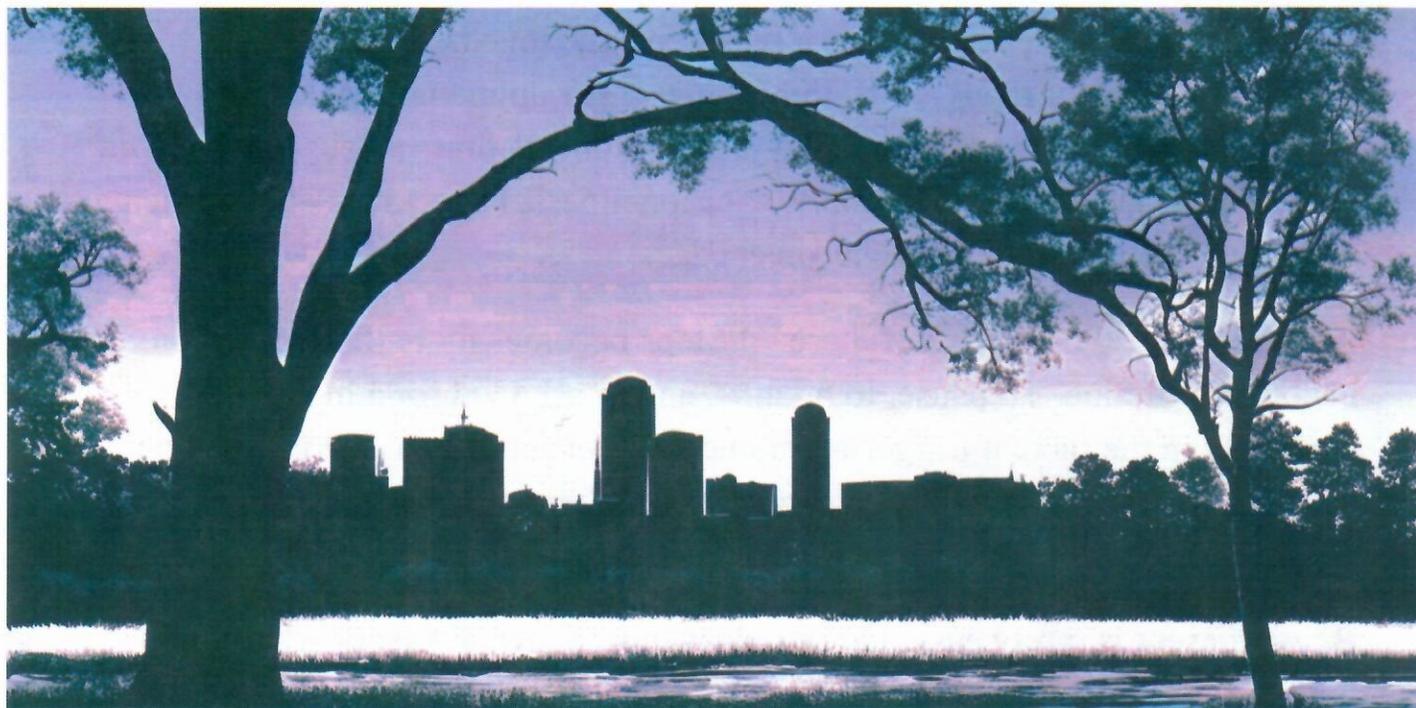


# THE POST

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?

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on active service  
committees below!

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# EDITORS NOTES

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Dear Readers,

The holidays are often painted as a season of joy, togetherness, and celebration. Yet for many of us, they can also stir up memories that are complicated, emotions that feel heavy, and moments that test our resolve. Old experiences, whether of loss, conflict, or loneliness, have a way of resurfacing when the world around us insists on cheer.

In these times, the practice of these 12 Steps becomes more than reflection; it becomes a lifeline. To pause, to breathe, and to ask God for a moment of neutrality in the face of triggering moments is an act of grace. It is not about denying what hurts, but about creating space where peace can live alongside pain.

Being present is rarely easy. Our minds wander to what was, or what might have been. But the invitation of this season is to return, again and again, to what is here now. To notice the small mercies: the warmth of a quiet morning, the kindness of a friend, the simple fact of being alive today. Gratitude, even in its smallest form, has the power to soften the edges of hardship.

As we move through the holidays, may we remember that peace is not found in perfection, but in presence. Grace is not about forgetting the past, but about carrying it gently. And neutrality is not indifference, but the courage to stand steady in the storm.

This season, let us take a moment to be grateful for what we have now—and in that gratitude, may we find the strength to keep moving forward.

With love and gratitude,  
Natalie M.  
Editor, The POST

# *In all of our Affairs:*

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

In recovery we hear a lot that the Steps are for us as individuals while the Traditions and Concepts are for the groups and the fellowship. But anyone who has spent time in service or really tried to live a spiritual life outside the meeting rooms finds out pretty quick that these principles don't stop at the door. The Traditions and Concepts guide how AA works but they also guide how we can move through the world with a little more grace and patience. When we use them at home, at work, with friends or even just while driving around town they become tools for humility unity and compassion.

Practicing the Traditions in all our affairs doesn't mean we are quoting Tradition Two to our coworkers. It means choosing shared leadership instead of trying to control everything, choosing unity instead of starting unnecessary conflict and putting principles before personalities even when our ego is loud. Tradition One asks us to prioritize unity and when we actually try that in daily life something shifts. Sometimes it means letting go of the need to win an argument or pausing before we react too fast, things that used to keep us stuck.

The Concepts also have real personal value when we let them. They teach responsibility accountability and trusting others which for many of us did not come naturally at first. Concept Three reminds us to give people the right of decision and that can really change how we work with others whether it's at a job or in our own home. Concept Twelve points us toward humility by suggesting that spiritual principles work better than personal power and that idea alone can calm a lot of tension.

When we practice these principles in all our affairs life doesn't have to feel like we are trying to force every outcome. Instead we just show up with integrity and willingness and let the results unfold. Living the Traditions and Concepts outside the meeting is one of the best ways to carry the message. Not by preaching but by example. And when we do that our lives start to reflect the same steadiness and care that these principles give to AA itself.

Colby W. - WSIT

# Emotional Sobriety

Earlier this year I was asked if I was willing to contribute to the POST for December. Because of my training in AA, I said yes, then promptly forgot about it. I have less than 24 hours to share some form of experience, strength, and hope that can be beneficial to someone- Merry Christmas to me! My friend who asked me to do this said, and I quote, "Write anything. Anything at all." So, I'm going to do that, and I ask forgiveness if I meander a bit. As I write this, I'm many hundreds of miles away from home in Alabama on a much-needed vacation. I'm catching up with a few dear friends I haven't seen in some time. This has been a much-needed break.

I'm back in college, and the past semester has been a blur of papers, assignments, and tests. Because of our program and this way of life, my life has been filled with opportunities that have opened doors I believed to be shut long ago. The God of my understanding if anything, has always had a sense of humor. Even through difficulty and hardships, my life has been infused with purpose and direction that is always there if I'm awake to this fact. That "if" is an important caveat. The past 18 months of my life I have gone through more change and growth in my life than in the first 7 years of my sobriety. If I have learned anything in this year, it is that recovery is not linear.

I know that the holidays can be challenging for most in recovery, for various reasons. The pressures of buying gifts, the expected cheerfulness that you ought to have, the numerous holiday parties one must attend, and on top of all this- being a sober member of AA. These obligations and expectations can weigh heavy. I've recently gone through a very difficult season of life where "discontentment" seemed to be a theme for me. I hope that my experience can be beneficial to someone who reads this, though I may never meet them. As a direct result of living this way of life 24 hours a day for over 8 years, I have been transformed from the person I use to be. I have been placed right in the middle of more I could ever pray for- but, at times, it still has not be enough for me.

# Emotional Sobriety Cont.

I found myself incredibly absorbed in the thing I don't have. It was my obsession for the better part of the last year. I was constantly comparing myself to others, and falling short every time. And even after all of the powerful demonstrations of God at work in my life, I began to question that power which has sustained me through it all. Worse than this, I went through a very dark period where I was convinced that God was actively working against me. This was the most difficult part of it all.

Of course, in hindsight I know that's not the case- but it sure doesn't change the way you feel about it in the moment. I know that these feelings are not unique to me. So, if you have been there, or are currently going through this sort of valley in life, you are not alone. You are never alone. There is a God out there who loves you dearly, and is wanting the absolute best for your life. I hope you all are having a wonderful start to your holiday season! I love you all!

Jay Walker WSIT

# ABOUT: SPONSORSHIP A SPONSOR'S HOPE

After much discussion over which experience of our seeming 60 years together (actually 7) we landed on the experience that changed both of our lives forever. We planned a trip to LASCYPAA and I was going to drive. Weeks before the trip was to take place, self will had taken the driver's seat in my life. My mind was tunnel visioned on getting my daughter back because I thought I needed her and the guilt of being an absent father had taken me by surprise. I was looking for a way to not go and the most magical thing happened- my car tore up.

I called Cody to let him know that I couldn't drive to New Orleans and we would have to figure something else out. His response was that he was willing to drive his Jeep if we were willing to risk it and my way out was snatched. The night before we were to leave I knew 2 things, I couldn't let anyone see me struggling this bad and more importantly I couldn't feel like this anymore. I didn't want to go, I couldn't talk to anyone and I didn't know how, or if I could take the next step. I said a prayer "God, you don't have to give me my daughter back. You don't even have to let me know she's ok. I don't know what I'm doing, but I can't feel like this anymore! I need just a little bit of your Power because I have none. I need your help." I stepped from the shower and nothing happened.

The next day Cody picked me up and we went to get Kourtney, Mark and Chris. We also picked up the information that there was a hurricane headed straight for New Orleans. We took a real quick vote and what we all said was "I'm willing to risk it if you are!" Off we went and we had a blast on the way to New Orleans. We were some of the happiest people singing 90's music. I realized that there was a calm in the middle of my storm. I was happy to be there, to be around them, and to be a part of this conference. The weather wasn't the best when we got there, but I thought a state of emergency should look way more urgent than this. I got to go to workshops, have a new experience with first timers, see old friends, and had a blast. The storm in New Orleans seemed to be as calm as the storm I thought my life was in before we left. The entire time I thought of neither.

# ABOUT: SPONSORSHIP

## A SPONSOR'S HOPE

It was time to hear the Sunday morning speaker and head home. I got coffee and headed in to hear Karl tell his story and my phone rang. It was my daughter's mother! She said, "Mitchell, my mom is in jail and I'm in treatment. I need you to come and get your daughter because we can't take care of her." It scared me to death. I finally saw that God could handle anything. Not only did He remove the fear, He took care of her. God had put her in my life, but not because I needed her- she needed me!

I was told to pick her up in Birmingham which was perfect because we had to go there anyway to drop off Mark and Chris. We loaded up the car with excited, tired, enthusiastic, and sure that this had been the most life changing experience we had ever even heard of. After a long trip back we stop in front of Mark's house to return them safely. We put in directions to where to pick up my daughter. IT WAS HALF A BLOCK AWAY!!!! Cody looked at me, who was fighting back tears, and said, "Ok, now God's just showing off. What I learned from that weekend were some of the greatest lessons: I don't have to figure anything out. No matter how bad it looks or how scary it sounds, if I trust God everything will be ok. I learned that in my seeming tragic life storm and in a real storm at the same time. It was like a ton of bricks with the reality that if I take the action, God takes care of me.

I kept this picture on my phone background for years because of the great lesson I learned there and I pray I never forget.

Mitchell F. Legacies



# ABOUT: SPONSORSHIP A SPONSEE'S HOPE

I think it should be known that I was asked to write this early this year and I immediately started writing. I definitely did NOT wait until the last possible minute to get this done so don't even think that. What you are about to witness are the very carefully chosen words of possibly ten months of prayer and meditation definitely not the panicked scribbles of procrastinator.

The first thing we had to figure out was which story me and Mitchell would talk about. In our estimation we have experienced 54 years of life together during our 7 years of knowing each other so there are a lot of stories. But one I think takes the cake is the one that I often think of when my mind gets cynical and starts wanting proof of my creators existence.

Mitchell my fairly new sponsor was all about service and just getting in the car had called me and asked not only if I was interested in going to Lascypaa but if I was willing to drive us and a few friends. I expressed my concerns about my ride. I had a belt in the Jeep that was on its last leg and I hadn't been able to afford to fix it but if theyre willing to risk it so am I. So the day comes Me and Mitchell hop in. We pick up Kortney and head to Birmingham to pick up Mark and Chris. Somewhere along the way we get the news that Louisiana is in a state of emergency, Hurricane Barry is heading to Lascypaa and wants to party. Our group conscience seemed to be "if you guys are willing to risk it so am I". So we pro proceeded to do what any normal and sane human would. We drove straight towards the hurricane while singing 90s music as loud as possible.

We finally make it to the event and I quickly realize that my sponsor knows everyone. He must be a big deal. Hes gotta be the most sober guy I know. This being my first ypaa I know 3 people here and they rode with me. It was night and the weather wasn't looking to good we expected the worst to come tomorrow.

The next day I was able to make it a 4th step workshop and all I could think was that these panelist really have this AA thing figured out. They must know Mitchell.

# ABOUT: SPONSORSHIP

## A SPONSEE'S HOPE

After the workshop I walk out in the hallway to check out the weather and it looked really nice outside. I had never been in a hurricane before but I was pretty sure it wasn't supposed to look like this. So I pulled up the weather app on my phone and the picture I saw I will never forget. There was a dot where I was on the map and the storm had literally wrapped around us on both sides so that we were gonna be unaffected. I hope Mitchell is able to send in the picture he has of it so you can see. We had trusted God and we were gonna be ok. Im not saying drive into a potential natural disaster in order to prove how spiritual you are Im just saying God takes care of fools and drunks and we happened to be both.

But wait theres more, during the Sunday morning speaker Mitchell had gotten a phone call. When he came back he told me that the call was his daughter needed him. My understanding was he hadn't seen her in a while and asked if I was willing to pick her up in Birmingham on our way home. I said of course, we have to drop Mark and Chris off there anyway. Then I watched my big deal of a sponsor start worrying about how to get everything ready how to be a dad how to pay for what needs paid. I imagine he felt like Ricky Bobby when he didn't know what to do with his hands. Then he did the unthinkable, he called his sponsor. He laid it all on him and told him how he was absolutely screwed. Cushing laughed which Mitchell didn't like so much. And probably told him something magical that only level 9 AAs know. Actually I think he told him something like trust God. So we make it to Marks house in Birmingham we said our goodbyes and I punch in the address to pick up sweet little Mary. She was 2 blocks away! At that moment I looked up at God and said dude your just showing off now. He was, and always does when I trust. We picked up Mary and drove home. Im not sure what Mitchells version of this will look like but that's my story and Im sticking to it.

Mary lives with Mitchell and Lesley today and they have a beautiful family.