

THE POST

The Power of Sober Thought - Montgomery Intergroup's AA Newsletter



OUR HISTORY

The River Region, including Montgomery, Alabama, has a long and meaningful history within the AA community. Our first AA group started in the 1940s, creating a space for people like us to come together for recovery and support. Since then, the AA fellowship here has grown, with meetings happening regularly across the region. For decades, these groups have been a lifeline for so many of us, offering a place where we can share our stories, find strength, and heal together. Through service, sponsorship, and fellowship, we continue to carry the message of hope to anyone seeking a way out of addiction, knowing that together, we can recover.

Like the POST?

Have some
experience, strength
and hope? Have a
creative edge?
Consider
contributing to the
POST!!!

Go Visit the Central Office

Open Mondays
and Wednesdays
10:00am - 2:00pm

Looking to be of Service?

Join us!
Friends of Bill W.
Committee!
More information
below!

EDITORS NOTES

Dear Readers,

This issue of Power On: Sober Thought arrives in a season of change—both in the world around us and within many of us. In the past, change often unsettled me. I found myself resisting it, fearing what might be lost or what unknowns might come next. But recovery has taught me something different.

Through building a relationship with a Higher Power—whom I choose to call God—I've learned to meet change with a little more grace. Trust doesn't erase the discomfort, but it gives me a foundation to stand on when the ground starts to shift. With that trust, I no longer feel I have to control everything. I can let go, even just a little, and allow life to unfold.

As you read through the stories in this issue, I hope you find your own anchor in the words of others walking the path of recovery. May they remind you, as they've reminded me, that we don't face change alone.

With love and gratitude,

Natalie M.

Editor, The POST

FOUND FILES

AKA ONLINE RECOVERY MEMES

AA:



YPAA:



In all of our Affairs:

A Look at Using the Traditions in Every Aspect of our Lives

Our 4th Tradition states, “Each group should be autonomous except in matters affecting other groups or A.A. as a whole.” Simply put each group of Alcoholics Anonymous has the right to make whatever decisions their group sees fit so long as the Fellowship, or the name of the Fellowship as a whole is not affected. Whatever decision, however foolish or outrageous other groups might think it is, is each group's choice to make. This could range from having a dance party meeting to having a car-wash to raise money, each group can do as they wish so long as Alcoholics Anonymous and its name is not brought into it.

Now applying this Tradition and the others to other areas and relationships in my life has been a game changer. My family and my partnership has been where I find the most use.

Families can be difficult. People that we love dearly, but can quite often not get along with, agree with, or even like but have to be a part of this unit with no consent with. My mother and I have fell into this place often. When I got sober and start rekindling a relationship with her, some of the most old patterns and behaviors came back to light. By practicing the principle behind this Tradition allowed me to give her the freedom to be whoever she was or needed to be and love her anyway. And the ability to know when to speak up when it was affecting myself or our family as a whole. Her and brother quit speaking not too long ago also and by remembering this, that all of us were autonomous, I was able to step back and let them figure out what they needed with each other and not feel the need to try to fix it. Because ultimately it was between them, had nothing to do with me, and for the family as a whole it wasn't affecting either. I was able to communicate that with them and not let it change how I saw or viewed either of them or pick sides and love them where they were. And let them have they own journeys as each individual people.

In all of our Affairs Cont:

Same exact situation with my partnership. So often as partners we find ourselves coming into one unit, one entity. With that mindset, we would rob each other of our ability to be our own people. With this tradition in mind, it helps prevent me from deciding for her what “we” are gonna do. For example, I can think of times where I have spoken for my partner on what plans we were going to be going through with without consulting her first and visa versa. Or speaking for her assuming I know what her thoughts or opinions are about something. It took me while, and it being done in return, to realize how inconsiderate this really was. And how, in these moments, I was seizing their individuality, choices, and freedom from them without a second thought. And how often have I just done things for them with the air of being helpful or a “good partner”, when I’m really just not giving the dignity to fail or figure things out for themselves. By practicing this Tradition, a much more healthy partnership is created by allowing each of us to be whoever we are in each moment while practicing consideration of how my actions could affect my partner.

This Tradition really drives home in my relationship a couple things I’ve received from our program action. We had to quit playing God, it didn’t work, for one. When I am trying to control, manage, or manipulate any of my relationships I am failing to practice this Tradition. The other part is that my very life depends on my constant thought of others. If my actions are not considerate of how it could affect my partner, family, or any relationship I have really, I’m not hitting the mark either. But when I remember this Tradition and let everyone be autonomous and who they are while not letting my actions affect them any way, my relationships flourish and grow stronger.

Colby W.
WSIT

Emotional Sobriety

Suggestion of reading the Big Book p60-63 was imprinted on me as a newbie “growing up in AA.” I could be having a great day and something would happen that I do not approve of in my life and I find myself spinning my wheels as the irritability intensifies.

All I was was irritable, restless, and discontented with everything in my world and around me and I just couldn't find any relief without gaining some acceptance of my life on life's terms. Dependence on others for my happiness is what always let me down. In the fun and functional phases of my alcoholism I could roll with the punches a little bit better. I would just get inebriated and forget about my problems. It's when my alcoholism turned on me when it seems as though the whole world turned on me. I would walk around punching the air, or swimming upstream. I knew how to clear a room just by walking into it. What a miserable existence!

So what happened? It' started by taking suggestions. First, it was things like praying for sobriety to start my day. Prayers for thanking Power for keeping me sober when I went to bed. Reading the big book, p. 60-63 and following it up with 417. Going to meetings, and calling other alcoholics. Doing the next right thing always. Helping somebody outside of self. Then the biggest life changing thing happened. I worked the 12 steps of recovery and along the way found a secret to life.

Dependency on this higher power. Dependence to where I don't have to swim against the current. I can Let Go and Let God and not Work so hard at directing a play that I have no business directing. I can just be an actor among actors.

The freedom I have obtained is indescribable. Life still happens and in the shadow of my niece who just killed herself, I find myself asking more questions out of anger directed to this God of my understanding. The thing is I know my God doesn't expect perfection and he understands my anger and confusion. I'm conditioned though to follow through with actions that I had taken before. I feel emotionally drunk and disconnected but I know that despite believing just doing the action that my God of my understanding will walk beside me even though I don't feel him. All I have to do is ask and hand it over when I'm ready. He is there. I will find emotional sobriety again. I just got to keep doing the action. Love you all!

Abigail F.

ABOUT: SPONSORSHIP

I was asked to give my view on and experience with sponsorship in about 3 paragraphs. No pressure. The following accounts reflect the writer's opinion (experience) and do not reflect the opinions (necessarily) of AA as a whole.

Sponsorship is one of the few things in AA that isn't a "requirement", but it's a requirement. In that I mean that, looking back, I cannot see an angle where I would have understood the program of action outlined in the book on my own, nor have I met the man yet who is sober AND happy, joyous, and free, as the book describes, who doesn't have a sponsor. In the similar sense as "brakes are not REQUIRED to drive a car." Also, like brakes, sponsors seem to work much better when they are used.

When I came into the rooms, I did not trust anyone, and I was very cynical about human nature overall. I got my first sponsor out of fear of not "graduating" from treatment. I got my second (first real, long-term sponsor) on arrival back home from treatment. The day I came home from treatment, he picked me up and took me to a meeting (he always did. He never had me meet him.) Actions such as that made me feel like I was important to him. At a time when everyone else in my life looked at me with pity and hurt, he just made me feel like I mattered. So, we began to build a relationship through all the car rides, telephone talks, and book studies. And I began to trust him. Like I had never trusted anyone before. And he never let me down. He never told any of my secrets, he never threw me under the bus or judged me, and he was always there for me when he said he was going to be. My experience with my first sponsor was that he was one of the best friends I had ever had in my almost 40 years. Of course he showed me the Big Book and the steps, but it went far beyond that for this alcoholic. He has not been my sponsor in almost 5 years, but he taught me much of the recovery I know and practice to this day and many of the memories of the early years of my recovery are peppered with his voice and his laughing, both with and at me.

I had to get another sponsor out of necessity sometime in my 3rd year of sobriety. I chose someone this time who had what I wanted and seemed to use the program of Alcoholics Anonymous to live their life in a very practical way. I also needed someone who I knew would have no problem telling me the truth about me in a very matter of fact way. And by the grace of God, I found the right sponsor!

ABOUT: SPONSORSHIP CONT:

The truth is, I have been through the steps twice while he was sponsoring me, and he wasn't the one that guided me through either time. But he knows me. Because we talk, at least weekly. And I tell him what is going on in my life, what decisions I'm having to make, who is pissing me off, when I want to fight someone, when I think about drinking, etc. And over the years, we have built enough of a relationship that he knows me, my character defects, my strengths in recovery, and my weaknesses. He also treats me like he isn't my boss and takes no responsibility for my sobriety. Offers me spiritual solutions when appropriate and leaves it up to me to decide. No judgment. No discipline.

When it comes to sponsoring, I do not believe that everyone needs the same thing, and I am definitely NOT a good fit for everyone. I sponsor others based on my experience, which is not just limited to how I was sponsored in the beginning. The beauty of being around for a little while is getting to continue to pick up new things from my own experiences as well as others. I have seen a lot of what works and what doesn't over the years. Obviously, the basis of sponsorship is the Big Book, which literally gives me all the instructions I need. But my first sponsor did so much more for me than just take me through the steps. He started showing me what it looked like to practice these principles in all my affairs long before I got to Step 12 officially. He showed me how to enjoy life without drinking. He told me how to act when my feelings were overwhelming. That is what I still try to practice today in sponsoring. I will show them what I know about this literature. I will show them what I think it means and how it manifests in real, everyday life. But I also want to show them that they matter enough for me to help them.

Sponsorship has the potential to be one of the most rewarding things I have participated in so far in recovery. It can also be extremely sad, frustrating, or disheartening at times. But the main thing I must remember is that Step 12 requires me to TRY to carry this message to other alcoholics. As I understand it, Step 12 is one of the 12 Steps "suggested" to practice so that I stay sober. And I REALLY like being sober.

Love You All
Matt H.

We Stopped in Time



Anniversary

Saturday May 10th

Eastern Hills Baptist Church

5:30pm - 7:30pm

Food and Fellowship

7:30pm - 8:00pm

History of We Stopped in Time

8:00pm - 9:00pm

Jonathon V.

Speaker Meeting

9:00pm - 10:30pm

**MORE Food, Fellowship,
and YPAA Games**

Location!

We will not be in our regular meeting room,
we will be in the gymnasium across the hall!

Our Food Theme is Italian!

If you want to be of service,
please bring a pasta dish, salad,
dessert, bread, drinks ect.

YPAA Games!

Bring an open mind,
and an energetic attitude!

The Friends of Bill W. Committee Presents:
Weekend Round Up in Montgomery AL

Emotional Sobriety: Recovery Service and Unity

Friday June 5th - Saturday June 6th 2026

Registration Information COMING SOON

Program Information COMING SOON

Looking for opportunities for Service?

Join the Friends of Bills W. Committee and help us put on this conference.



GUMPYPAA Bid for ALCYPAA and FLORAABAMA Bid for SERCYPAA Presents

ROCKETED INTO A FOURTH DIMENSION



Friday May 23rd
7:30pm - 10:30pm

Armory Learning Arts Center
1018 Madison Ave
Montgomery AL 36109

Bring a Small Dish or Dessert!

Dessert Competition

We will be giving away 3 Awards!
BEST TASTING
PRETTIEST
MOST "CREATIVE"

7:30pm - Doors Open

Grab some sweets, pick a seat, and get
ready to be rocketed!

8:00pm - Panel!

Panelist will share their experience, strength, and
hope on what being "rocketed into a fourth
dimension" means to them,
with an ask-it-basket to follow!

9:00pm - Fellowship and Fun!

Dessert Competition Winners Announced
50/50 Raffle, and Bingo!

District 8 2025

Committee Meetings and Opportunities for Service

What	Date	Time	Location
Intergroup	1st Saturday of the Month	8:00am	Legacies/Hybrid
District 8	1st Saturday of the Month	9:30am	Legacies/Hybrid
Archives	1st Saturday of the Month	After District	Legacies/Hybrid
Corrections and Treatment	3rd Saturday of the Month	10:30am	Legacies/Hybrid
Grapevine and Literature	N/A		
Website	2nd Thursday of the Month	6:00pm	Legacies/Hybrid
CPC	3rd Saturday of the Month	9:30am	Legacies/Hybrid
PI	3rd Saturday of the Month	9:30am	Legacies/Hybrid

If you have an committee meetings or opportunities of service you wish to add to the list, please reach out to Natalie M. and she will add them for the next issue!



Home Group History

Looking to
explore the
History of the
23 Home Groups
of District 8!

Calling all General Service Representatives (GSRs)! I would love to connect with you to discuss the history of your home group and gather some insights about its journey. I have a few questions that can help paint a fuller picture of your group's contributions, challenges, and traditions over the years. If you're willing to share, please reach out to me—I'd love to hear from you and learn more about the heart and spirit of your home group!

1. When and how was your home group founded? (Who were the original members, and what inspired its formation?)
2. Where has your group met over the years, and has the location changed? (If so, why and how did those changes affect the group?)
3. What are some of the biggest challenges your group has faced, and how were they overcome?
4. How has your group grown or changed over time in terms of membership, format, or focus?
5. Does your group have any unique traditions, sayings, or special ways of carrying the message?
6. What do you think makes your home group special, and what keeps members coming back?

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: February 4, 2025

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 6:00 p				
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
Grace Group Grace Episcopal Church 906 Pike Road, AL			O-D 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 <i>O-SP 7p 1st Friday</i>	C-D 12p	C-D 12p O-D/BG 6p
The Legacies Group of AA 3412 Atlanta Highway (Enter on Forest Hills) Zoom ID 798-727-9234 PC Awakening	C-D 12p	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 Hybrid	C-D 12p	C-D 9am Hybrid (in person and on-line)
Grupo Ayudate a Ti Mismo 3412 Atlanta Highway (Enter on Forest 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 Commons	C-D 6p		C-L 6p				
Sole Purpose Group of AA Frazer Church 6000 Atlanta Hwy, Room 3103 Montgomery, AL 36117				C-L BB, 12X12 6:30p			C-D 6:30p
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 Eastern Hills Baptist Church 3604 Pleasant Ridge Road		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			

Continued on reverse side

Apr 12, 2025

District 8 Meeting Minutes

Groups Present | 24 people were present in person. 5 people were present online.

Opening | Welcome | Jay R. | The meeting began at 9:33am. Opened with the Serenity Prayer.

Reading of the Tradition(s) & Explanation of the Concept(s)

Jeff D. | Read the Long Form of Tradition 4

Colby W. | Read/explained Concept 4

Next Month - Abby F. | Read Long Form of Tradition 5, David H. | Read/Explain Concept 5

OFFICER REPORTS:

SECRETARY'S REPORT | Natalie M. | SECRETARY@CENTRALALAA.ORG | Present

- Requested everyone sign in to be able to collect the most updated emails to be able to send minutes and other reports.
- Committee chairs please send me your reports!
- If there is anything you want sent out, send this to the secretary and it will be able to email them out.
- The minutes were presented. Everyone reviewed them either beforehand, or at the moment.
- Mary Joyce motioned to accept, Colby seconded. Motion passed

TREASURER'S REPORT | Sandra V. | TREASURER@CENTRALALAA.ORG | Present

- Sandra read the report.
- She also gave a final finance report from last year.
- It is her recommendation to form a budget committee, because we need a new budget.
- She can not tell us who gets money, just gives the money out.
- Craig - Segregated funds, we have been doing SASSAA, but not SERF.
 - WE haven't put another to SERF because of lack of funds.
- Colby motioned to accept. Lesley seconded. Motion passes.

DCM | Jay R. | DCM@CENTRALALAA.ORG | Present

- He will email you the report.
 - Attends Area Assembly
 - It was the pre conference assembly.
 - This was to form an area conscious about all of the different committees.
 - Attended Literature, there seems to be an air of distrust. He thinks it is important that we focus on the we and not they.
- He was assigned to Report and Charter, and also attended this session.

- Once we were all together, there was a logical fallacy. There were motions contradicting each other back to back. It was really good to get together and go over this as a group.
- Business meeting on Sunday, the only motion that was made, was to send the delegate to the service conference.
- The hotel situation is pretty sketchy.
- He is considering other alternatives for his personal stay.

ALTERNATE DCM | Open Position. | ADCM@CENTRALALAA.ORG | N/A

- No Report.

COMMITTEE REPORTS:

PROGRAM CHAIR | Les H. | Program@centralalaa.org | Present

- No Program. And No Report.

ARCHIVES CHAIR | Walter C. | ARCHIVES@CENTRALALAA.ORG | Present

- Attended the anniversary, and it was very well run.
- They did an exhibit at the anniversary!
- Did the play, The Time Machine, and we had a very good time with that.
 - We did this at legacies.
 - After the play, someone suggested that we do this at Area.
 - He presented it to the archives chair at Area, and he loved this idea.
 - He will give him the sketch in person to the Area Chair.
- We are going to meet at Legacies, after District from 10:30am - 11:30am.

CORRECTIONS CHAIR | Mary Joyce M. | CORRECTIONS@CENTRALALAA.ORG | Present

- 2 in attendance on zoom and 4 in person.
 - Montgomery co. Jail- No men are currently going. In desperate need of Men to be of service. Women are currently in rotation and things are going well but will be rotating out very soon. So need women as well. Wednesday night Meeting 7pm-9pm (could possibly change day of week if needed)
 - Elmore county jail- Elmore county jail is under a warden transition and maintenance construction. However we need men and woman to take their id's to the jail and fill out forms to be approved, so we can be ready when they let us in.
 - Men meetings every Saturday at 1pm. Women's are every other Saturday at 1pm.
 - Mt.Meigs (youth facility)- is in need of people to bring the message. Training is required and need people to sign up.
 - Maxwell Federal prison-group is going good. 25 to 30 guys are attending the group.
 - Nobody needs to go. You must attend a training class for Maxwell.
- Autauga co metro jail- still closed
- Tutwiller women's prison-waiting on applications to be approved at this time. If you would like to be in service and get involved, please get paperwork available for you to fill out and instructions on how to do training online.
- Still in need of a Co-chair for the Corrections Committee.
- Please report all this information back to your home group.
- Our Next Meeting is April 19,2025 @10:30 Legacies/zoom.

CPC CHAIR | Michelle C. | CPC@CENTRALALAA.ORG | NOT Present.

- I was unable to attend Area due to an accident that happened that Monday, where I totaled my car and had injuries. I did text with Patrick, he sent me the Area 1 CPC minutes and we are going to talk at some point to set a date to do a workshop since we have good participation and the enthusiasm to be of maximum service.
- Wednesday, April 9th and is being presented by AA Nurses in Recovery Co-hosted by the Bay Area PPG AA Group to share with professionals how to help share their patients and I plan on attending a zoom that had an amazing presentation from an AA member and an Al-Anon member on how they have worked with the professional community in the nursing field to help the professionals help their patients. They actually have a quarterly zoom meeting and will be meeting again July 9, 2025
- I will be attending the P.I. & C.P.C., working group monthly meeting with the Area Chairs to learn more and get some information to pass on to our committee. Last month, Greg P. our co-chair attended and was able to share a ton of information on being of maximum service
- Working on new CPC Flyers to get approved by the CPC committee and look at the cost and how many we need to start with now.

GRAPEVINE CHAIR | Jamie B. | GRAPEVINE@CENTRALALAA.ORG | NOT Present

- Nothing new to report.
- Grapevine is considered approved literature, please chair out of the grapevine app.
- There is not a monthly meeting currently.

INTERGROUP | Mitchel F. | INTERGROUP@CENTRALALAA.ORG | Present

- No broke anymore.
- David H wants everyone to take back these forms to fill out for the 24 hour hotline.
 - He is hoping that GSRs can take them especially if their intergroup rep was not there.
 - We want them all gone and full by the next district.
- Lesley asked for clarification on this.
 - This list is for the 12 step calls for the Hotline to use as a resource.
 - Does the second person have to be listed??
 - The call list is different because you will have to go through training with David to go over rules and regulations.
 - Sometimes its not in person, it's just a call.
- AND we need people for the 24 hour hotline as well.
- David is doing training on the last Sunday of the month at 2:30 at Legacies and on Zoom.
 - This is hotline training.
- Ad hoc is going well as well.

CENTRAL OFFICE | Patty H. | MONTGOMERYCENTRALOFFICE@GMAIL.COM | Present

- Nothing new to report.
- The Central Office is open today after district.
- And it is always open Monday and Wednesdays.
- If there is anything you would like sent out in her newsletter and

LITERATURE CHAIR | OPEN | LITERATURE@CENTRALALAA.ORG | OPEN

- No Report.

PI COMMITTEE CHAIR | OPEN. | PI@CENTRALALAA.ORG | OPEN

- No Report.

TREATMENT CHAIR | Sam N. | TREATMENT@CENTRALALAA.ORG | Not Present.

- Joe Willie gave the report.
- Last month there was supposed to be a meeting on March 15th at 10:00am. This did not happen.
- Next meeting on April 19th at Legacies and also via Zoom.
- Is there a list of all Treatment places that we go in, so this last can be shared with the home group?
 - Colby will text Patty this information.

WEBSITE CHAIR | David H. | WEBCHAIR@CENTRALALAA.ORG | NOT Present

- We meet the last Sunday of every month at 130 at legacies and on zoom. Please send all requests for the website to Webservant@centralalaa.org. District 8 Committee chairs and officers. If you have not received your email please get with me. You can email me directly at webchair@centralalaa.org or my cell is 3347774158
- He doesn't go to everyone's homegroup, so he doesn't know how to contact most homegroups here have a website chairperson. We only get a couple people.
 - Abby F always comes
 - Denton comes, if you have GSRs and Website chair people.
- The Website is only as good as the information he gets from us.
- District 8 committee chairs and officers, all of us have an email. We need to be able to have access to it.
- Has everyone been to the website?
- Website meeting is at 1:30pm. That will be here and on zoom.
- Patty wanted to point out that the hotline and website will be meeting at the same time.
 - They will combine it all.
 - It will all be on Sunday.

OLD TIMERS COMMITTEE CHAIR | Abby F. | OTC@CENTRALALAA.ORG | Present

- The Old Timers Picnic meeting will be April 27th at 2:00pm.
- We are still in need with service positions
- The date of the event will be September 13th of this year.
 - 10:00am - 2:00pm
 - Bring a casserole/ pot luck dish.
 - Barry L. from Birmingham.

2025 YPAA Reports | OPEN to Anyone Involved

- Jamie - GUMPYPAA is putting on an event on April 26th.
- There are flyers on the table.
- Speakers will start at 5:45pm.

GSR SHARING & ANNOUNCEMENTS:

- We Stopped in Time - has their homegroup anniversary on May 10th.
- PDG - Craig our hospitality chair, next eating meeting is one week from today
 - Assigned treatment and accessibilities for pre conference assignment.
 - Went through the materials.

- Doubly the amount of support, pizza made that happen.
- There is a resource on the aa website, regarding your meetings accessibilities and we went through that.
 - This is a good resource for your homegroup.
- Treatment and accessibility chairs are not just treatment.
- They are adding neurodivergent experiences, and how to access remote communities.
- Danielle - your district website chair is speaking at the eat and speak meeting.

OLD BUSINESS:

- Open Positions
 - ALT DCM
 - Literature
 - PI
 - Patty nominated Greg B for PI chair. Natalie seconded.
- **We went over the voting members.****
- Motion carries.
 -
- Jay nominated Anthony A to be our alt dcm. Colby seconded.
- No one was opposed.
 - Motion carries.
- Is there anyone willing and able to stand for Literature Chair?
 - Jeff V. is willing and able.
 - Natalie nominated. Colby seconded
 - No one is opposed.
 - Motion passed.

NEW BUSINESS:

- Motion: to combine CPC and PI.
 - There is an amendment, this was before we had the information before someone to serve in the position.
 - Michelle made the motion.
 - There was no second.
- We need to have a budget committee appointed.
 - Jay said "facts"
 - Either she can put in a motion, or the DCM would appoint who would be on this committee.
 - Michel Shockly, Craig M. were both willing.
- DCM can handle this via Ad Hoc committee.
- Craig wanted to bring up that there should be a motion made from this District as a whole to move the Area Assembly if we do not feel safe.
 - Les gave us background on how this location stuff works.
 - Please don't allow someone's bad experience direct if you go to Area Assembly or not.
 - There was a lot of back and forth discussion about this and how locations + work.

- Craig said at this point this is just a conversation, we haven't made it to the motion yet.
- We couldn't make a motion at the last conference we couldn't because it was a pre conference.
- Go through the committee first.
- Michael brought up that we should bring a solution with our complaint.
Anthony A - It is extremely limited, the options we have to look at.
Natalie M. - Get the list of requirements that are needed to this general populous. See if Eric is willing to give his information out.
- Send a requirements, with the minutes for District 8.
- Les - He serves Area 1 and will serve AA to the best of his ability.
- Strongly encourage bringing this to Locations+ committee.
- Michael S - Sounds like a lot of research for one person.

Our DCM will look into a Budget ad hoc committee and a Locations+ ad hoc committee just in our district.

- So many people meet here at Legacies, the white board on the back is for this but we need more months to be able to look ahead.
- Craig will be providing more months for the calendar.

OPEN SHARING:

- Natalie M. shared about 12 live and patty followed up on this.

CLOSING | Jay R. | Closed with the Responsibility

NEXT DISTRICT 8 MEETING: | May 3rd at 9:30am.

NEXT AREA ASSEMBLY: Friday April 4th - Sunday April 6th

24-HOUR HOTLINE: (334) 264-4122

MONTGOMERY INTERGROUP

CENTRAL OFFICE AT: 828 FOREST AVENUE, SUITE A MONTGOMERY, AL 36106 TEL:
(334) 264-4122 Intergroup@centralalaa.org

DISTRICT 8

DISTRICT 8 TREASURE P.O. BOX 6094 MONTGOMERY, AL 36106

ALABAMA / NW FLORIDA AREA 1

ALABAMA/NW FLORIDA AREA ASSEMBLY ATTN: AREA 1 TREASURER, 2135
INTERSTATE DR. BOX 209, OPELIKA, AL 36801

AAarea1.org

WRITE YOUR ARTICLE FOR THE POST!

CONTACT THE EDITOR TO SUBMIT MATERIAL, MAKE SUGGESTIONS, AND JOIN
THE EFFORT TO CARRY THE MESSAGE THROUGH THE POWER OF SOBER
THOUGHT. SUBMIT YOUR QUESTIONS AND ARTICLES TO:

Post.Editor@centralalaa.org

Apr 12, 2025

Intergroup Meeting Minutes

Opening | Mitchel F. | The meeting began at 8:04am. Opened with the Serenity Prayer.

Introductions | 13 Members Present.

OFFICER REPORTS:

SECRETARY'S REPORT | Natalie M. | Present

- Shared the report via a print out.
There was a request that Mike D. send out these reports via email to those who can't look at the copies.
- Changes to the previous minutes!
 - Dave H wasn't here! Shannon WAS and wasn't listed. Adhoc - they were
 - ASKED to look over, they are not asking to look over. Training under
 - Shannons report, and it doesn't make any sense. Patty asked for a
 - corrected set of the minutes to be emailed out.
 -

TREASURER'S REPORT | Sandra V. | Present

- Sandra read the report.
 - Cushing asked if there are any outstanding expense checks from the anniversary.
 - Sandra's reports are based on what has cleared the bank.
 - Les asked if there was a way to show the outstanding checks in the reports.
 - Sandra will work on adding this to the report. .
- Joe W. motioned to accept. Scotty G seconded. Motion passes.

Central Office Chair | Mitchel F | Present

- Nothing new to add.
- The Central Office will be open today from 10:30am - 12:00pm.

Intergroup Board Rep | Les H. | Present

- Board is meeting next Saturday at 9:00am at Legacies.
 - It is open for anyone to have a voice. But only board members will have a vote.
 - They will have the Intergroup Zoom account up and running as well.
 - Requested that there be the zoom log in, and not the link posted to the central office portion of the website.
- Cushing will assist Abby in helping get this going.
- Dave H. will also add this to the website part of the calendar.

Post Editor | Natalie M. | Present

- Natalie shared she is still looking for people to contribute to the Post.

- The POST needs to be added on the website
 - And emailed out.

Web Rep | Abby F. | Present

- Doing her best to keep things updated and going.

Anniversary Chair | Jessica H. | Present

- The Anniversary went well.
- Gave many thanks to the committee.
- Not only did they make back what they spent, they were able to make contributions to Intergroup.
- Cushing asked if it was before or after they spent the seed money.
 - They did not receive the seed money.

24 Hour Hotline | Dave H. | Present

- Passed out a form to fill out to each home group.
 - He asked that we add a city or area so we could do this geographically.
- The homegroup also needs to be filled out.
 - He asked to have this back by the next intergroup.
- He will be updating the guidelines for everyone who works the hotline.
- Dave will also be giving these to GSRs whose intergroup reps are not here.

Friends of Bill W. | Abby F. | Present

- The Committee met last month
 - Set a date - that may need to be changes.
 - Nothing yet as far as a speaker
 - Emotional sobriety is the theme
 - This will be taking place in 2026.
- No money has changed hands yet.
 - Next meeting is April 27th at 2:30.
- We have people working on a venue for this event.
- We are looking at additional events beforehand to make it happen.
- We will need to change the date because the date selected is an intergroup/district weekend.
- The first 2 weekends in June should be out.

ALCATHON | Natalie M. | Present

- She asked if this was a one year term
 - We need to look over this.
 - Sandra said we need to see how this happens year after year.
- Cushing let us know that someone who served on this committee would usually be the next person to be on the committee.
 - Who ever the committee puts up to the intergroup will be the person that we vote on.
- Patty suggested a deadline, or the first weekend of June maybe??
- Most of the supplies are centrally located at the central office. This is to be used for the 3 events committees that we have on this.
 - Cushing suggested that this is the exact same process for all 3 events.
- Highly suggest that at the last meeting of the committee, we find someone to take it over.

- Craig said they charged the ad hoc committee to do this.

Ad Hoc Committee | Craig M. | Present

- Hoping to be finished by today but they will be by the next intergroup meeting.
- 3 Events Committees - Subcommittees of the Intergroup.
 - The committees serve the intergroup.
 - Outlining documents for each event.
 - Funding - recommendation that the intergroup provides seed money to each event.
 - But the committee will need to keep treasurers' reports on this.
 - Each committee should be reporting back.
 - Once the event accrues, there needs to be a final report.
- Craig will be handing out this document at the next one.
 - He has written guidelines for each event.
 - Each committee needs to have their own treasurer, so they can give treasurer's report.
 - We have to be careful with contracts.
 - No committee chair should ever be signing a venue contract without an intergroup looking at it.
- Patty asked that once the guidelines are accepted by the intergroup, that's how these committees will follow.
 - Craig said yes.

Intergroup Reps/ Open Sharing

Scotty G - Clanton - really good 75 anniversary, 68 people were able to come. Great speaker. Group is growing and growing.

Sandra - We didn't go over the anniversary expenses. She went through them with us.

Craig - knows there are events currently in motion. Once these suggestions are approved it shouldn't change things too much.

Jessica - eating meeting for Saturday April 19th. Speaker at 6:30pm! They are doing a spring clean up. She also added about the anniversary, she wants to send Craig her wrap up minutes.

Old Business

- \$300 dollars to give to the central office manager to go to a conference???
 - This is still very much in review.
- Mitchel and Patty will get together to come up with a motion to not bind us too tightly.

New Business

- Jamie asked if GUMPYPAA could borrow some decorations from the anniversary.
- Patty just stores the supplies. It's up to the Intergroup.
- Cushing would suggest that materials that belong to the intergroup, remain with the intergroup.
 - Sandra asked for clarification.
 - Jamie clarified what supplies she is looking for.
- Katrina - Legacies - reported that legacies give 50% of contributions (after expenses) to the intergroup.

CLOSING | Mitchel F. | Closed with the Responsibility Statement
