

# 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!

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## EDITORS NOTES

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Dear Readers,

This *fellowship*. DUDE! What a strange/lovely group, who, of course, would normally not mix. And that's exactly how it was always supposed to be. And I am forever grateful for the introduction to so many humans, who are just trying to do the next right things and help others.

I sit here and reflect about how many people who have been placed in my life because of these rooms. But I would be remiss if I didn't share one the greatest gifts that God has ever given me. I got to keep my Best Friend in Sobriety. The same woman I partied with, ran around with, drank with, got sober 26 days before me, same month, same year. Not only have our lives taking on new meaning, so has our friendships. To walk shoulder to shoulder with anyone in this program is a gift, but my heart absolutely soars as I get to walk shoulder to shoulder with her.

With love and gratitude,

Natalie M.

Editor, The POST

# “Selfishness—self-centeredness!”

That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate... So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible.” (Big Book, fourth edition, page 62)

At every stage of my recovery journey, I keep going back to page 62 in the Big Book. I am constantly reminded that my biggest problem is not my addiction to alcohol, my health, my finances, my relationships, my career, my location, or my home group. My biggest problem is me. There is an old timer at my home group that always introduces himself by saying, “I'm an alcoholic and my problem is Gary.” There is a lot of truth in that statement. The first truth is that “I am an alcoholic,” I can never safely drink alcohol, so I must do something about my alcoholism. Paradoxically, alcohol is not my problem, I am. So the second truth, is that the problem is with me. This is one of the hardest truths for any alcoholic to come to terms with. It is so much easier and seemingly obvious that the problem is with my circumstances, not me!

When bad things happen, I naturally think of myself as the recipient of those bad things. When bills pile up, I can't see how the financial decisions I have made have resulted in those bills existing. We are all familiar with alcoholic thinking, “Yeah, I chose a career or job that pays me my current salary, and yeah, I maxed out those credit cards, but why should I have to pay them back?” Or “Yeah, I chose to be in a relationship with someone I know has a history of cheating on their partners, but I didn't think they would do that to me!” I need a different perspective if I am in one of those scenarios. Even better yet, if I listened to another perspective when I made decisions, I might be able to avoid getting into these kinds of circumstances in the first place!

The kind of perspective I need is one informed by the spiritual principles I am trying to live by today. This doesn't have to be someone in recovery, but often that can be very helpful. It should be someone who can give me some sane and sound advice. But most importantly it's not me or not someone who is living exactly the same way I am and experiencing the same difficulties and not doing anything to change their behavior, even if that person is “sober.” When looking for someone to seek advice from; I need to ask, “Does the person I am asking actually practice these principles in all of their affairs? Are they living the kind of life I would like to be living?”

I hear people say sometimes that they are looking for a sponsor that they can relate to and get along with. I get why people say that, but the reality is, especially when we're new in recovery, we don't know what's good for us, that's why we're in AA! Our best thinking got us here. What we really need to do is trust God and start working with someone who is serious about recovery, even if we feel they are nerdy or weird. If we can be humble enough to get honest with another person, really listen to what they have to say, and try to practice their advice as it aligns with the 12 steps, we have a good shot of staying sober, happy, joyous, and free.

Mike D  
PDG

# *In all of our Affairs:*

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

Our 5th Tradition states “Each group had but one primary purpose — to carry its message to the alcoholic who still suffers.” At the group level this tradition drives home our singleness of purpose. We have one single solution via the program of action for one single problem, alcoholism. For those who still suffer from alcoholism, we are here for them to find the solution we found.

The other area of my life I have found applicable of this tradition is definitely in my relationship with my partner. First and foremost, the partnership has have a primary purpose and know what it is. If the relationship does those two things, there is a better understanding of both involved the common goal and welfare ultimately is.

This tradition also reminds to bring love, understanding, and encouragement to my partner and that there is not always going to be a fixed equality to either role. Some days I will not have as much as others and some days my partner won't. I'm going to want the grace from her on the days I don't have as much to give and have to remember to do the same and give everything I can on the days she has less.

This tradition also reminds me to not make so many demands and to not be so focused on “my share” or their share” and remember that we are one partnership with one goal, or primary purpose, to accomplish. It reminds me also to bring the best that I can to relationship and trust that she is doing the best that she can as well.

This tradition can keep us focused on the task at hand in the and helps us remember what our common problem and common solution is. I find that it doesn't the same in my relationships if I apply it. Using the traditions and the principles behind them has been, and continues to change the game in my love, professional, and personal life and all my relationships. This particular tradition shows me that if I keep first things first in all areas, God will continue to evolve and grow in my life and all the others in my life that I'm blessed to have.

Colby W. WSIT

# Emotional Sobriety

As I sit here and pray and ponder over what to write about emotional sobriety with a few different pieces of AA literature strewn about for inspiration, a few things keep coming to mind: gratitude, maturity and humility. When I first got sober, there were more old-timers than newcomers and mid-timers at my group. It felt like it was just me and about ten old-timers at every meeting. Those AA members embodied the spirit of gratitude, showed maturity in their character and displayed a level of humility I couldn't even see clearly until after I had been sober for a little while myself.

I remember when the topic of emotional sobriety would come up at those early meetings, the old-timers would all share and the whole meeting would just go completely over my head. I remember thinking that "they must be pretty bored with their lives to make up new concepts like 'emotional sobriety'. What nonsense! You are either sober [physically] or you are not!" I had a long way to go. Looking back, I feel very grateful to have the tiniest understanding of emotional sobriety today. At first, I was so all over the place emotionally that I couldn't even see it. I thought I was so mature for my age because I could hold my own at work and in conversation. But I wasn't emotionally balanced or emotionally mature in the slightest. It has taken many inventories, many talks with my sponsor and other women in the program, many service commitments, many days of keep coming back, many times of getting called out, many meetings, many prayers and many swallows of large chunks of truth about myself to have a deeper understanding of emotional sobriety.

Today, emotional sobriety to me simply means having the humility to get out of the way and let my higher power (HP) lead things. When I am all over the place emotionally, I have taken some part of my will back and tried to run things once again. My experience in the program and keeping close with the AA members around me lets me know when I am getting back to this danger zone. After the awareness hits and I am ready for a solution, it's time to once again turn it over to HP. When I can do a true third step for all aspects of my life and give things over to HP, I can be centered, balanced and emotionally sober once again. I can receive all the promises of the third step including enjoying peace of mind.

The Twelve and Twelve states it perfectly in the seventh step chapter when it states, "A great turning point in our lives came when we sought for humility as something we really wanted, rather than as something we must have." Somewhere along the way, between listening to all those old-timers back then and doing that third step over and over, I learned to want and seek humility rather than just need enough to stay physically sober. I am so grateful to those old-timers in the beginning that were such powerful examples to me. And I am so grateful to those that came after me and helped me to stay and grow. Today I know I needed both to stay sober and I am so grateful HP saw fit to have me in the right place to receive the message.

# 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!

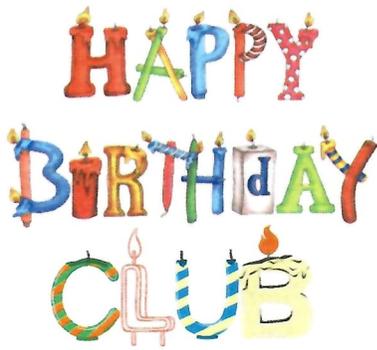
# ABOUT: SPONSORSHIP CONT:

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.



## Birthday Contributions this Month:

Patty H - 24 years - Millbrook Primary Purpose

If you wish to join the Birthday Club, please fill out the sheet below and return it to Central Office

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Did you know?? Montgomery Intergroup Central Office (MICO) now accepts Venmo!!  
Your group can use Venmo to make Group or Personal contributions to Intergroup!

### Here are things to remember:

- Please include a note with your Venmo payment/contribution in the box that says “whats this for?” under the \$\$ amount.
- If you are paying an invoice received from Central Office for a literature/chip order, put the group name & invoice number in the notes section.
- If you are making a Group Contribution, please be sure the note section has your group name!
- If you are making a Birthday 🎂 Contribution, please put “Birthday” in the notes. If you want the Birthday Contribution to reflect your group, please include your groups name, “Birthday-Group name”
- And finally, note that Venmo is PUBLIC so set your privacy accordingly!!

## Montgomery Intergroup

@MICO-Intergroup



**venmo**



**Birthday Club is when AA members contribute \$1 per year of their Sobriety to the Central Office as an act of gratitude and support your local Intergroup.**

**All you do is send us your Contribution on your Birthday month with your sobriety date & home group or mail it in with this sheet and we will print it in the Newsletter monthly Birthday Club.**

**NAME** \_\_\_\_\_

**SOBRIETY DATE** \_\_\_\_\_

**HOME GROUP** \_\_\_\_\_

**Venmo accepted: @MICO-Intergroup**

828 Forest Ave., Ste A • Montgomery, AL 36106 • (334) 264-4122

# 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?