

Redoubled Our Efforts



*M*y first attempt at the eighth step was filled with denial. I truly did not believe that I had harmed others enough to have to go to them face to face and make amends. I had the attitude that the Twelve & Twelve talks about when it says, "Why, we cried, shouldn't bygones be bygones?" (pg. 79). Fear held me back for a good 2 years before I became willing to make the toughest amends of my life, so far. I believe with all my heart it is a miracle I am sober today.

*I*t was through working the steps a second time that I became ready to work steps 8 and 9 to the best of my ability. The one thing that resonated with me this time was the phrase, "We had to redouble our efforts" (pg 77). After working a rigorously honest fourth and fifth step I thought I was home free. *Redouble?* You had to be kidding me! I thought the hard part was over.

*W*hen God reveals the truth about something it is very hard to turn away from it. It was revealed to me that my list of all persons I had harmed was not complete. There was one person missing and I had to pray for every ounce of willingness to walk through the incredible fear associated with this amends. Thankfully, God granted me enough willingness along with plenty of courage to walk through the fear in order to make this amends.

I am truly grateful for the eighth step today. It is a preparation step. It helped me uncover good motives that I never knew I possessed. It really is the beginning of the end of isolation from God and my fellows. When this step is worked on a daily basis I am conscious of my behavior and can prevent harming others, for I am learning to live in the greatest peace, partnership and brotherhood with all men and women.

Step 8

Made a list of all persons we had harmed and became willing to make amends to them all.

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

**Montgomery Area
Intergroup Central
Office**

*Office Hours-
Monday*

10 AM-2 PM

828 Forest Ave.,

Montgomery, AL 36106

24/7 Answering Service

(334) 264-4122

NEW E-MAIL ADDRESS:

montgomery.intergroup@yahoo.com

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:

**AUGUST 6TH, 2011 9:00 AM
SOLE PURPOSE GROUP (METRO)**

INTERGROUP— 3rd Saturday

9AM Jackson Hospital
Cafeteria

CORRECTIONS— 1st Saturday

10:30 AM Chisholm Group

ARCHIVES - 3rd Saturday

10 AM Happy Hour

TREATMENT—1st Saturday

10:30 AM Hardee's on Ann St.

Treatment Workshop

Sunday August 7th
Legacies Group
2pm—4pm



Stepping Ahead with Wayne B.

Planning Meeting

Saturday August 6th
Turenne
2:00pm



OLDTIMER'S PICNIC!

Saturday August 27th, 2011
At Whitfield United Methodist Church

2:00pm Fellowship
3:00pm AI Anon Speaker—TBA
4:00pm Sobriety Countdown
4:30pm AA Speaker—TBA
5:30pm Eat



Legacies Group

*Randomly Scheduled
Eating Meeting*

6:00pm Fellowship
7:00pm Eat (Potluck)
8:00pm Speaker—TBA



Road Trips To Happy Destiny

53rd Annual ICYPAA

September 2-5, 2011
San Francisco, CA

Sobriety Under the Sun

January 20-22, 2012
Puerto Vallarta, Mexico

Seniors in Sobriety

March 2012
Yuma, Arizona



INTERGROUP/CENTRAL OFFICE HOURS
Mondays from 10am-2pm
Call before you come (334) 264-4122

Montgomery Area Intergroup Minutes – July 16th, 2011

Meeting opened with Serenity Prayer.

Groups Represented: Triangle, Camellia City, Legacies, Fellowship, Clanton & Strange Camels.

Groups Not Present: Selma, 12 Steps, 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, Tallassee Ray of Hope, Empesar A Vivir, Living Sober, Slapout, Back To Basics, Chapter 9, Tradition III, Prattville Downtown & A Vision For You.

Secretary's Report: The minutes of the June 18th meeting were accepted as written.

Treasurer's Report: Treasurer's report for July 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 thepostmailmailinglist@gmail.com. You may also sign up to receive the P.O.S.T. by visiting the District 8 website at www.centralalaa.org & 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 Montgomery.intergroup@yahoo.com. Also if you are receiving the P.O.S.T. through the mail & by email please notify the post editor or the Central Office as to which way that you would prefer to receive it. In order to be able to use the non-profit mailing privileges 200 pieces (newsletters) must be mailed to the following zip codes: 360--- & 361---.

Central Office: 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 www.centralalaa.org. The Central Office will be open immediately after the monthly Intergroup meeting if needed.

Old Business: None.

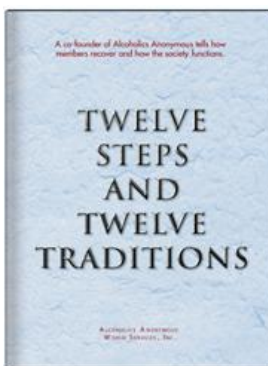
New Business: A motion was made, seconded and passed to request that the Montgomery Area Intergroup Board of Directors petition the Central Office Coordinator to attend Area Assembly meetings and District 8 meetings so that he/she may be covered under the Volunteer Service Act.

Group Reports: None.

Meeting was closed with the Lord's Prayer.

Next meeting will be on Saturday, August 20th, 2011.

Signed: Keith H. /Secretary



TRADITION 8

Alcoholics Anonymous should remain forever nonprofessional but our service centers may employ special workers.

Do I sometimes try to get *some* reward—even if not money—for my personal AA efforts?



**District 8 Minutes
June 25, 2011**

Groups Represented

Prattville DTG, Happy Hour, Chisholm, Sole Purpose, Wetumpka
Clanton, Triangle, Strange Camels, A Vision for You, Selma, Union Springs, Living Sober

Committee Chairs/Co-Chairs Present

Corrections, Refreshments, Treatment, Archives, PI, CPC, Literature, OTP, Grapevine

Minutes

Roll Call: 32 people signed the roster, 12 groups, 12 GSR, 0 Alt/GSR. Welcome from Alt. DCM, Justin E. Meeting opened with Serenity Prayer. Introductions went around room. Sherry R. read Tradition Seven. Jessica A. will read Tradition Eight for August. Maria E. read and shared on Concept Seven. Stephanie A. will read and share on Concept Eight for August.

Secretary Report: Approved as written.

Treasurer Report: Justin E. See attached report.

DCM Report: Justin E. for Patty S. No Delegate's Report this year other than the one that is given at Area Assembly.

Old Business: None

New Business: Craig M., Chairman Area 1, reported on the status of Area Assembly meeting facility. The Clarion has closed its doors and the next Area Assembly will be held at the Governor's House, July 15-17.

At that time Area will ask for other bids to be evaluated for future meetings. Kent W. talked about the new calendar on the website. If anyone has an event to be added contact Kent or Patty.

Requests for money: Literature/Grapevine chairs asked for \$100 for the upcoming program. It was voted down. The group joined in a discussion regarding giving money from District for food/prizes at workshops. It was decided that each committee should be self supporting through their own contributions. OTP is given seed money for expenses. Victoria T., Post Editor, asked for suggestions on putting birthdays in the Post. It was decided that no month would be printed.

Committee Reports:

Archives: Jim M. No report. **Next Meeting:** 3rd Saturday of the month at 10:00 at Happy Hour

C.P.C./P.I.: – Jessica A./Roxanne M. Continue to mail AA literature to Pastors and Physicians.

Next Meeting: July 20 at 7:15 at Happy Hour.

Corrections: Ray H. No report. **Next Meeting:** June 26, 3:00 Happy Hour

Grapevine: Sunny B. Grapevine met with Literature. **Meeting:** TBA

Literature: Krista H. Not present. **Next Meeting:** With Grapevine.

Treatment: Sherry R. District Treatment Workshop will be August 7 at Legacies from 2-4. Needs: Speaker meeting at Lighthouse on 1st & 3rd Fridays @ 5:45 and 2nd & 4th Fridays @ 7:15. She supplied a flyer with the Do's and Don'ts for Treatment Facilities. Union Springs Bradford needs meetings.

Next Meeting: Today after District at 10:30 at Hardee's on Ann St.

Intergroup: Curt J. Two new people (to equal 5) are needed to volunteer to meet with the Board every 3 months at Jackson Hospital.

Next Meeting: 3rd Sat. of month, 9AM at Jackson Hospital.

Program: Rob J. Not present. **Next Meeting:** TBA

Refreshments: Susan H. Donuts!!

OTP: Ty S. Supplied flyers for the next Old Timer's Picnic. **Next Meeting:** July 3, 3:30 at Triangle Group.

GSR Sharing and Announcements:

Jason B. Announced that Happy Hour has a monthly eat/meet on the first Friday at 7:00.

Sherry R. Committee for the "Step'n Ahead" event in November will meet on 6/26 at 10:30 a.m. at Happy Hour. Shoney's in Prattville.

Meeting adjourned with Lord's Prayer.

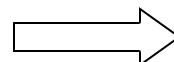
Web Address: www.centralalaa.org

Central Office: montgomery.intergroup@yahoo.com

POST address: theposteditor.al@gmail.com

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

Next District meeting 08/6/2011, 9:00 AM at Sole Purpose Group.



District 8

Treasurer's Report

May-11

Handwritten initials
Silk Stockings Group of AA

Autuaga Group of AA
 Strange Camels Group of AA
 Millbrook Serenity Group of AA
 Fellowship Group of AA

Beginning Operating Balance: \$1,501.08

Income

\$323.11
 \$15.00
 \$163.01
 \$40.00
 \$10.00

Total Income: \$551.12

Expenses

To:

Check # 1422: Sole Purpose
 Check # 1423: Intergroup
 Check # 1424: Susan Harper
 Check # 1425: Sherry Ray
 Check# 1426: Dalraida UMC (Ty)
 Regions Bank

For:

Rent \$30.00
POST \$43.20
Refreshments \$30.65
Treatment Workbooks \$15.00
OTP Meeting Rent \$30.00
Checking \$26.55

Total Expenses: \$175.40

Income Less Expenses: \$375.72

Operating Balance: \$1,876.80

Regional Forum Fund*

Beginning Balance \$83.36
 Monthly Transfer \$20.84
 Ending Balance \$104.20

Operating Balance: \$1,855.96

Prudent Reserve

Beginning Balance \$700.00
 Transfer \$0.00
 Ending Balance \$700.00

Ending Operating Balance: \$1,855.96

Total Amount In bank: **\$2,660.16**

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

** Regions-Bank - ck fee -*



Happy Birthday



Forgot a birthday? No worries! Send your group's birthdays to: theposteditor.al@gmail.com for next month's issue by August 25th.

BIRTHDAYS

David W.	Happy Hour	7 years
Eddie O.	Happy Hour	12 years
Jim C.	Happy Hour	3 years
Kim H.	Happy Hour	7 years
Maria E.	Happy Hour	29 years
Steve H.	Happy Hour	24 years
Scott J.	Triangle Group	28 years

Prattville Downtown Group—Quarterly Eating Meetings

3rd Saturday of

*January
April
July
October*

*4:30pm Fellowship
5:00pm Eating
6:30pm Speaker*



Concept 8

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Does my home group subscribe to G.S.O.'s bimonthly newsletter Box 4-5-9? The A.A. Grapevine? Do I?



Reader's Corner

The Medical View on A.A.

From Appendix 111 of the Big Book

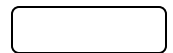
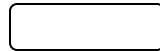
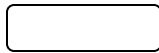
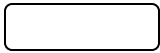
Following are excerpts from the comments of doctors present at the annual meeting [in 1944] of the Medical Society of the State of New York where a paper on A.A. was read:

Dr. Foster Kennedy, neurologist: "This organization of Alcoholics Anonymous calls on two of the greatest reservoirs of power known to man, religion and that instinct for association with one's fellows...the 'herd instinct'. I think our profession must take appreciative cognizance of this great therapeutic weapon. If we do not do so, we shall stand convicted of emotional sterility and of having lost the faith that moves mountains, without which medicine can do little".

Dr. G. Kirby Collier, psychiatrist: "I have felt that A.A. is a group unto themselves and their best results can be had under

their own guidance, as a result of their philosophy. Any therapeutic or philosophic procedure which can prove a recovery rate of 50% to 60% must merit our consideration."

...Dr. W.W. Bauer, broadcasting under the auspices of The American Medical Association in 1946, over the NBC network, said, in part: "Alcoholics Anonymous are no crusaders; not a temperance society. They know that they must never drink. They help others with similar problems...In this atmosphere the alcoholic often overcomes his excessive concentration upon himself. Learning to depend on a higher power and absorb himself in his work with other alcoholics, he remains sober day by day. The days add up into weeks, the weeks into months and years."



AS **BOB** SEES IT... ..

"I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our seal and stick-to-itiveness."

© 1980 Alcoholics Anonymous World Services:
"Dr. Bob and the Good Oldtimers"
Page 337-338



Links to Sobriety



AA Websites and Local Service and Meeting Schedules:
www.aanatconperth2011.cjb.net
www.aaarea1.org

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

