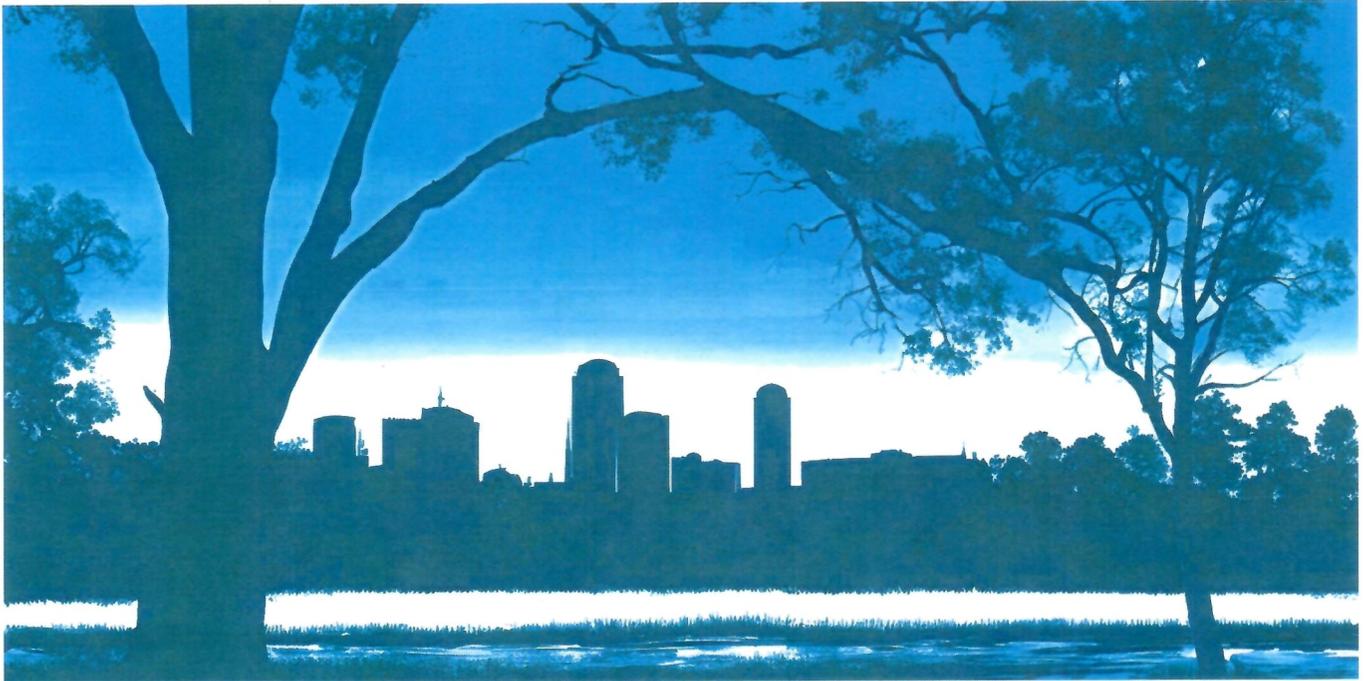


THE POST

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,

I hang out with y'all enough to know you have amazing experience, strength, and hope.

SHARE IT!!!! Please consider writing something for the POST. Don't make me text you about it!!!!

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

Our Sixth Tradition states, "An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose." In our fellowship this tradition keeps us on track of what our primary purpose and, as it says in the long form, allows us to keep the material divided from the spiritual. Our entire service structure and our two legal entities being separate from the groups and Fellowship as a whole are based off of this same principle. But I have found once again this tradition incredibly useful in other areas of my life.

I think in most relationships, money can end up being the number one offender. I know this area has been a challenging one, especially being first few years of sobriety for both of us. Coming into sobriety was the first time in my life things like bills, rent, and responsibility in general were even on the table. Budgeting and learning how to spend and save while simultaneously trying to repay all of the money that owed to so many has been a process. Now you start factoring in a partnership and trying to learn all of this together it really has been a breeding ground for resentment, frustration, and fear.

The solution we have found with the help of this tradition is to use, talk about, and share our money. Communicating and staying out of the mindsets of "who makes more or spends more money" is key. But on the other side of that, there is a delicate balance. A good partner should be supportive spiritually, emotionally, and physically to the relationship while not doing for the other what they can do for themselves.

In all of our Affairs Cont:

Almost two years ago, my partner ended up in the hospital in serious condition and was unable to work for several months. Then shortly after returning to good health, she lost her job and was out of work for a while. Needless to say, money was tight for a minute. It was really clear the role I was assigned in that moment was to be supportive and figure out what we could. It would also not have been helpful for me to add to the stress by constantly badgering and being on her case about getting one. I was able to give out what I would hope get in return if the situation was reversed.

At the same time I was able to make it clear what I could and couldn't. Since that point in our journey, we have been able to set up clear boundaries and allow her to figure out what she needed to do and get back on track, and what I needed to do on my end. I had to stay out of the way and not continue to do everything out of a false sense of being needed, or "prestige", and allow everyone to figure out what they needed to do for their own betterment. This also reminds me not to put specific claims on what's "mine" or "hers" and remember as true partnership our "property" is "ours".

To sum it up I can ask myself a few questions.

- Am I encouraging, loving, and supporting my partner while not needing to be everything to them?
- Do I show up where needed while allowing my partner the dignity to fail?
- Do I take responsibility for my own spiritual, emotional, and physical needs? And finally, am I a part of this relationship because I love and not because I need to be loved?

If I can answer yes honestly to these questions, I'm in the right mindset, heart, and spirit for what has been, in my experience, a healthy and successful relationship.

Colby W. WSIT

Emotional Sobriety

I just went to an excellent step 10 meeting and by the grace of a power greater than myself was able to pick up my 5 year chip. We were discussing pages 84 and 85 in the Big Book. One point that members emphasized at the meeting was that our growth in understanding and effectiveness “is not an overnight matter. It should continue for our lifetime.” I need to be careful not to trick myself into thinking that I have arrived just because I’ve reached a milestone in my recovery. I was reminded of that again on page 85, “We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

My spiritual condition has to do with my relationships. My four biggest relationships are:

1. My relationship with myself
2. My relationship with my Higher Power
3. My relationship with those closest to me
4. My relationship with the world around me

When I see one of those relationships faltering, I know I have a problem. I can be too hard on myself, I stop prayer and meditation, I get short tempered with my family and coworkers, or I start getting too upset at the government, the media, traffic, or my favorite sports team. When I find myself in any of those situations there is a quick remedy on page 84. These are all manifestations of my “selfishness, dishonesty, resentment, and fear.” There are four things we need to do when we find ourselves slipping into any of these frames of thinking:

1. “ask God at once to remove them.”
2. “discuss them with someone immediately” (like our sponsors)
3. “make amends quickly if we have harmed anyone.”
4. “resolutely turn our thoughts to someone we can help.”

That is how the Big Book suggests we practice step 10. It is a lot more than just making amends when we mess up. It is a continuous process every day. It is a discipline of love. We do it because we love ourselves, we love our Higher Power, we love those closest to us, and we love the world around us. We get to be the shining light of recovery to the still suffering alcoholic.

“Love and tolerance of others is our code.”

Mike D. PDG

ABOUT: SPONSORSHIP

The greatest gift in recovery is watching someone else “get” this thing. There is nothing quite like seeing the spark of hope in another alcoholic’s eyes, and knowing they are beginning to experience the same freedom that was so freely given to me. The beauty of it is that sponsorship not only helps the newcomer it also, selfishly (lol), helps me. Walking shoulder to shoulder with someone else in recovery reminds me of where I came from, keeps me grounded in the basics, and strengthens my own sobriety.

At its core, the “job” of sponsorship is simple: to take another alcoholic through the Big Book of Alcoholics Anonymous. That book is the foundation of our program and lays out the spiritual path of recovery. But I’ve also come to see that sponsorship is more than just reading through chapters together. The most effective tool I have as a sponsor is my own experience. By sharing how I applied the principles of the Big Book to my life—through fear, resentment, failure, I can help another alcoholic see that these words are not just theory, but a way of living that really works.

Sponsorship is not about authority or control. A sponsor is not a boss, a bank a parent, a girlfriend or someone with all the answers. Rather, a sponsor is a fellow traveler, someone who has walked a little further down the road and is willing to point out the path. My first sponsor Rachel helped me understand that this is a program of action, that I must be willing to go to any lengths for victory over alcohol, showed me how to take the steps. My second sponsor, Adrienne, taught me that this is about progress not of perfection, showed me how to live the steps. They both have something that I want. They shared their struggles as openly as their successes, and in doing so, showed me how honesty and humility are at the heart of recovery.

Over time, sponsorship has become one of the most meaningful parts of my journey. (Even though I still HATE answering the phone.) It reminds me that we don’t stay sober by ourselves—we stay sober by helping each other. When I sit down with a newcomer, I am reminded of the miracle of this fellowship, and of God’s never ending grace.

For me, sponsorship is about connection, about passing on hope, and about living out the responsibility that comes with recovery. Just as someone gave their time and experience to me, I now have the privilege of doing the same. And in the end, I find that I am the one who is most deeply blessed. Because when I help another alcoholic, I am reminded again and again of the truth that keeps me sober: we only keep what we have by giving it away.

Natalie M - WSIT



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

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

EASY DOES IT
DISTRICT 8
OLD TIMER'S PICNIC

Saturday, September 13, 2025
10:00am-2:00pm

10:00am: Registration
11:00am:
History/Sobriety Countdown
12:00pm: Lunch
1:00pm:
Speaker - Barry L.
(Birmingham, AL)

BBQ Provided - please bring a dessert or a side dish!

Armory Learning Arts Center
1018 Madison Ave
Montgomery, AL 36104



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	1st Monday of the Month	6:00pm	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!