

## Do the Right Thing



Did you hear about the group that doesn't read the *Promises* at it's meeting? Or the group that actually encourages crosstalk? Worst of all there is actually a group in town that sometimes uses non Conference approved materials for the discussion meetings! In fact, I once

attended a meeting in New England that broke the 13th Tradition—the meeting lasted over an hour—on purpose!

I know that these revelations will shock some of you who rarely venture outside the cozy confines of your home group. For me the right way to conduct a meeting will always be the way my first home group did. Still, I have learned a lot from seeing how other AA groups in different places carry the message of recovery.

Tradition 4 is demonstrated by our tolerance for different styles of AA. But sometimes the transgression goes beyond style. What happens when a group claiming to be an AA group really goes off the reservation and starts pushing a religion or raising funds for outside causes? Our service structure may politely ask them to stop but for the most part we turn the problem over to the God of our understanding and admit our powerlessness. This strategy is surprisingly effective.

The example of how AA encourages group autonomy has taught me important lessons about how to live my life outside the rooms of Alcoholics Anonymous. One of our earliest slogans in AA was "Live and Let Live." When I focus on keeping my side of the street clean and stop trying to judge and control other people my Higher Power takes care of business. Plus, I'm happier! When I have something mean to say, a beef to air, or a clever rip on my fellow man, I keep it to myself (most of the time) and avoid the resulting air pollution that negatively affects those around me. Instead of worrying if stuff is done the right way, Tradition 4 helps me consider how to do the right thing.

## Tradition 4

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

Do I put down other members' behavior when it is different from mine, or do I learn from it?

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.



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# ANNOUNCEMENTS

## CORRECTIONS WORKSHOP PLUS FOOD AND FUN!!



SATURDAY, APRIL 24TH

LUNCH AND WORKSHOP BEGINS:

1:30 PM

MEETING PLACE:  
THE LEGACIES GROUP

Are you CHICKEN to get involved with CORRECTIONS?? Come eat FRIED CHICKEN and listen to those who are benefiting from the experience.

EVERYONE IS WELCOME!!!



### **Grupo Empezar A Vivir**

Spanish Speaking Group  
Mon.- Sat. 7:30-9:00 pm  
St. Peter's Catholic Church



2010 INTERNATIONAL CONVENTION



LASCYPAA  
Crawfish Boil  
Shreveport, LA  
April 3

*Spring Fling*  
May 28- May 30  
St. Louis, MO

*Road Trips To Happy Destiny*

*Baton Rouge Big Book Study*  
July 30- Aug. 1  
Baton Rouge, LA

*Founder's Day Florida Style*  
June 4-June 6  
Tallahassee, Florida

## At Your Service

**INTERGROUP**- 3rd Saturday  
9AM Jackson Hospital Cafeteria  
**CORRECTIONS**- 1st Saturday  
10:30 AM Legacies Group  
**PI/CPC**- 1st Saturday  
10:30 Happy Hour Group

### GREENVILLE MEETING

STARTING APRIL 1, 2010 THURSDAY WE WILL BEGIN MEETING AT THE GREENVILLE HOUSING AUTHORITY AT 601 BEELAND ST., GREENVILLE, AL. OUR MEETING SCHEDULE WILL BE THE SAME & OUR ALANON GROUP WILL ALSO BE MEETING THERE TOO ON THURSDAYS AT 7 PM. WE WILL STILL **NOT** HAVE AN EATING MEETING ON THE 1<sup>ST</sup> THUSDAY OF THE MONTH.

## Links to Sobriety

**AA Websites-**

[www.aa.org](http://www.aa.org)

[www.aagrapevine.org](http://www.aagrapevine.org)

**Local Service and Meeting Schedules-**

[www.centralalaa.org](http://www.centralalaa.org)

[www.aaarea1.org](http://www.aaarea1.org)

**Special Events & Activities**

[www.caymanroundup.com](http://www.caymanroundup.com)

[www.acypaa.org](http://www.acypaa.org)

[www.icypaahost.org](http://www.icypaahost.org)

[www.foundersdayflorida.org](http://www.foundersdayflorida.org)

[www.sprngflngstl.org](http://www.sprngflngstl.org)

[www.lasypaa.org](http://www.lasypaa.org)



**Montgomery Area Intergroup Minutes – March 20, 2010**

**Meeting opened with Serenity Prayer.**

**Groups Represented:** Triangle, Camellia City, Clanton, 12 Steps, Chapter 9, Fellowship & Legacies.

**Groups Not Present:** A Vision For You, Sole Purpose, Southside, Strange Camels, Fountain City, Chisholm, Millbrook Serenity, Autauga S.O.S., Selma, Selma Men’s, Love Works, Union Springs, Free World, Wetumpka, Happy Hour, Living Sober, Slap out, 5<sup>th</sup> Tradition, Maplesville, Tallassee Ray of Hope, Empesar A Vivir , Prattville Downtown & Tradition III.

**Secretary’s Report:** The minutes of the February 20<sup>th</sup> meeting were accepted as written.

**Treasurer’s Report:** The 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 (articles, birthdays, group announcements, etc.). These contributions for the P.O.S.T. should be sent in before the end of the month to the editor at [theposteditor@knology.net](mailto:theposteditor@knology.net). You may request the P.O.S.T. via email at [postmail@knology.net](mailto:postmail@knology.net). You may also sign up to receive the P.O.S.T. by visiting the District 8 website at [www.centralalaa.org](http://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 [mgmicco@netscape.net](mailto:mgmicco@netscape.net).

**Central Office:** There is still a need for volunteers to work at the Central Office & to help with the 24/7 phone line. The office hours are 10 am to 2 pm on Monday, Wednesday and Friday. Interested parties should contact the Central Office. You can view and print a current meeting schedule by visiting the District 8 website at [www.centralalaa.org](http://www.centralalaa.org). The Central Office will be open immediately after the monthly Intergroup meeting if needed.

**Old Business:** None

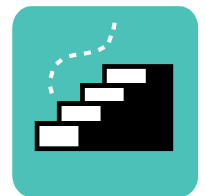
**New Business:** None.

**Group Reports:** The Fellowship Group is planning an anniversary celebration for sometime in June 2010.

**Meeting was closed with the Lord’s Prayer.**



## **STEP 4**



Made a searching and fearless moral inventory of ourselves.

“How do you look at your life?”

## ***Vacancy***

*The POST Editor service position is currently available.*

*Interested individuals should have a working knowledge of Microsoft Publisher or other publishing software. He/she should also be a participating member of AA who has worked the Steps. For more info contact Intergroup/ Central Office or email inquiries to :[theposteditor@knology.net](mailto:theposteditor@knology.net).*



**District 8 Minutes**

**March 6, 2010**

**Groups Represented**

Chisholm	Strange Camels	Loving Sober	Legacies
Happy Hour	Sole Purpose	Fellowship	

**Committee Chairs/Co-Chairs Present**

Corrections	InterGroup	Archives
CPC/PI	Treatment	Literature

**Minutes**

**Roll Call:** 22 people signed the roster, 9 groups, 7 GSR, 3 Alt/GSR. Welcome from DCM. Meeting opened with Serenity Prayer. Introductions around room. Krista H. read Tradition Three; Rob J. will read Tradition Four for April. Jenny C. read Concept Three for Justin E. Cushing P. will read and share on Concept Four for April.

**Secretary Report:** Approved as written.

**Treasurer Report:** Report accepted.

**DCM Report:** Handed out pre conference packets to group GSR's and reminded that the date for Area Assembly/Pre-Conference will be March 26-28. Everyone is invited and encouraged to attend. He will give Scott a receipt for the printing of \$200.00. He will talk to Lisa regarding the Delegate Report when she gets back and he will let us know when and where she will give her report. He said he has group change forms for GSR's.

**Old Business**

None

**New Business**

Ralph H. requested \$175.00 for framing of new picture of 1996 International Conference for Archives. Seconded, approved.

**GSR Sharing and announcements**

-Susan H. - announced that Corrections will be having a Workshop "Are you Chicken to be involved with Corrections". Fried chicken will be served and she will be asking District for money at the next meeting.

-Greg T. - Legacies Group will have an Eating Meeting on March 6, 2010 at 6pm, Speaker will be Nancy K.

-Susan H. - made a motion to elect a new Refreshment chair. Ray H. of the Fellowship Group was nominated and elected.

-Trei J. - Announced the AL Anon 61<sup>st</sup> Montgomery Anniversary is March 6 at Dalraida Methodist Church and AA will be participating.

**Committee Reports:**

**Archives:** Mike B. reported committee met last month and more pictures have been found for Archives Headquarters for District 8 at the Happy Hour Group. **Next Meeting:** Mar. 20<sup>th</sup>, 10am, Happy Hour Group.

**Corrections:** Susan H. Committee Reports are on the table. We now have a volunteer for Tallassee City Jail and two new volunteers for Montgomery Co. Women's jail. Still have facilities calling for AA to bring in meetings. **Meeting:** 1<sup>st</sup> Sat. of EVERY month, 10:30AM, Legacies

**C.P.C.** -Michelle H. not present. **Meeting:** 1<sup>st</sup> Saturday of month at the Happy Hour Group at 10:30 am



**Public Information**

-Kent W. Not present. **Meeting:** 1<sup>st</sup> Saturday of month at the Happy Hour Group at 10:30 am  
**Grapevine:** Krista spoke for Natalie C. **Meeting:** March 21<sup>st</sup> 1:30 pm @ Starbucks on Atlanta Highway in front of Wal-Mart.

**Treatment:** Rob J. Pre-trial diversion not meeting any more due to cut backs. **Meeting:** March 25, Legacies, 6:45 pm

**Literature:** Kent L. **Meeting:** Call Kent L. for info.

**Intergroup:** Curt J. Central Office is still in need of volunteers, especially on Saturday. New chair elected, Alison J. **Meeting:** 3rd Sat. of month, 9AM at Jackson Hospital.

**Program:** Dennis R. Not present. **Meeting:** TBA

**Refreshments:** NONE!!

**OTP:** Rob J. No report. Ask for volunteers willing to help with planning the picnic to attend the next meeting. **Meeting:** March 21 at 2:00 at Legacies Group.

**Meeting adjourned with Lord’s Prayer.**

**Web Address:** [www.centralalaa.org](http://www.centralalaa.org)

**POST address:** [theposteditor@knology.net](mailto:theposteditor@knology.net)

**Central Office:** [mgmicco@netscape.net](mailto:mgmicco@netscape.net)

**Next District meeting 4/3/2010, 9AM at Sole Purpose Group.**

**2010 International Convention Central Office/Intergroup Luncheon  
July 2, 2010  
San Antonio, TX  
RSVP to 210-821-6325  
\$30**



**Fellowship Anniversary  
June 5  
5:30-7:00pm**

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

“I used to get terribly upset when I saw my friends drink and I knew I could not, but I schooled myself to believe that though I once had the same privilege, I had abused it so frightfully that it was withdrawn. So it doesn’t behoove me to squawk about it, for, after all, nobody ever had to throw me down and pour liquor down my throat.”

*From “Alcoholics Anonymous” p. 175*

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# Happy Birthday!!!



## Happy Hour

Corky H. 18 yrs.  
 Gus C. 1 yr.  
 Jenny C. 5 yrs.  
 John E. 1 yr.  
 Kenny F. 1 yr.  
 Sherry R. 5 yrs.  
 Tamera W. 1 yr.  
 Vicki W. 3 yrs.

## Chilsholm

Tony P. 8 yrs  
 Otis R. 17 yrs  
 Jackie 4 yrs  
 Ben 1 yr

## Strange Camels

Karen W. 19 yrs  
 Stan W. 19 yrs  
 Natalie C. 7 yrs  
 John 26 yrs  
 Diane B. 11 yrs.

## Chapter Nine

Greg B. 22 yrs.  
 Judith S. 14 yrs.



## Fellowship

Ray H. 3 yrs.  
 Cheryl D 22 yrs  
 Steve S 9 yrs



## Triangle

Richard M. 24 yrs.

## Legacies

Susan H. 6yrs.

*Forget a birthday? No worries! Send it in next month or the month after that. Deadline for birthdays, announcements and articles is the 29th of each month.*

To make a donation to cover the cost of print subscriptions, please make your check out to Montgomery Intergroup/Central Office and indicate "POST" in the notation line.

# 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?

## **'God As We Understood Him'**

"The phrase 'God As We Understood Him' is perhaps the most important expression to be found in our whole A.A. vocabulary," wrote Bill W. "Within the compass of these five significant words there can be included every kind and degree of faith, together with the positive assurance that each of us may choose his own. Scarcely less valuable to us are those supplemental expressions—'A Higher Power' and 'A Power Greater Than Ourselves.' For all who deny, or seriously doubt a deity, these frame an open door over whose threshold the unbeliever can take his first easy step into a reality hitherto unknown to him—the realm of faith."

People from other traditions echo this insight. "Alcoholics Anonymous is not a religion and cannot take the place of religion," writes Rabbi Abraham J. Twerski in "Spirituality, Prayer, the Twelve Steps and Judaism." The rest of his essay presents Jewish teachings that resonate with each of the Twelve Steps.

Dr. Samuel Shoemaker, who was the innovative and energetic rector of Calvary Church in New York City, said, "The Twelve Steps are one of the very great summaries and organic collections of spiritual truth known to history. They have an almost universal relevance."

In support of this idea, Bill W. related a story in *Alcoholics Anonymous Comes of Age* (page 81) about a letter that had been received at A.A.'s General Service Office: "A minister in Thailand wrote, 'We took A.A.'s Twelve Steps to the largest Buddhist monastery in this province, and the head priest said, 'Why, these Steps are fine! For us as Buddhists, it might be slightly more acceptable if you had inserted the word 'good' in your Steps instead of 'God.' Nevertheless, you say that it is God as you understand Him, and that must certainly include the good. Yes, A.A.'s Twelve Steps will surely be accepted by the Buddhists around here.'"

*From "About AA Winter 2009"*

To read more go to [http://www.aa.org/lang/en/en\\_pdfs/f-13\\_winter09.pdf](http://www.aa.org/lang/en/en_pdfs/f-13_winter09.pdf)