

That ugly four-lettered word...FEAR



The inventory process of the fourth step can be very uncomfortable for an alcoholic, to say the least. Before coming into AA I had no idea that fear controlled my life. When I sat down and put my pen to the paper I saw how many decisions I had made and how many people I had harmed based on this four letter word – FEAR. But recognizing I was afraid was only the beginning.

Along with a lengthy list of my most intimate fears, my sponsor told me to write down how I behaved when that fear reared its ugly head. I noticed patterns of isolation, procrastination, anger, running away, and the list goes on. This was an important part of my inventory because today I can recognize those behaviors as my natural reaction to fear. When they crop up, I ask God to remove them at once and focus my thoughts on others.

The biggest question I ask myself today is: What is it about me that makes me have this fear? This question dissolves the aimless anxiety that I am often plagued with because it helps me get down to causes and conditions. For example, I have identified that I have a lot of fear about what a person thinks of me. I may act or react by not saying anything around this person, because the less I say the less reason they have for not liking me. So what is it about me that makes me have this fear? Well, I have allowed this person to determine my value and if they do not approve I must not be of any worth. So what makes me have this fear is the fact that I am no longer relying on my Higher Power for truth, but instead on the shaky foundation of another human being. This simple question allows me to recognize those things about me that separate me from others and from my Higher Power. It gives me the chance to hit my knees and ask for help. Then I become open-minded to a new way of thinking.

Fear will come back again and again, but this crucial step gives me all of the tools I need to **F**ace **E**verything **A**nd **R**ecover.

Step 4

Made a searching and fearless moral inventory of ourselves.

Am I making excuses to avoid completing my fourth step?

The **POST** is published to improve communication between local A.A. groups and encourage the participation of A.A. members in services and activities that promote sobriety. Opinions expressed in letters and articles are those of the authors and do not indicate endorsement by Montgomery Area Intergroup Central Office or Alcoholics Anonymous.



Contact Us

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Donations for print subscriptions are encouraged. For email subscriptions contact postmailinglist@gmail.com

ANNOUNCEMENTS



Does your service group have an announcement? Get the word out by sending all announcements to theposteditor.al@gmail.com.

THE NEXT DISTRICT MEETING IS:

APRIL 2ND, 2011 9:00 AM
SOLE PURPOSE GROUP (METRO)

INTERGROUP— 3rd Saturday
9AM Jackson Hospital
Cafeteria

CORRECTIONS— 1st Saturday
10:30 AM Chisholm Group

FELLOWSHIP GROUP'S 14TH ANNIVERSARY



SATURDAY MAY 7TH, 2011

3pm: Fellowship
4pm: Al-Anon Speaker—*Enrique S.* (Atlanta, GA)
5pm: Sobriety Countdown, Raffle, History
6pm: Hamburgers & Hotdogs
PLEASE BRING SIDE DISHES
7pm: AA Speaker—*Skip W.* (Pensacola, FL)
8pm: Karaoke & Dancing

LEGACIES GROUP EATING MEETING!!!

SATURDAY APRIL 2ND, 2011

6 PM—FELLOWSHIP
7 PM—EAT
8 PM—SPEAKER: LARRY K.
DOTHAN, AL



Road Trips To Happy Destiny

16th Annual Country Roundup

April 29-May 1, 2011

ChIPLEY, AL

6th Annual International Seniors in Sobriety

May 12-15

RONKONKOMA, NY

53rd Annual ICYPAA

September 2-5, 2011

SAN FRANCISCO, CA



The Central Office is having problems with their email browser and the Office will have a new email address within the next couple of days. Use the following address until further notice:

montgomery.intergroup@yahoo.com

CC the following: **mgmicco@netscape.net** and **curtis0007@att.net**

Montgomery Area Intergroup Minutes – March 19, 2011

Meeting opened with Serenity Prayer.

Groups Represented: Triangle, Legacies, Fellowship, Clanton, Chapter 9, 12 Steps & Strange Camels.

Groups Not Present: Camellia City, Happy Hour, Sole Purpose, Southside, Fountain City, Chisholm, Millbrook Serenity, Autauga S.O.S., Selma Men's, Love Works, Union Springs, Free World, Wetumpka, 5th Tradition, Maplesville, Tallasse Ray of Hope,

Empesar A Vivir, Living Sober, Slapout, Tradition III, A Vision For You, Prattville Downtown & Selma.

Secretary's Report: The minutes of the February 19th meeting were accepted as written.

Treasurer's Report: Treasurer's report for March was accepted as written.

P.O.S.T. Report: The editor of the P.O.S.T. welcomes any contributions (group announcements, articles, birthdays, etc.). These contributions for the P.O.S.T. should be sent in before the end of the month to the editor at theposteditor.al@gmail.com. You may request the P.O.S.T. via email at #.

You may also sign up to receive the P.O.S.T. by visiting the District 8 website at # & selecting the newsletter option on the web page. If you receive the P.O.S.T. and have a change of address please notify the Central office by phone or email at mgmicco@netscape.net.

Central Office: General discussion of how to carry the message in Area 1. The office hours are 10 am to 2 pm on Mondays. You can view and print a current meeting schedule by visiting the District 8 website at #. The Central Office will be open immediately after the monthly Intergroup meeting if needed.

Old Business: None

New Business: None

Group Reports: None

Meeting was closed with the Lord's Prayer.

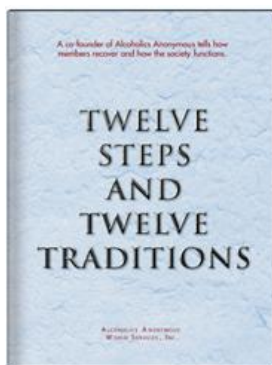
Signed: Keith H. /Secretary

**INTERGROUP/CENTRAL OFFICE
HOURS**

Mondays from 10am-2pm

Call before you come

(334) 264-4122



TRADITION 4

Each group should be autonomous except in matters affecting other groups or AA as a whole.

Do I insist that there are only a few *right* ways of doing things in AA?



District 8 Minutes March 5, 2011

Groups Represented

Prattville DTG Fellowship Legacies Happy Hour Selma Group Chisholm Sole Purpose
Tallassee Ray of Hope Clanton Triangle Strange Camels Living Sober

Committee Chairs/Co-Chairs Present

Grapevine Corrections Program Refreshments Treatment Archives PI CPC Literature OTP

Minutes

Roll Call: 35 people signed the roster, 12 groups, 10 GSR, 3 Alt/GSR. Welcome from DCM. Meeting opened with Serenity Prayer. Introductions went around room. Krista H. read Tradition Three. Allen J. will read Tradition Four for April. Roxanne M. read and shared on Concept Three. Sherry R. will read and share on Concept Four for April.

Secretary Report: Approved as written.

Treasurer Report: Scott H. See attached report.

DCM Report: Patty S. gave an explanation of what "Pre-Conference" means. She also has discs for each group with the Pre-Conference Agenda. All GSR's present see her after meeting to pick up your disc. She will print for those who are not able to do so.

Old Business: Elections Alternate DCM/Treasurer – Justin E. (Happy Hour) was elected.

New Business: None

Committee Requests: Jim M. – Archives Requested \$50 for supplies for Archives meeting.

Approved by majority vote.

Jessica A. needed money for CPC workbooks. Passed by majority vote.

Ray H. asked for \$100 for literature for prisoners in Correctional facilities. Passed by majority vote.

Committee Reports:

Archives: Jim M. Committee will set agenda to go over the workbook at next meeting. **Next Meeting:** 3rd Saturday of the month at 10:00 at Happy Hour

Corrections: Ray H. Committee met at Chisholm Group. **Next Meeting:** 4/2 at 10:30, Chisholm

C.P.C.: – Jessica A. Will combine committee meetings with PI. **Next Meeting:** April at Happy Hour time TBA.

Public Information: Roxanne M. Passed sign up sheet for CPC-PI chairs to sign. **Next Meeting:** with CPC

Grapevine: Sunny B. Passed a sign up sheet for all Grapevine chairs to sign. **Meeting:** With Literature 3:00 at Starbucks, Atl. Hwy

Barry S. P'ville DTG is having their quarterly eat/meet on April 16.

Website: Kent W. Not present

Treatment: Sherry R. 1st meeting had good attendance. Bridge the Gap meetings are available. Need good communication with N/A. **Next Meeting:** Last Sat. of the month at Starbucks, Atl. Hwy. 1:30

Literature: Krista H. Passed a sign up sheet for all Lit. chairs to sign. **Meeting:** With Grapevine

Program: Rob J. Reminded all of the program after District meeting. **Next Meeting:** April 2, after District.

Intergroup: Curt J. Needs changes for all groups. Place literature order using the Cat. # and call the Central Office in the next week. He has some Treatment workbooks. To receive the Post, he needs your mailing address. Donations are appreciated. **Meeting:** 4th Sat. of month, 9AM at Jackson Hospital.

Refreshments: Susan H. Donuts and lunch for Program workshop.

OTP: Ty S. No report. **Next Meeting:** Mar. 13, 4:00 at Starbucks, Vaughn Rd.

GSR Sharing and announcements:

Jason B. Made an announcement that the AA 67th Anniversary wrap up meeting will be Mar. 13 at 3:15 at the Happy Hour Group.

Tommy G. Invited everyone to visit the Triangle Group meeting on Tuesdays at 6:00.

Ray H. Fellowship is having an eat/meet at 5:00 tonight. Everyone is invited.

Next Program: March 5 after District meeting "The GSR: Connecting our Groups to AA as a Whole"

Meeting adjourned with Lord's Prayer.

Web Address: www.centralalaa.org

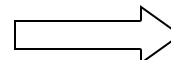
Central Office: mgmicco@netscape.net

POST address: theposteditor.al@gmail.com

Area address: P.O. Box 6501, Montgomery, AL 36106\

Next District meeting 04/02/2011, 9:00 AM at Sole Purpose Group.

Next Program: June 18 Speaker Meeting "Gifts of Service". Location TBA



District 8

Treasurer's Report

Feb-11

| | | | |
|-----------------------------|-------------------------------------|-------------------------------------|-------------------|
| | | Beginning Operating Balance: | \$1,344.90 |
| | <u>Income</u> | | |
| Wetumpka Group of AA | | \$20.00 | |
| The Happy Hour Group of AA | | \$84.72 | |
| Prattville Group of AA | | \$10.00 | |
| Fellowship Group of AA | | \$10.00 | |
| Vision For You Group of AA | | \$181.11 | |
| | | <u>\$181.11</u> | |
| | Total Income: | \$305.83 | |
| | <u>Expenses</u> | | |
| To: | For: | | |
| Check # 1409: Sole Purpose | Rent | \$30.00 | |
| Check # 1410: Intergroup | POST | \$43.20 | |
| Check # 1411: Rob Jones | Program | \$50.00 | |
| Check # 1412: Patty Pittard | DCM | \$40.00 | |
| Check # 1413: Susan Harper | Refreshments | \$63.23 | |
| | | <u>\$226.43</u> | |
| | Total Expenses: | \$226.43 | |
| | Income Less Expenses: | \$79.40 | |
| | Operating Balance: | \$1,424.30 | |
| | <u>Regional Forum Fund*</u> | | |
| | Beginning Balance | \$41.68 | |
| | Monthly Transfer | \$20.84 | |
| | Ending Balance | <u>\$62.52</u> | |
| | Operating Balance: | \$1,403.46 | |
| | <u>Prudent Reserve</u> | | |
| | Beginning Balance | \$700.00 | |
| | Transfer | \$0.00 | |
| | Ending Balance | <u>\$700.00</u> | |
| | Ending Operating Balance: | \$1,403.46 | |
| | <u>Total Amount In bank:</u> | \$2,165.98 | |

*The Regional Forum Fund will be used to stipend the incoming DCM and ADCM to the Regional Forum, which occurs every two years



Happy Birthday



**Forgot a birthday? No worries! Send your group's birthdays to: theposteditor.al@gmail.com for next month's issue.
Please submit all birthdays for May by April 26th.**

APRIL BIRTHDAYS

| | | | |
|-------------|----------------|----------|----------|
| Jon C. | Wetumpka Group | 04/98 | 13 years |
| David M. | Clanton Group | 04/23/94 | 17 years |
| Ernie K. | Clanton Group | 04/06/88 | 23 years |
| Lawrence B. | Clanton Group | 04/23/10 | 1 year |
| Amber D. | Happy Hour | 04/24/09 | 2 years |
| Corky H. | Happy Hour | 04/10/92 | 19 years |
| Helen S. | Happy Hour | 4/27/03 | 8 years |
| Jenny C. | Happy Hour | 04/16/05 | 6 years |
| Kenny F. | Happy Hour | 04/21/09 | 2 years |
| Larry B. | Happy Hour | 04/15/10 | 1 year |
| LaTrell H. | Happy Hour | 04/04/07 | 4 years |
| Sherry R. | Happy Hour | 04/01/05 | 6 years |
| Tamera W. | Happy Hour | 04/09/09 | 2 years |
| Tina S. | Happy Hour | 04/29/10 | 1 year |
| Vicky W. | Happy Hour | 04/19/07 | 4 years |
| Victoria T. | Happy Hour | 04/07/08 | 3 years |

MARCH BIRTHDAYS

| | | |
|-----------|---------------------|----------|
| Gary S. | Prattville Downtown | 7 years |
| Gene S. | Prattville Downtown | 14 years |
| Mike F. | Prattville Downtown | 13 years |
| Patty S. | Prattville Downtown | 10 years |
| Randy | Prattville Downtown | 1 year |
| Ray C. | Prattville Downtown | 2 years |
| Linda G. | Legacies | 24 years |
| Susan H. | Legacies | 7 years |
| Don G. | Chisholm | 11 years |
| Jackie K. | Chisholm | 5 years |
| Laura C. | Chisholm | 16 years |
| Linda M. | Chisholm | 9 years |
| Otis R. | Chisholm | 18 years |
| Tony P. | Chisholm | 9 years |

4

Concept 4

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.



Do we expect that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?

"If the speaker doesn't say exactly what you think he ought to say, don't criticize. He may be saying exactly what the man in the back row wants to hear."



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I AM THANKFUL

I AM THANKFUL: FOR THE WIFE WHO SAYS IT'S HOT DOGS TONIGHT
BECAUSE SHE IS HOME WITH ME, AND NOT OUT WITH SOMEONE ELSE.

FOR THE HUSBAND: WHO IS ON THE SOFA BEING A COUCH POTATO,
BECAUSE HE IS HOME WITH ME AND NOT OUT AT THE BARS.

FOR THE TEENAGER: WHO IS COMPLAINING ABOUT DOING DISHES
BECAUSE IT MEANS SHE IS AT HOME, NOT ON THE STREETS.

FOR THE TAXES I PAY: BECAUSE IT MEANS I AM EMPLOYED.

FOR MY SHADOW THAT WATCHES ME WORK: BECAUSE IT MEANS I AM
OUT IN THE SUNSHINE

FOR A LAWN THAT NEEDS MOWING, WINDOWS THAT NEED CLEANING,
AND GUTTERS THAT NEED FIXING: BECAUSE IT MEANS I HAVE A HOME.

FOR ALL THE COMPLAINING I HEAR ABOUT THE GOVERNMENT,
BECAUSE IT MEANS WE HAVE FREEDOM OF SPEECH...

FOR THE PARKING SPOT I FIND AT THE FAR END OF THE PARKING LOT
BECAUSE IT MEANS I AM CAPABLE OF WALKING AND I HAVE BEEN
BLESSED WITH TRANSPORTATION.

FOR MY HUGE HEATING BILL
BECAUSE IT MEANS I AM WARM.

FOR THE PILE OF LAUNDRY AND IRONING
BECAUSE IT MEANS I HAVE CLOTHES TO WEAR.

FOR WEARINESS AND ACHING MUSCLES AT THE END OF THE DAY
BECAUSE IT MEANS I HAVE BEEN CAPABLE OF WORKING HARD.

FOR THE ALARM THAT GOES OFF IN THE EARLY MORNING HOURS
BECAUSE IT MEANS I AM ALIVE!

Now that's
the way to
look at it!



Links to Sobriety

AA Websites and Local Service and Meeting Schedules:
www.aanatconperth2011.cjb.net
www.aaareal.org

Special Events & Activities:
www.centralalaa.org
www.aa.org

