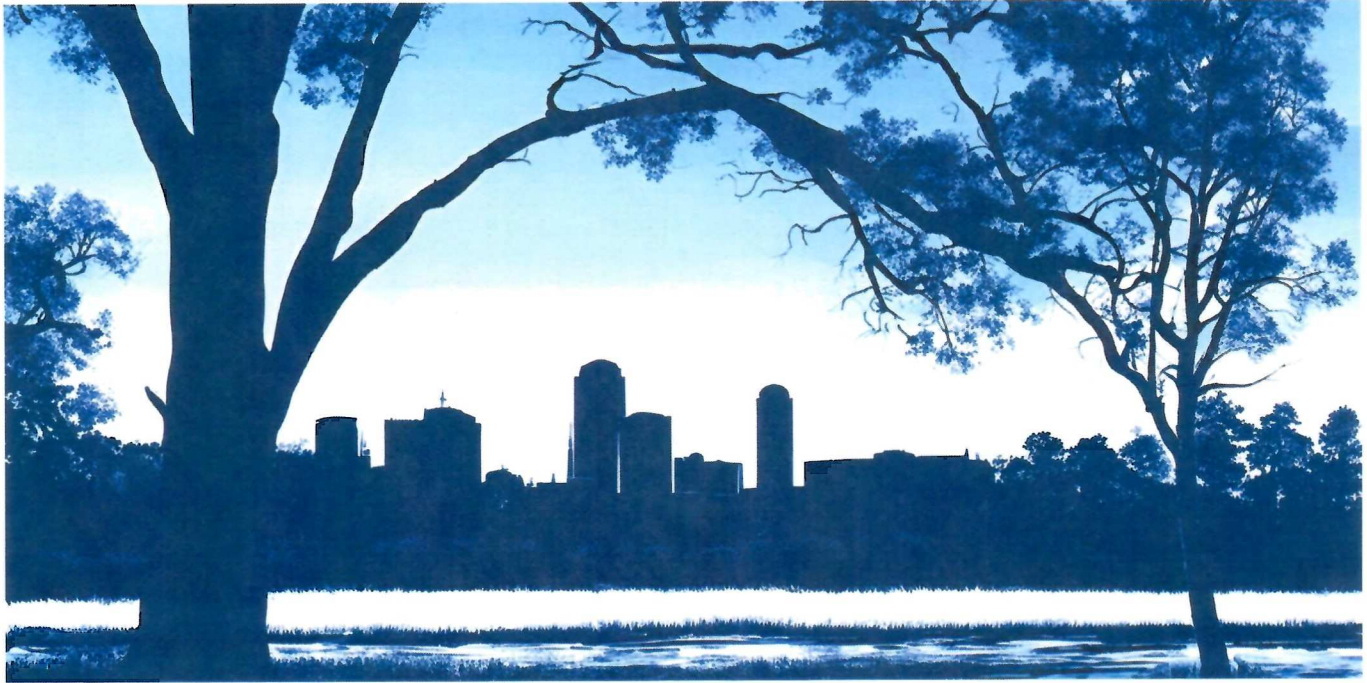


# THE POST

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

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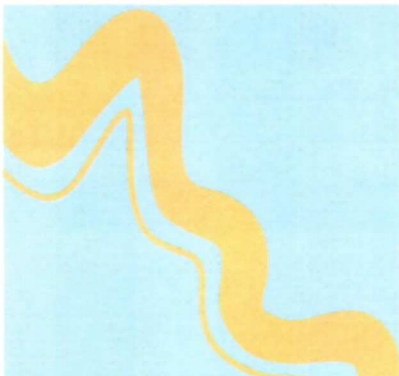


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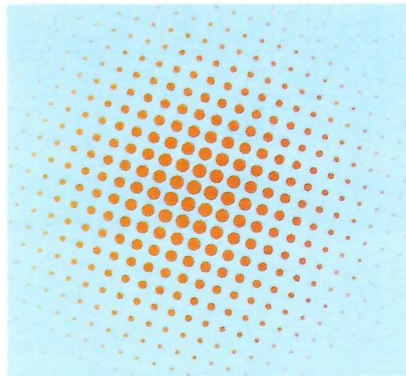
## OUR HISTORY

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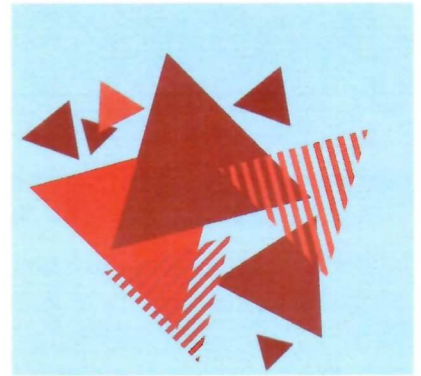
The River Region, including Montgomery, Alabama, has a long and meaningful history within the AA community. Our first AA group started in the 1940s, creating a space for people like us to come together for recovery and support. Since then, the AA fellowship here has grown, with meetings happening regularly 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.



*In All of Our Affairs*



*Emotional Sobriety*



*About Sponsorship*



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## EDITORS NOTES

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Dear Readers,

As I step into the role of editor for this edition of our recovery news letter, I am reminded of the spirit of rotation that is so central to our fellowship. I am honored to be following in the footsteps of those who have held this role before me, and my hope is not to reinvent the wheel, but to continue the work they've done—keeping the stories flowing and the message of experience, strength, and hope alive.

Each issue of this newsletter represents the collective effort of individuals sharing their journeys. Recovery is not just about overcoming obstacles, but about growth, connection, and learning from one another. The stories and wisdom within these pages are a testament to that. Whether you're new to recovery or a seasoned member, I hope you find inspiration in the experiences shared here. As we continue to rotate through different members of our community in this role, we ensure that fresh perspectives keep the spirit of our fellowship alive. Thank you to everyone who contributes, whether through writing or supporting this publication. It is through your voices that we keep this message of hope moving forward.

Keep coming back, and keep sharing your story.

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

Colby W. will be writing a monthly article titled In All of Our Affairs, where he takes a deep dive into each of the Twelve Traditions of Alcoholics Anonymous, exploring them one by one. With honesty and insight, he will share his personal experience, strength, and hope, reflecting on how each Tradition has shaped his journey both within the fellowship and in his everyday life.

Through real-life examples and personal reflection, Colby will illustrate how these guiding principles extend far beyond AA meetings, influencing relationships, work, and spiritual growth. His goal is to highlight the relevance of the Traditions in all aspects of life, demonstrating their power to foster unity, humility, and service. Whether readers are new to the program or long-time members, In All of Our Affairs will offer a meaningful perspective on living these Traditions in a way that brings strength, clarity, and purpose to daily living.



Are you willing and able to be of service???

# Join the 12 Step Call List Today!

What is a 12 Step Call you ask???

A 12 Step Calls occur when an A.A. member goes and meets to have a conversation with a newcomer about how they recovered from alcoholism.

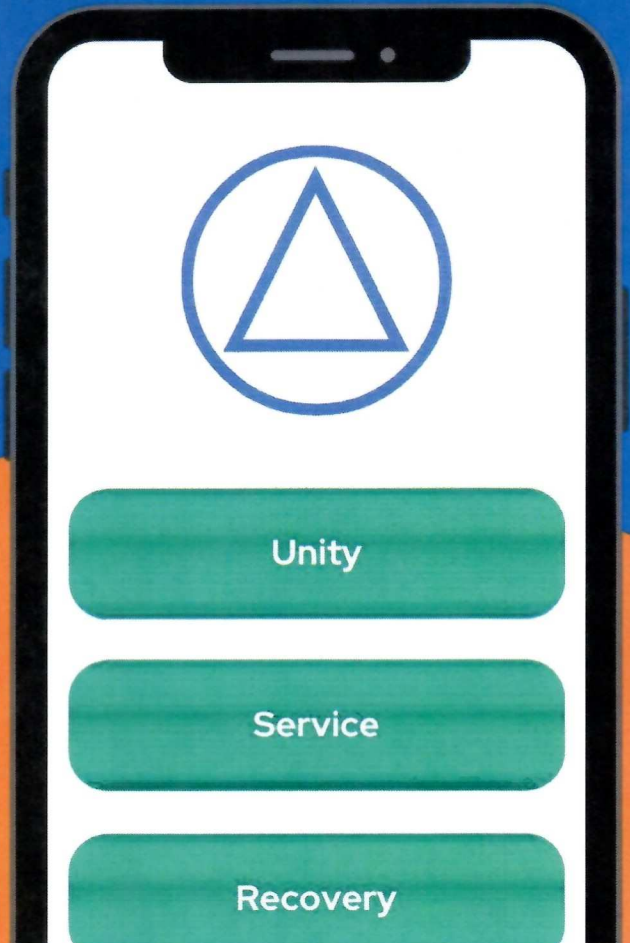
This could including helping this person get to a meeting!

When an alcoholic gains the confidence of another by having this conversation, both the newcomer and the A.A. member benefit.

The Intergroup Central Office is updating the 12 Step Call List!

This call list will be provided to everyone who volunteers for the hotline. Those who receive calls from the Hotline can utilize this list to help the next suffering alcoholic

**Please Text Mitchell F.**  
**at 256-252-9797,**  
**If you are willing and able to be added to this list .**



**What is The 12 Step Committee List?**

This is list is provided by the groups for the purpose of having a qualified list of willing group members to be available for twelfth step calls that are referred by the Hotline. Male and female members are needed. Each group needs to supply a list of members, so two members, male and female as needed, can be available for a twelfth step call.

- Scotty G. Clanton Group



# 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.

# Emotional Sobriety

We are seeking women in District 8 to contribute to an ongoing article series about emotional sobriety, focusing on the lessons, challenges, and personal growth that come with continued sobriety. Emotional sobriety goes beyond just putting down the drink—it's about learning to live with peace, balance, and resilience in the face of life's ups and downs. We are looking for women willing to share their experience, strength, and hope through personal stories and reflections on the emotions they have navigated in sobriety. Whether it's overcoming fear, embracing joy, working through anger, or learning acceptance, your story could provide insight and encouragement to others on the same journey. We still need contributors for the months of March, June, July, August, September, October, November, and December. If you feel called to share your experience, we would love to hear from you—your words may be just what someone else needs to read.





# ABOUT: SPONSORSHIP

We are still looking for men in District 8 to share their experience, strength, and hope on the vital role of sponsorship in Alcoholics Anonymous. Sponsorship is a cornerstone of recovery, offering guidance, accountability, and a profound sense of connection between members. We invite men to write about their own experiences as sponsors, reflecting on the challenges, rewards, and personal growth that come from helping another alcoholic. Additionally, we encourage men to collaborate with one of their sponsees to co-write an article, offering both perspectives on how sponsorship strengthens sobriety for both the sponsor and the sponsee. Whether it's the story of your first sponsorship experience, a lesson learned along the way, or the impact sponsorship has had on your life, your insight can inspire and support others on their recovery journey. We still need contributors for the months of February, June, July, August, and October. If you or you and your sponsee would like to share your experience, we would love to hear from you—your story could be the encouragement someone else needs.

# 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](mailto: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](mailto:MontgomeryCentralOffice@gmail.com)



**Intergroup Monthly Meeting**  
Saturday, February 1st  
8:00 am – 9:00 am @ Legacies  
3412 Atlanta Highway, Montgomery, AL 36109,  
and online on Zoom.

**District 8 Service Meeting**  
Saturday February 1st  
9:30am // Hybrid Meeting  
3412 Atlanta Hwy, Montgomery AL 36109  
The District 8 Meeting is to review progress and  
discuss service opportunities.  
All District 8 Trusted Servants and A.A. members  
are invited to attend and participate!

**Area 1 Assembly**  
Time: April  
Location: The Ramada by Wyndham  
5216 Messer Airport Hwy  
Birmingham, AL 35212

**GUMPYAA 2025 Bid Committee Meeting**  
More Info Coming Soon!

Unit - Service - Recovery

# February 2025 Service Meeting Dates and Times

**Literature / Grapevine Meeting**  
More Info Coming Soon!

**District 8 CPC Committee Meeting**  
More Info Coming Soon!

**Website Committee Meeting**  
More Info Coming Soon!





# FLORAAABAMA BID

FOR  
SERCYPAA

What's a SERCYPAA?!: The Southeast Regional Conference of  
Young People in Alcoholics Anonymous



FLORAAABAMA  
BID Facebook



Pre-register for  
SERCYPAA 2025 in  
Charleston



want to get involved & be of service?

contact the bid committee at [fbypaa2025@gmail.com](mailto:fbypaa2025@gmail.com)





***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**





# **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?