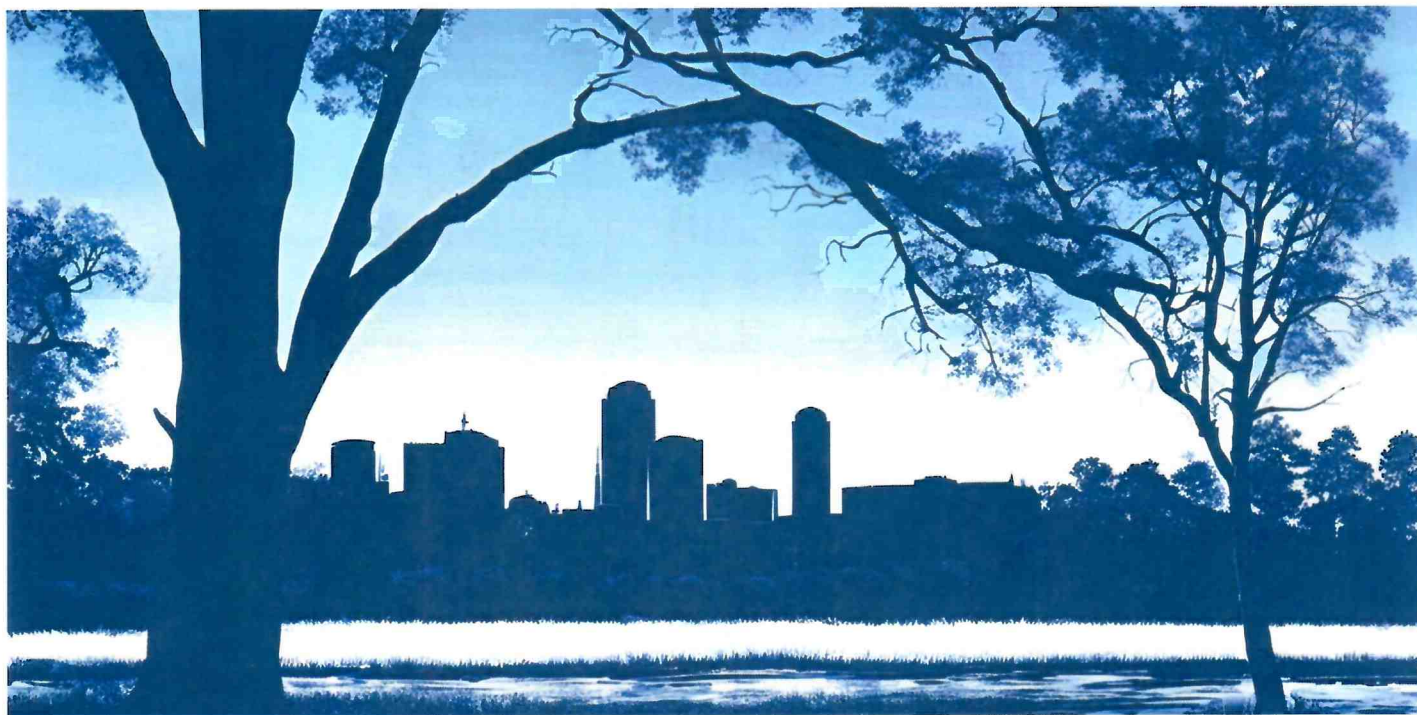


THE POST

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.

Montgomery 81st Anniversary

Saturday March 8th!

Food, Fellowship,
and Fun

Sandy H. Speaking!

Go Visit the Central Office

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

Looking to be of Service?

Join us!

First Saturday of
the Month

Intergroup - 8:00am
District - 9:30am

EDITORS NOTES

Dear Readers,
Please enjoy this edition of The POST!

We are looking for many members of
our fellowships to write, create, and
share their experience, strength, and
hope.

Please reach out to me if you want to be
apart of this committee!

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

OUR COMMON *MISUNDERSTANDING*

AND WHEN THIS SEVENTH
TRADITION BASKET GOES AROUND, I
WANT EACH OF YOU TO THINK ABOUT
THE PROMISE THAT ECONOMIC INSECURITY
WILL LEAVE YOU! BECAUSE IT
HASN'T LEFT THIS GROUP!
GOD IS BROKE!
AND HE NEEEDS
YOUR HELP!



*All Jokes and Comics Designed by
(Mid West) Mike D. - PDG*

In all of our Affairs:

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

Tradition two states, "For our group purpose there, but one ultimate authority - of loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern."

This simply means that we make our decisions collectively as a group through our group conscience. Through all of our voices and the consciousness of all our beliefs, we let God be our one ultimate authority, and speak through us together. For myself, this tradition, and the principle behind, it has been incredibly useful when applied to other areas of my life, such as my family, relationships in general, and my professional life.

I'll start with my relationship with my significant other. A partnership doesn't exist without both parties contributing to it. The moment I begin to demand or dominate the relationship, it ceases to be a partnership and becomes something else entirely. In my experience, it definitely cuts God completely out of the picture as well. Personally, I have found success in this area and applying this tradition when I remember that both people involved are two individuals with their own conscience, beliefs, personalities, opinions, and feelings. As well as a multitude of relationship relationships with other people.

So when it comes to everything, from making plans, to just day to day living, remembering all of these things and applying this tradition requires constant consideration, communication, and transparency from both parties. This means no assuming the position as the leader or decision maker for any aress of OUR life together. Consulting the other person before I make plans for the both of us, and making sure I'm not speaking for my partner. This also helps me remember not to criticize them for what they do or demand credit for what I do. On this track, and with the humility that is necessary to practice this, it's easier to find out common ground of unison with each other and remember that neither of us are in charge.

In all of our Affairs Continued:

I'm also blessed with the opportunity to co-parent my partner's son. There is also the Father and Grandmother heavily involved in his life, that help us co-parent as well. When we began to apply this tradition in all of our individual relationships with each other and we were able to truly let go and let God, all of these relationships were able to truly flourish and grow. My partner and I spent too much time mixed up and trying to govern each other's relationships, with each of the other co-parents. As a result, we continued to bump heads with each other AND them. Today, letting everyone be exactly who they are, myself with each of them, and her with each of them, our co-parenting has a unit never been stronger and true friendships have even able to develop. We celebrate holidays and birthdays together, enjoy spending time with each other, and are able to have individual friendships with each other outside of the parenting realm, which is truly a beautiful thing. His father and I talk on a regular basis and even confide in one another. None of this would've been possible had we continued to try to manage these relationships for the other person.

My profession is another place that applying this principle has been extremely helpful. I'm a supervisor, and my job is quite literally to make sure all of my employees are accomplishing the tasks in the field. One of the biggest mistakes I've made as a leader has been trying to force and demand results from each of my guys. On one end, this was my job and what I was supposed to be doing. But the way I was going about it was extremely ineffective. I left no room for growth, in each of my employees. When my tactic became more in line with this tradition is when I began to see results. I still showed everyone what needed to be done and made sure the standards were clear. But I gave them the freedom to figure out their own ways of going about getting it done. I still corrected their mistakes, but didn't micromanage and gave them the opportunity to grow into it how they needed, as well as the ability to lead and show the newer guys what they had been shown. This allowed me to fall more into the category of the good leader who builds other leaders.

Applying the principle of this tradition, as well as all of the others, has brought much benefit to myself and all of my relationships in my life. For this tradition in particular, I have to remember that in all areas of my life, I'm only a trusted servant. From my work to my personal relationships, I have been graciously given these positions by employers and the other people in my life. I have to try to remember to leave the ultimate authority up to someone more qualified than I am, a loving God.

In Love and Service,
Colby W.

Emotional Sobriety

When I first embarked on the path of recovery, I thought sobriety simply meant abstaining from substances. I believed that if I could just remove the external chaos, everything else would fall into place. However, I quickly learned that physical sobriety was just the first step. True freedom—true healing—came when I began to understand and practice emotional sobriety.

One of the biggest lessons in emotional sobriety has been letting go of control. I had spent years trying to manipulate people, outcomes, and situations to fit my expectations. When things didn't go my way, I would spiral into self-pity or anger. Through recovery, I learned that my serenity isn't dependent on how others behave or how life unfolds. Instead, it's rooted in my ability to accept what is right in front of me.

Another crucial part of my emotional sobriety journey has been self-compassion. For so long, I held onto guilt and shame, believing that I was only as good as my worst mistake. Learning to forgive myself—to treat myself with the same kindness I would offer a friend—was transformative. Emotional sobriety means acknowledging my imperfections without letting them define me.

In addition to emotional sobriety, my journey in recovery has also led me to the world of service in AA. Two years ago, I would have told you that service was a necessary evil to stay sober and closer to God. In those two years, I have served my home group, my district, bid and hosted ALCYPAA, and sponsored other women throughout the entire experience.

While I have always struggled with my need for control, my insecurities around how people viewed me, and my fears of failure, I have recently become aware of another challenge—my ego. Through resentment and work in service, I have realized that when I am invited onto committees and positions of service, my ego inflates—a lot. Sometimes to a dangerous extent. This is something I am currently working through.

As part of my daily prayer, I ask to be reminded that my only aim is to be helpful—nothing more, nothing less. And it is not even me being helpful. I am merely a vessel for my Higher Power. Everything I have comes from that spirit of the universe underlying the totality of things.

Today, I continue to work on my emotional sobriety and service daily. It's a lifelong practice, not a destination. There are still moments when fear, frustration, or pride creep in, but now I have tools to navigate them. I remind myself that I don't have to react immediately, that I can seek support, and that my emotions are temporary visitors, not permanent residents.

With Love and Unity,
Natalie M. - WSIT

ABOUT: SPONSORSHIP

Sponsorship: A Story of Redemption and Recovery

By Sam N (Sponsor)

Sponsorship in Alcoholics Anonymous is one of the most vital aspects of recovery. It is the bridge that connects one alcoholic to another, guiding them through the book and showing them a new way of life. For me, sponsorship took on a whole new meaning when I met Jacob again—this time under very different circumstances.

Jacob walked into my place of work one day, and I immediately knew it was time to make my amends. In our past life of active alcoholism, I had done him wrong. I had harmed him in ways I deeply regretted, and the Big Book tells us that making amends is a necessary step toward true freedom. But I never expected what happened next.

To my surprise, Jacob was at a point of surrender. Not only did he accept my amends, but he also asked me to take him through the 12 Steps as part of it. This was a first for me—making amends and then immediately being given the opportunity to sponsor the very person I had wronged. I had taken others through the steps before, but this experience was different. It was humbling. It was God at work.

I didn't take Jacob through the steps because of my own wisdom or strength. I simply shared what God had given me through the book of Alcoholics Anonymous and followed the same suggestions that were once given to me. Through this process, I saw firsthand how God restores and redeems.

Today, when I look at Jacob, I see more than just another man in recovery—I see God working in my life. Sponsorship is about carrying the message, being of service, and watching God transform lives—both the sponsee's and the sponsor's.

For those who are hesitant to sponsor, I encourage you to step out in faith. The book tells us that nothing ensures immunity from drinking like working with another alcoholic. Sponsorship is not just about helping someone else—it's about staying sober ourselves and growing spiritually along the way.

Jacob's story, like mine, is one of redemption. And it all started with one moment of surrender.
-Sam N (WSIT)

ABOUT: SPONSORSHIP CONTINUED

Jacob's Perspective: A Journey of Trust and Transformation

When Sam offered his amends to me, I felt like God was showing me that he was the person I needed to guide me through the path of recovery. It was clear that he was serious about what he was doing. I had known Sam before, but the man I saw that day was different—it was obvious that whatever he had found was working.

He told me he would pray about it, and a couple of days later, we opened the Big Book together. My sponsor has helped me in ways I never realized I needed help. He has given me a new perspective on life and recovery. The prayers we have shared have been incredibly powerful, and every step we have taken together has been transformative.

Seeing the results in Sam's life inspired me to commit to my own step work. The changes I have experienced give me hope and motivation to keep moving forward. More than anything, I look forward to the day when I can share these experiences with another alcoholic who is still suffering, just as Sam has shared them with me.

-Jacob T.(WSIT)

Area 1 Needs Your Help!

HELP US ACHIEVE THE 2024 AREA 1 BUDGET DEFICIT ELIMINATION EFFORT
BY INCREASING YOUR CONTRIBUTIONS!

WHAT EXACTLY IS THE PROBLEM?

Area 1 is tracking towards a \$7,200 budget shortfall in 2024.

Why did this happen?

- We have experienced significant cost increases due to outside economic forces beyond our control.
- We had requests from the fellowship to increase budgets for certain committees.
- We need to relocate the Assembly due to our current locations inability to host past 2024.

What has been done about this problem so far?

- Area 1 Assembly passed the 2024 budget in October 2023, understanding we'd have a surplus that we wanted to draw down appropriately to 7th Tradition guidelines in 2024. The Finance Committee also needed a little time to see how contribution and expense flows matched up to previous years, so we could give the fellowship an accurate estimate of the shortfall.
- An AD HOC committee has been formed to determine alternative Area 1 Assembly venues – significant cost increases are inevitable.
- We negotiated down available options regarding certain costs to the Assembly such as: storage building fee contracts, consolidated equipment, cost savings for processing contributions.
- Area 1 Finance Committee has provided accurate information for the Assembly to make an informed decision.

So what does Area 1 need exactly?

- Increased contributions from the Area 1 fellowship.

How do I help?

Send contributions to Area 1 Treasurer at:

Area 1 AL NW FL
2135 Interstate DR
Box 209
Opelika, AL 36801

**** Zelle has NO Fees ****

PayPal has Flat Fee + 3%.

Alabama/Northwest Florida Area



zelle

OR



PayPal

SELF-SUPPORT:

Where
Money &
Spirituality
Mix



This is A.A. General Service Conference-approved literature.

Under New Management

At the last District meeting on August 3rd, a new District 8 Central Office Manager was elected.

Hi y'all! My name is Patty H. and ... guess what?... it's me! I am the person who you have trusted to keep the doors open at Central Office and to ensure that there is enough literature and chips for everybody. Since I have been elected, I have been busy, but first a bit about me. I got sober in District 8 on March 23, 2001 and my homegroup is the Prattville Downtown Group (affectionately known as PDG). I have been in service since I walked in the doors and have had the privilege of serving in numerous positions in my home group, at District, and at Area. Serving A.A. is probably my favorite thing to do. Giving back what was so freely given to me. And I am so excited for this new role serving you!

WHAT IS A CENTRAL OFFICE?

A central office is an A.A. service office that involves partnership among groups in a community — just as A.A. groups themselves are partnerships of individuals. A central office is established to carry out certain functions common to all the groups — functions which are best handled by a centralized office — and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

If your group or local AA function has special literature needs, please email me at MontgomeryCentralOffice@gmail.com and I will do my best to get you what you need. We just got a shipment in this week so we are stocked with books and pamphlets (we are still waiting on our chip order so if you are looking for a certain year, please call the office before you drive in). Central Office is open on Mondays from 10:00 am – 2:00 pm. I apologize if anyone came recently, and the doors were closed. The AC was not working and it was 87 in the office! But it's working now. The address is 828 Forest Avenue, Montgomery AL 36106 and the number is 334-264-4122. But the best way to reach me right now is the Central Office email address.

I truly hope that I can live up to your groups expectations and if I don't, I hope you will tell me. I am all about making things right. And remember, Central Office is here to serve our local groups!

I want to thank you again for electing me and I am excited to be on this new journey!

Yours in Service, Patty H.

Central Office Manager

MontgomeryCentralOffice@gmail.com

Speaker
Mark L

\$10 contribution



MARDI

Gras Party

March 15th 2025 6pm - 10pm

Bring a Cajun style dish
COME DRESSED IN THEME
1834 I65 Srv Road
East, Millbrook, AL

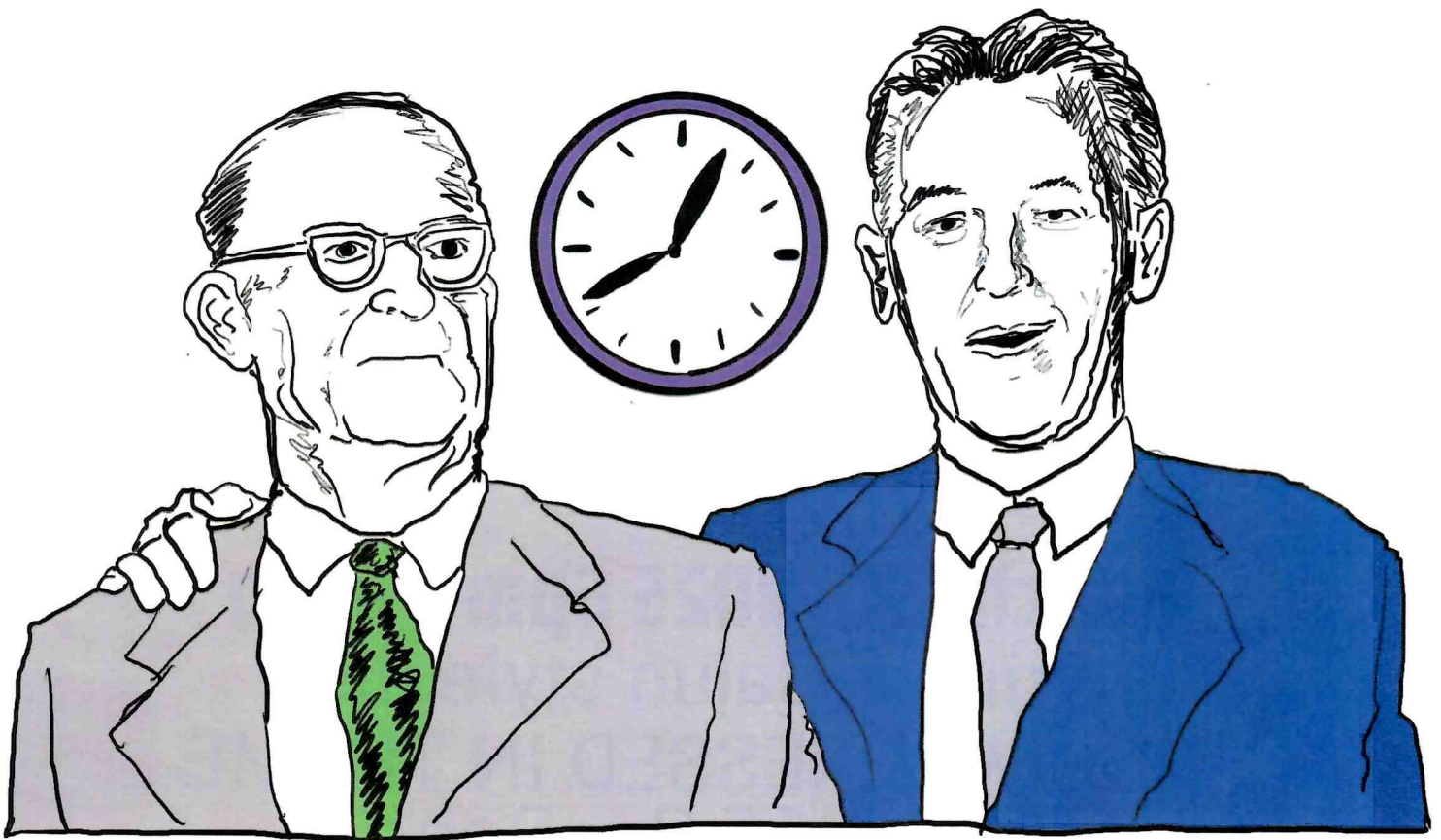
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Dance

Bill, Bob, and The AA Time Machine!

A short play about AA

By the District 8 Archives Committee



***2pm, Sunday, March 30th
At the Legacies Meeting Spot
3412 Atlanta Highway
Montgomery, AL***



Spring Into Action
at

Montgomery's
81st AA
Anniversary

WHEN: SATURDAY, MARCH 8
WHERE: THE ARMORY LEARNING ARTS
CENTER

1018 MADISON AVENUE
MONTGOMERY, AL 36104

FELLOWSHIP: 2:00PM

HISTORY & FUN: 3:00PM

FOOD: 4PM

SPEAKER AT 5:00PM: SANDY H. (NORTH
CAROLINA)

SAT
MAR | *08* | *2025*

BRING YOUR FAVORITE CASSEROLE DISH!
BASKETS & 50/50 RAFFLE

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	
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	N/A		
PI	N/A		

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?