hour.
- The **District 8 anniversary** will be held on March fourth at Landmark Church, doors open at 2:00 PM, meal at 3:00 PM and speaker at 4:00 PM.
- **We Stopped In Time, Young People in AA**, meeting has changed locations to Eastern Hills Baptist Church. Meetings are at 8:00 PM on Saturdays.
- **Prattville Downtown Group** is bringing back Friday night step speaker meetings. One speaker will take all the Friday nights at 6:30 PM and talk through a few

steps each night. These were really helpful to me in early sobriety and I'm very excited to see them back!

- **Fellowship** has a women's meeting on Sundays at 6:00 PM.
- **Millbrook Primary Purpose** has speaker meetings on Saturdays at 6:00PM.
- **Happy Hour** has an eating meeting on the first Friday of every month, their next one will be January sixth. The speaker will be at 6:00 PM, so get there early for dinner.

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.**

# The Post

**POWER OF SOBER THOUGHT**

**THE POST COMMITTEE**

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**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)**

**MORE EVENTS & INFO:**

[WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/](http://WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/)

**FOR THE MOST UP TO MEETING SCHEDULE,  
PLEASE VISIT  
[www.centralalaa.org/meetings](http://www.centralalaa.org/meetings)**

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## MONTGOMERY INTERGROUP DIRECTORY OF A.A.<sup>®</sup> 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                                  |
|--|-----------------------------|--|---|---------------------------------------|--|---|---|
| <b>MONTGOMERY</b>  |                             |  |   |                                       |  |   |   |
| <b>A Vision for You Group of AA</b><br>R.O.S.S. Recovery Center<br>925 Forest Ave<br>Montgomery, AL 36106                          |                             |  | O-D<br>7:30 p   |                                       |  |   |   |
| <b>Chapter 9 Group of AA</b><br>CAP Auditorium<br>1153 Air Base Boulevard  |                             |  |   |                                       |  | O-D 1:30 p<br><b>Temporary Inactive</b> | O-D 1:30 p<br><b>Temporary Inactive</b> |
| <b>Chisholm Group of AA</b><br>I-409 Federal Dr.<br>Montgomery, AL 36107<br>in back of strip mall                                  | C-D-SM 12p<br>C-ST-SM 6p    | C-D-SM 12p<br>C-D-SM 6p                    | C-D-SM 12p<br>C-L-SM 6p                                 | C-D-SM 12p<br>C-D-SM 6p               | C-D-SM 12p<br>C-D-SM 6p                          | C-D-SM 6p                               | O-SP 6p                                 |
| <b>Fellowship Group of AA</b><br>Grace Church at Bell Road<br>5 Bell Road<br>(Corner of Bell Rd & Atlanta Hwy)                     | C-L & BG *<br>6 p           | C-D & BG *<br>6 p                          |   | C-D & BG *<br>6 p                     | C-L & BG *<br>6 p                                | O-SP<br>6p                              | C-D* 2p<br>C-D-W 6p                     |
| <b>Happy Hour Group of AA</b><br>3466 Eastdale Circle<br>(Next to Fortis College)  | C-D<br>6:30 am<br>12p & 6p  | C-D<br>6:30 am & 12p<br><br>C-L (12x12) 6p | C-D 6:30 am<br><br>C-L/BB 12p<br>C-D 6p                 | C-D<br>6:30 am & 12p<br><br>O-D/BG 6p | C-D 6:30 am<br>12p & 6p<br>O-SP 7p<br>1st Friday | C-D 12p                                 | C-D 12p<br>O-D/BG 6p                    |
| <b>The Legacies Group of AA</b><br>3412 Atlanta Highway<br>(Enter on Forrest Hills)<br>Zoom ID 798-727-9234 PC Awakening           | C-D 12P<br>C-D 6 pm<br>Zoom | C-L BB 12p                                 | C-D 12p<br>O-SP 8p Hybrid<br>(in person and<br>on-line) | C-L (12X12)<br>12p                    | C-D 12p<br>C-D-CI 8p<br>C-D-CI 8p<br>Zoom        | C-D 12p                                 | C-D 9am<br>C-D 9am<br>Zoom              |
| <b>Grupo Ayudate a Ti Mismo</b><br>3412 Atlanta Highway<br>(Enter on Forrest Hills)  | O-D 7:30-9p<br>HISP         | O-D 7:30-9p<br>HISP                        |   |                                       |  | O-D<br>7:30-9:30p<br>HISP               | O-D<br>11a-1p<br>HISP                   |
| <b>Living Sober Group of AA</b><br>Church of the Ascension<br>315 Clanton Ave. 36104<br>meeting in the Joshua house                | C-D 6p                      |  | C-L 6p  |                                       |  |   |   |
| <b>Sole Purpose Group of AA</b><br>22 North California Street  |                             | C-D 7:30p                                  |   | C-L BB 7:30p                          |  |   |   |
| <b>Strange Camels Group of AA</b><br>Immanuel Presbyterian Church<br>8790 Vaughn Road  | C-L 7p                      | C-D 7p                                     |   | C-D 7p                                |  |   |   |
| <b>Tradition Three Group of AA</b><br>First Christian Church<br>1705 Taylor<br>Montgomery, AL 36117                                | O-D 11a                     |  | O-D 11a   |                                       | O-D 11a  |   |   |
| <b>We Stopped in Time Group of AA</b><br>Unitarian Universalist Fellowship<br>2810 Atlanta Highway<br>Rear entrance on Dunn Street |                             | O-S/D 8pm YP<br><b>Temporary Inactive</b>  |   |                                       |  | O-SP/D 8pm<br>YP                        |   |
| <b>CLANTON</b>   |                             |  |   |                                       |  |   |   |
| <b>Clanton Group of AA</b><br>Church of Christ<br>111 Lay Dam Rd.<br>Clanton, AL 35045   | O-D 7p                      |  |   | O-L 12p                               |  | O-D 7p                                  |   |
| <b>GREENVILLE</b>  |                             |  |   |                                       |  |   |   |
| <b>Camellia City Group of AA</b><br>Greenville Housing Authority<br>601 Beelant St, 30637<br>334-437-2015                          | C-D 7p                      |  |   | C-D 7p                                |  |   |   |

**MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS**

| <b>Group/Location</b>  | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b>     | <b>Thursday</b> | <b>Friday</b>     | <b>Saturday</b>         | <b>Sunday</b>                  |
|--|---------------|----------------|----------------------|-----------------|-------------------|-------------------------|--------------------------------|
| <b>HOPE HULL</b>   |               |                |                      |                 |                   |                         |                                |
| <b>County Hope Group of AA</b><br>Hope Hull United Methodist Church<br>305 Wasden Road<br>(Silver trailer behind Church) |               | O-D 6p         |                      | O-BB 6p         |                   |                         |                                |
| <b>MILLBROOK</b>   |               |                |                      |                 |                   |                         |                                |
| <b>Primary Purpose Group of AA</b><br>Church of the Nazarene Fellowship Hall<br>3251 Brown Road                          |               | O-D 6p         |                      | O-D 6p          |                   | O-SP 6p                 |                                |
| <b>PRATTVILLE</b>  |               |                |                      |                 |                   |                         |                                |
| <b>Autauga S.O.S. Group of AA</b><br>St. Mark's Episcopal Church<br>178 E 4th Street                                     | O-L/BB 12p    | C-D 12p        |                      | C-D 12p         | O-L(12x12)<br>12p | C-D-W 9a                |                                |
| <b>Prattville Downtown Group of AA</b><br>326 West 5th Street  | O-SP 6:30p    | O-BG 6:30p     | O-D 12p<br>C-D 6:30p | C-L 6:30p       | O-SP 6:30p        | C-D 12p<br>O-D-CI 6:30p | O-D 12p<br>C-L /12x12<br>6:30p |
| <b>SELMA</b>   |               |                |                      |                 |                   |                         |                                |
| <b>Selma Group of AA</b><br>Courthouse, Alabama Ave &<br>Lauderdale St   | O-D 12:30p    | O-D 6p         | O-D 12:30p           | O-D 6p          | O-D 12:30p        |                         | O-D 6p                         |
| <b>THORSBY</b>   |               |                |                      |                 |                   |                         |                                |
| <b>Thorsby Group of AA</b><br>Thorsby Annex<br>12 Minnesota Ave, Thorsby   |               |                | O-D 7:30p            |                 |                   |                         | O-D 8a                         |
| <b>WETUMPKA</b>  |               |                |                      |                 |                   |                         |                                |
| <b>Wetumpka Group of AA</b><br>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 \* [montgomeryintergroup@yahoo.com](mailto:montgomeryintergroup@yahoo.com) \* [www.centralalaa.org](http://www.centralalaa.org)  
828 Forest Avenue, Suite A \* Montgomery, AL 36106 \* Open Mondays 10 am to 2 pm**

## **STEP ONE WE ADMITTED WE WERE POWERLESS OVER ALCOHOL – THAT OUR LIVES HAD BECOME UNMANAGEABLE.**

There is a great deal of ignorance and misunderstanding within the Fellowship of A.A. today as to what is Program and what is not Program. On page 59 of the Big Book, you will find the following: Here are the Steps we took, which are suggested as a Program of recovery. It does not say: Here are the meetings we went to, nor does it say: Here are The Steps we talked about and discussed.

It says: took which implies action (page 63). The clear-cut directions for taking the Steps can be found only in our basic textbook. That is exactly why the founders of our Program went to the trouble of writing and printing the Big Book. To keep their message from being garbled. More often than not, the newcomer is told: don't drink and go to meetings or worse yet Go to ninety meetings in ninety days. You will not find either of these suggestions in the Big Book nor in the Twelve Steps and Twelve Traditions (the 12 and 12). If you rely on meetings for your recovery, you will very likely find only a short term of physical sobriety and because you continue to have a case of untreated alcoholism, will return to drinking. Recovery happens only as the result of taking and living by our Steps.

Often the newcomer is told to get a copy of the 12 and 12 as a beginning text. This is bad advice. Your study of the 12 and 12 should come only after you have experienced the Steps as the result of following the directions in the Big Book. The 12 and 12 is a great book. When you begin your study of this book, be sure to carefully read the Forward. Bill W. (author of both the Big Book and the 12 and 12) states that the 12 and 12 is a series of essays, not clear-cut directions, on our Steps and Traditions (pg. 15). On pg. 17, Bill states that the Big Book was and still is the basic text for Alcoholics Anonymous. Anyone who can read and understand the English language must know that basic text is the first book to study and from which we gain knowledge. The Big Book is the combined experience and knowledge of more than 100 men and women that has survived the test of time since 1939. Once we have experienced the results of the Steps, as they were given us by the first 100, we can and should go to other books to learn how to further develop our spiritual being (page 87). The 12 and 12 is a great second book but it certainly is not the first and Bill W. said so.

While the history and roots of Alcoholics Anonymous lie in many sources, the culmination came to be on May 12, 1935 in Akron, Ohio when Bill W., a stockbroker, sober 6 months, made a call on Dr. Bob, a surgeon, who was the hopeless victim of alcoholism. Bill was successful in helping this doctor understand the exact nature of the disease and thereby begin the road of recovery. They immediately started looking for alcoholics who might want to stay sober. Over the next four years, with the combined experience and knowledge of approximately 100 sober alcoholics, they perfected a Program that will not only help us learn how to stop drinking for good and all, but promises a successful life that has purpose, direction and peace of mind. That Program was published in April 1939 in a book titled Alcoholics Anonymous. This Book continues be

the only reliable source on how to recover from alcoholism known to mankind. It is the one thing we can bet our lives on and know that it will not fail us if we live by it. The Program contained in the Big Book has proved so successful with hopeless alcoholics that people with other types of problems have experimented with our program of recovery. Their success has been so great that there are now somewhere around 200 anonymous 12 Step fellowships providing recovery for problems that have nothing to do with drinking. Therefore we are most helpful to non-alcoholics seeking a solution to their particular problem by trying to help them find the fellowship that understands their problem. As long as we confine our activities to trying to help alcoholics only, we are supremely successful.

Now some very real facts that the newcomer should be aware of. When the only thing we had as a source of recovery was the Big Book, in excess of 75% of those seeking help for their alcoholism got sober and stayed sober (page xx). We are not doing so well today. In fact, less than 5% of those seeking help today will find as much as 5 years of sobriety. A long time member of the General Service Office of A.A. in New York recently stated that between 1/2 and 2/3 of all newcomers will be gone from our Fellowship within 90 days. They were told to go to meetings and don't drink rather than begin recovery by following the path the first 100 laid down for us in the Big Book. As the result, the vast majority of newcomers will not adopt the Program of A.A. as a way of life. They will return to drinking and die or go permanently insane. The Program of A.A. is just as effective today as it was when first offered to us in 1939. The attitude of many in our Fellowship of A.A. today is that we have learned a great deal since the publication of the Big Book and that is true. We do know a great deal more about many things but unfortunately we know only a little more about the problem (alcoholism) and nothing more about the solution (God as we understand Him) and nobody has demonstrated a more successful program of action that assures we will find the Power necessary to survive a killer case of alcoholism. That is precisely what the Program of Alcoholics Anonymous is about. The Big Book tells us precisely (page xiii), specifically (page 20) and exactly (page 45) what we must do to recover and it gives us clear-cut directions on how to do it. There is no other source for this information. Only the Book Alcoholics Anonymous is the authority. Contrary to the opinion of many in the Fellowship, the fact that we are not drinking does not imply recovery. Recovery from alcoholism takes place only after you have met a few simple requirements, which will produce an entire psychic change or spiritual experience/awakening. We do not become parents by going to PTA meetings. We do not become recovered alcoholics by going to A.A. meetings.

Our God given sex instinct will give us a clue as to what we must do to become a parent. The Big Book will give us clear-cut directions on what we must do to become a recovered alcoholic. If we keep on doing what we did, we keep on getting what we got, only more and worse. If we change what we are doing by following the directions in the Big Book, we will start getting what we get, only more and better. If a person doesn't like what they get, we will let them keep what they got.

Here is the process of recovery:

1. Have a real desire to never take another drink and be willing to go to any length to achieve this goal (page 58).

2. Know in your heart of hearts that you are powerless over alcohol--that your life has become unmanageable (page 30). After studying pages xi through 43, take the test on page 44: (If when you honestly want to, you find you cannot quit entirely [unable to manage a decision to not take the first drink], or when drinking, you have little control over the amount you take [powerless over alcohol] then you are an alcoholic of the hopeless variety). If you are powerless over your body and powerless over your mind where alcohol is concerned, then you are hopelessly powerless over alcohol and alcoholism is managing your life--Step One. Read the story of the jaywalker on pages 37 and 38. See if you can equate the term insanity and manageability. He decided he would quit jaywalking but his insane thinking led him to try it one more time; always with disastrous results.

3. By reading Chapter One, Bill's Story, the 42 stories in the back of the Big Book and by going to speaker meetings (not discussion meetings) and Big Book study meetings, see if you believe (hope) this program might work for you--Step Two.

4. Choose a sponsor who will or has helped you with the Big Book (not the 12 and 12 in the beginning) and make a decision to take the action the first 100 laid down for us from page 63 on to the end of the Basic Text on page 164 --Step Three.

5. Vigorously take the Steps following the clear-cut directions in the Big Book--Steps Four, Five, Six, Seven, Eight, Nine, Ten, Eleven (the directions are contained on pages 64 through 88; 24 pages, carefully followed). Now you will have received the promise; you will have recovered (having had a spiritual awakening as the result of these Steps not as the result of going to meetings.)

6. Your job now is to search out places where you may find alcoholics who do not know what is wrong with them and will never know if you don't go to them. You can help them when no one else can. Carry this message to suffering alcoholics! Working with others is how we insure our sobriety and grow spiritually (pages 14-15).

7. Begin to learn how to practice these principles (Steps) in all our affairs by becoming knowledgeable of the wisdom in Chapters 8, 9, 10 and 11.

Some folks in A.A. will try to discourage you from taking the Steps quickly. If you will carefully study the Big Book and some of the historical material that is readily available to you, you will learn that the folks who wrote the Big Book and gave us this Program, i.e. Bill W., Dr. Bob and most of the first 100 took the Steps in their first few days following their last drink. They recognized the importance of getting the Program instilled in the newcomer very early. Page 24 tells us why. After a few days, we can no longer remember the misery that comes with our drinking. When the misery is forgotten, there will be little reason to take the Steps. When they wrote the Big Book, the emphasis was on recovery, taking the Steps; not going to meetings. There was only one meeting each week and that was for newcomers so that they might hear and see recovered alcoholics tell what they were like, what happened and what they are like now. From these meetings, they were given hope (Step Two), they came to believe that maybe they too could tap

into this wonderful Power. Dr. Bob's group in Akron, the King's Group, still has only one meeting a week. Members of this group participate in meetings of other groups and are busy working with newcomers. They are truly members of Alcoholics Anonymous.

To get a clear picture of the Program of Alcoholics Anonymous, let's examine Chapter One, Bill's Story. Bill tells us what he was like in the first part of his story. He then tells us about how his drinking became a problem and some of the consequences. As we read Bill's Story, we look for his experiences that we can say, that happened to me too like being jittery in the morning, having to have a drink to get out of bed, promising we would never drink again and then drunk again. He tells us how his alcoholism progressed and how he finally learned that in less than a year he would either die or go permanently insane. On page 8, he tells of his surrender--Step One. He tells how his drinking buddy, Ebby, only two months sober, called on him and told him about the practical Program of action he had found through the Oxford Group that made it possible for him (Ebby) to stay sober. From this Bill found some hope and finally even the belief that if he did what Ebby was doing, he too could learn to live sober--on page 12, Bill takes Step Two. On page 13, Bill tells us that he wound up at Townes Hospital because he was going into DT's. This was December 11, 1934. Three days later, while Ebby was visiting Bill at the hospital, Bill asked him to again explain what he had done that helped him stay sober. Ebby went over it one more time. That day, December 14, 1934, Bill humbly offered himself to God as he understood Him--Step Three. While at the hospital, Ebby visited Bill again and helped Bill to take Steps Four, Five, Six, Seven, Eight, Nine, Ten and Eleven (as we understand our program today). On page 14, Bill describes his spiritual experience; the promise of taking the first Eleven Steps. Bill was discharged from Townes Hospital on December 18, 1934. Bill and at least thirty (30) more of the first 100 recovered in Townes Hospital during the first few days after their last drink. From the experience and knowledge of the first 100 came the program of Alcoholics Anonymous, which they published in the book Alcoholics Anonymous so that the precious knowledge they had acquired would not be garbled. They did not say, These are the meetings we went to. They did not say, These are the Steps we discussed and talked about. They said, These are the Steps we took. They tell us precisely what action they took to recover from alcoholism and what they did to stay recovered - one day at a time. With most of the first 100 recovering in the first few days after their last drink, you have to wonder where the idea of 90 meetings in 90 days came from. It sure did not come from Alcoholics Anonymous.

Simple but not easy, a price must be paid. However, we do have a way out on which we can absolutely agree and on which we can join in brotherly and harmonious action. That is the great news the Book Alcoholics Anonymous' carries to those of us who suffer from alcoholism. It is the time-tested, experience-proven Program of Alcoholics Anonymous; the Twelve Steps as they were given us by the first 100 sober members of Alcoholics Anonymous. These precious Twelve Steps are protected by the Twelve Traditions. Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people

who cannot or will not completely give themselves to this simple Program (page 58).

Precisely, (page XIII), specifically (page 20), exactly (page 45), thoroughly and completely (page 58), doesn't leave much room for doing this anyway we want to when we want to. It is not an individual program. Since 1939, this Program has not failed those of us who have followed it.

Dr. Bob, one of our co-founders said, If you think you are an atheist, an agnostic, a skeptic, or have any other form of spiritual pride which keeps you from accepting what is in this Book, I feel sorry for you. If you still think you are

strong enough to beat the game alone, that is your affair. But if you really and truly want to quit drinking for good and all, and sincerely feel that you must have some help, we know that we have an answer for you. It never fails, if you go about it with one half the zeal you have been in the habit of showing when you were getting another drink. Your Heavenly Father will never let you down! (page 181)

What are you going to do?

Cliff B., Primary Purpose Group, Dallas, Texas

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## **TRADITION ONE OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON A.A. UNITY.**

When I was first asked to write my experience, strength, and hope on the Traditions, I was quick to say, "No! You were the wrong person." Later I asked myself, "Why not me?"

Tradition 1 starts with "Our", much like Step 1 starts with "We". This is extremely important for me to realize that I'm finally a part of something. I am a small part of a greater whole. It also tells me that without maintaining the whole, my personal recovery could vanish.

It didn't take me long in the Fellowship to realize I had to give wherever and however I could. At first it was making coffee, cleaning tables and bathrooms; things I could do even in early "shaky" sobriety. Each time I would keep coming back I knew I belonged. I wanted desperately to have

what you had. I watched, listened, and learned from you. I got a sponsor, I worked the steps and I then helped others. It was very clear that this divinely inspired program must continue. I needed to do my part in this group of drunks, so that my children would be afforded the opportunity to recover that I had been given, if they ever found themselves exhausted and hopeless.

In the Forward to the Second Edition of Alcoholics Anonymous it's stated "...the conviction grew that AAs had to hang together or die separately. We had to unify our Fellowship or pass off the scene... Today the remarkable unity of AA is one of the greatest assets that our society has."

What is my part in keeping the doors of Alcoholics Anonymous open today?

-Vicki S., The Legacies Group (Originally published in The POST, January, 2018).

**HOME  
GROWN**

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## **CONCEPT ONE THE FINAL RESPONSIBILITY AND THE ULTIMATE AUTHORITY FOR A.A. WORLD SERVICES SHOULD ALWAYS RESIDE IN THE COLLECTIVE CONSCIENCE OF OUR WHOLE FELLOWSHIP.**

One of the most attractive things about A.A. for me was learning that no one is solely in charge. There are no presidents. We, A.A. as a whole, literally have the final responsibility and ultimate authority for what is done in our society. If we don't like something there's a process in which we change it. If we find a better way to reach the next sick and suffering alcoholic, not only a couple of blocks away, but also across the country say, in Alaska, we have a structured system of implementing these sorts of changes. It's efficient and effective and has been operating for almost 70 years in the form of a General Service Conference (GSO).

However, in the earlier years of society, fondly referred to as "the flying blind period," there was no GSO. There was no service structure. All there was were 100 recovered men and women and a book of experience against the worldwide tide of Alcoholism. And, more often than not, whenever a serious problem occurred in our fellowship everyone would turn to Bill for leadership, directions, and answers. Even the traditions (hammered out on anvils of experience) weren't written until 1946 then later adopted in 1950 at the First International Convention. Even the first General Service Conference did not start until the following year and this was just a five year experimental trial. There was guarantee this would work and it was an extreme leap of faith by Bill, to turn our society over to itself. Could we function successfully? Could erratic, ego

dominated alcoholics put self aside and do what's best for the whole? We know the answer is yes today, but at the time there was no telling what was to become of us.

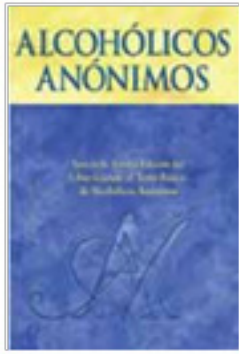
But more than any of this, a dose of the co-founders' own morality drove Bill's decision to form a conference. Dr. Bob, in 1948, became fatally ill and would later pass after the first international convention in Cleveland, Ohio. In Bill's own words:

"The fact had to be faced that A.A.'s founders we're perishable. When Dr. Bob and I had gone, who would then advise the Trustees; who could link our little-known Board to our thousands of groups? For the first time it was seen that only a representative conference could take the place of Dr. Bob and me. The gap simply had to be filled without delay. Such a dangerous open end in our affairs could not be tolerated. Regardless of trouble or expense we had to call an A.A. General Service Conference and deliver our world arrives into permanent keeping."

And thus, the General Service Conference was born and A.A. was turned over to itself to ensure that not only the alcoholic in need could be reached, but that Alcoholics Anonymous would survive for the alcoholic who wasn't even born yet. (Like me and most all of us.) The foresight of Bill is really astounding. At the height of his prestige and popularity, instead of becoming The president of A.A. or The King of the Drunks, he humbly stepped away and let the fellowship form and a conference take his place. Together, unified under one Ultimate Authority, we will be here for as long as God needs us to be.

Love & service, Jay Walker

**HOME  
GROWN**



### ¿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.

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Abierto los Lunes de

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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).



**Have a burning desire to share your experience, strength and hope? Send your article to [post.editor@centralalaa.org](mailto:post.editor@centralalaa.org).**



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