

## No Regrets



*I* hate to admit it but many of the amends I have made were unwilling amends. Sure I knew what I did was wrong BUT that person deserved it or it really just wasn't fair. Maybe it's OK for a twelve year old to think that way but it wasn't healthy thinking for me.

*I* know that this is a program of progress and not perfection. So why do I worry whether the amends I've made were willing or unwilling? Because I like to skip steps and do them out of order. Step 8 was definitely a step I skipped over.

*I* had the list and began to make amends. I made amends because I was scared of the consequences that might result if I didn't, (e.g., I pay parking tickets because I don't want a larger fine—I made amends because I didn't want to get drunk again). I made amends because I was in a hurry to get the steps done. For me "hurry" is always the first ingredient in trouble and sometimes trouble followed the amends I was trying to make. I got in trouble for making unnecessary amends. I got in trouble for making inadequate amends and I especially got in trouble for making self serving amends. I can see now that many of these troubles resulted from my inattention to the "willing" part of Step 8.

That first list of amends has been completed but sobriety has improved my memory and sharpened my conscience. I find myself with a new list and an opportunity to learn from my mistakes. I still have regrets for my past and that troubles my spirit. This time around I am going to pray for willingness. This time around I am going to make the amends because it is the right thing to do for the people I've harmed. When I made my first set of amends I quit hiding from my past. When I make this set of amends I will stop regretting my past. That's what the Promises say.

## Step Eight

**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-*  
*Mon., Wed., Fri.*  
*10 AM-2 PM*

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# ANNOUNCEMENTS



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SHARING FROM BEHIND  
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## At Your Service

**INTERGROUP**– Aug 15, 9AM  
Jackson Hospital Cafeteria  
**CORRECTIONS**– Aug. 1, 10:40 AM  
Legacies Group  
**ARCHIVES**– Sept 19, 10AM  
Happy Hour Group

**The Monday Meeting  
@ STRANGE CAMELS  
Is Now a Big Book Study**

**Legacies Group**  
Eatin' Meetin'  
August 1 6PM

The Grapevine Publication  
"Voices of Long-Term  
Sobriety"  
Is available at Intergroup/  
Central Office

**Legacies Group**  
Has discontinued  
their Tues. &  
Thurs. meetings

**24/7 Phone Volunteers  
needed!!**

**2009  
Old Timer's Picnic**  
Saturday October 3, 2009  
Shepherd's Center  
Whitfield United Methodist Church


The 2010 AA International Convention will be here soon! Send the POST a note sharing what *ES&H* you have had at previous conventions. What was it like? How did it help? Who did you meet?

## 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.aaareal.org](http://www.aaareal.org)


**Special Events & Activities**  
[www.naigso-aa.org](http://www.naigso-aa.org)  
[bigbookonthebeach@att.net](mailto:bigbookonthebeach@att.net)



**Road Trips To Happy Destiny**

2009 5th Annual  
NAIGSO Conference  
Sept 5-6  
Lakeside, CA

11th Annual  
Big Book on the Beach  
Aug. 14-16  
St. Pete Beach, FL



**Montgomery Area Intergroup Minutes – July 18, 2009**

**Meeting opened with Serenity Prayer.**

**Groups Represented:** Tallassee Ray of Hope, Triangle, Legacies, Clanton, Camellia City, 12 Steps, Chapter 9, Maplesville, Happy Hour & Living Sober.

**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, Tradition III, Union Springs, Free World, Wetumpka, Prattville Downtown, Slapout, Fellowship, & 5<sup>th</sup> Tradition.

**Secretary's Report:** The minutes of the June 20<sup>th</sup> meeting were accepted as corrected.

**Treasurer's Report:** The Treasurer's report for July was accepted as written.

**P.O.S.T. Report:** 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. Any information to be included in the P.O.S.T. should be sent to the editor at [theposteditor@knology.net](mailto:theposteditor@knology.net) as early as possible. 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). 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.

**Central Office:** There is a need for volunteers to help with the 24/7 phone line. There is also still a need for volunteers to work at the Central Office. The office hours are 10 am to 2 pm on Monday, Wednesday and Friday. Interested parties should contact the Central Office. A separate checking account was opened for the special committee of the Montgomery AA Anniversary. Any changes in group meetings should be forwarded to 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 Legacies Group will no longer meet on Tuesdays & Thursdays as of August 1, 2009.

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

**Signed:** Keith H. /Secretary

## **TRADITION 8**

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

Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?

## ***Vacancy***

*The POST Editor service position is currently available.*

*Interested individuals should have a working knowledge of Microsoft Publisher or other publishing software. They 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  
June 27, 2009  
(July Meeting)**

**Groups Represented**

Chisholm	Prattville Downtown	Sole Purpose	Triangle
Fellowship	Legacies	Strange Camels	Maplesville
Happy Hour	Living Sober	Tradition Three	

**Committee Chairs/Co-Chairs Present**

Corrections	Grapevine	O.T.P.	Program
C.P.C. /P.I	InterGroup	Program	Refreshments

**Minutes**

**Roll Call:** 29 people signed the roster. Welcome from DCM. Meeting opened with Serenity Prayer. Introductions around room. Susan H. read Tradition Seven, Natalie C. will read Tradition Eight for August. Steve O. read and shared Concept Seven, Cat O. will read Concept Eight for August.

**Secretary Report:** May minutes accepted, reminded all of contact list and update for GSR, Alt. GSR.

**Treasurers Report:** Discussed \$38.96 payment rec'd by District for service interruption from Web hosting firm from class action suit that District was not aware of or involved with. Discussion of "outside contributions" and not being party to legal suits. Cushing P. pointed out that A.A. has been involved in many suits and has accepted remuneration. Check was for refund of services already paid for by District. Motion to accept check, seconded, approved. Report accepted.

**DCM Report:** Reminded all of date change for Alex City meeting-Sun, 6/28/09. Trei will be at Huddle House on Hwy 231 at 10AM if anyone needs a ride. Also, Area Assembly weekend of 7/10/09.

**Old Business**

None

**New Business**

Linda G. requested \$150.00 as balance of seed money for OTP. Seconded, accepted.

Dennis R. Discussed equipment-digital projector and screen-from 6/09 meeting. Preliminary cost estimate was approximately \$475.00, but possible that further research, ebay could be lower. This would be for District use, any committees, etc., and was not including a laptop as individuals would already have them for use, and loaded with their specific presentations. Dennis suggested that the figure given would be the most to be spent. The possibility of this equipment being available for free was mentioned. Spirited discussion of usefulness to District, Tradition of attraction rather than promotion, where equipment would be located, etc. ensued. Discussion will be continued next District Meeting as no motion was made regarding this issue.

Kelley M. Kelley will resign from Chair of CPC committee effective immediately, thanked all for their support. Trei suggested bringing discussion of Kelley's replacement to home groups.

**GSR Sharing and announcements**

Joni G. Prattville Downtown will have eating and speaker meeting Saturday, 7/18/09. Eating 5PM, raffle (!) 6PM, speaker 6:30PM.

Cat O. Triangle will have Birthday meeting Tuesday 6/30/09 6PM.

Craig M. Groups are still sending Area contributions to wrong address. Correct address is: Alabama/N.W. Florida. P.O. box 6501, Montgomery, AL., 36104.

Susan H. Legacies eat and meet Saturday, 8/1/09, 6PM

Steve O. Living Sober will have open chip meeting with speaker Mon., 6/27/09 6PM.

Kelley M. Fellowship will have eat and meet Saturday 7/18/09. Eating 5PM, speaker 6PM.



### **Committee Reports:**

**Archives:** N.A. **Meeting:** 3<sup>rd</sup> Sat. of month, 10AM @ Happy Hour.

**Corrections:** Susan H. Still needs groups to take facility meetings. Fellowship has offered people for Men's Facility in Autauga. Happy Hour has a person for Montgomery City Women's meeting. Will be giving presentation to Tradition Three. **Meeting:** held after each District meeting, 10:30AM, Legacies

**C.P.C. /P.I.** Kelley M. Assembled 20 information packets for West Side and Downtown churches, to be delivered by hand. Susan H. to help with Pre-Trial Diversion program to insure continuity.

Kent L. Have had contact with Cumulus Broadcasting with 7 radio stations, along with WAKA and WSFA. Cumulus will broadcast PSA's for free, but may need radio specific tapes/CD's, will also verify format of media for T.V. Also needs copyright info for reproduction, ability to insert phone #'s, though typically done by stations. **Meeting:** TBA.

**Grapevine:** Natalie C. 1 person at last meeting. Can start giving presentation in conjunction with Literature to groups, please contact Natalie C. or Kent L. Suggested giving Grape Vine to those who attend their first District meeting, also a District subscription to pass on. Natalie will assist with Pre-Trial

**Treatment:** NA. **Meeting:** Mon. 7/20/09, 6PM Legacies

**Literature:** NA. **Meeting:** TBA

**Intergroup:** Curt J. With price increase of 7/1/09, will be available at office after District. Reminded all there are no new A.A. directories this year. F-25 pamphlets listing C.O. contacts is available, information to update contacts was due 6/26/09. Mentioned that when someone is willing to step up, current chair will step down. In answer to question, better to go through Intergroup to order if possible, can adjust costs-ex: Big Book will be \$8.00 now. **Meeting:** 3rd Sat. 9AM each month at Jackson Hospital.

**Program:** Any information on pricing of projection equipment to Dennis R. please. Will be assisting in committee presentations to groups. **Meetings:** TBA

**Refreshments:** Laverne N. All good, have DONUTS!

**2009 OTP:** Linda G. 4 people at last meeting, still in dire need of help!! They need time and service, not \$\$\$. Cushing P. is the new treasurer. Flyers for picnic now available, all fees have been paid to church, facility secured. Requested GSR contact information, will be sending special invitations to Old Timers in each group, will also ask groups to participate in food and presentations. Are still waiting to hear from Al Anon, have speaker from Dothan, and Grand performance from NRFST Players. **Meeting:** Sat. 7/18/09, 11AM, Legacies.

**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 8/1/09, 9AM at Sole Purpose Group.**



# Happy Birthday!!!

## Wetumpka

Wayne C. 24 yrs.  
Freddie 17 yrs.

## Member at large

Charles P. 26 yrs.

## Union Springs

Margie J. 32 yrs.  
Glenn D. 32 yrs.



## Maplesville

Tom Mc. 21 yrs.

## Tradition Three

Jeff M. 25 yrs.

## Happy Hour

Myles W. 17 yrs.

## Triangle

Scott J. 26 yrs.



## Living Sober

Jackie L. 1 yr.

Tom M. 6yrs.

Jimmy D. 18 yrs.

## Prattville Downtown

Jim B. 7 yrs.

Angela S. 1 yr.

Brenda J. 1yr.

Tammy F. 18 yrs.

Ray R. 7yrs.

Annette 1 yr.

*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.*

## AS BOB SEES IT .....

*From a letter to Bill W. re: Board of trustees & G.S.C.*

"I am just as interested in AA as you are, but I am not 100 percent sure as to the wisest course to follow and the wisest ultimate setup. It does seem for the moment , perhaps, "Easy Does It" is the best course to follow. Maybe it would be wise to let the trustees act as trustees and perhaps insist that they do so, which might be effected with some outside pressure. The objection to the idea would be that they might mess things up badly while they attempt that. But they would surely get some unpleasant repercussions from the groups if they did... Keep your shirt on for a bit and remember whatever happens, we love you a lot. "From "Dr. Bob and the Good Oldtimers" p. 319

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## Concept Eight

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?



# From the Archives

Searching through the notes and letters stored in our archives can be interesting. Here is one example. There is a copy of minutes of a meeting [probably for Area One, the Alabama-Northwest Florida area] held on October 5, 1952 at Orion, Alabama. Orion is located in northern Pike County off of US 231. The meeting was attended by representatives of 21 groups (included Paul M., Montgomery Group) and chaired by Charles A. (Montgomery Group) our first Delegate to the General Service Conference for 1951 and 1952.

Charles made a motion that the five-man State Committee, consisting of one representative from each of five sections (Southeast, Southwest, Central, Northeast, and Northwest Alabama) be increased to twelve members to include a representative from Mobile, Montgomery, Birmingham, Tuscaloosa, Florence, Anniston, and Gadsden. His motion was amended to include a representative from Huntsville and Selma and the prisons for a fifteen member state committee. He explained that General Service headquarters in New York opposes the idea of including a representative from each group, as it makes the committee too large.

Nine of the 21 members attending said that were available to go to New York as the next Area One delegate if elected. On the first ballot, six of the nine eligible members received votes. On the second ballot, two members, Louis W. of Tuscaloosa and Fred H. of Troy, received 11 and 10 votes respectfully. Fred requested that he be allowed to withdraw in favor of Louis W. A motion was made that Louis W. be elected unanimously, was seconded, and passed unanimously. Fred H. was elected alternate delegate.

Louis W. stated that he wished to be a good delegate and that the two most pressing problems facing A.A. today (1952) are the financial condition of the General Service Office and our periodical, *The Grapevine*.

Also mentioned in the minutes:

Membership of 1,500 alcoholics in the state in 34 groups and an estimated 50,000 alcoholics in Alabama.

The state committee meeting would be an annual affair

There were only 314 Alabama subscribers to "The Grapevine" and groups should form a committee to push the sale of "The Grapevine."

Bill D. of Montgomery, a leader in A.A. prison work, briefed the attendees on A.A. in prisons and stated that the Kilby Prison group is now the largest prison group in the United States.

The Montgomery Group has formed a hospital connection with St. Jude's Hospital where a four-bed ward is available for alcoholics at a rate of \$112.45 for seven days, including hospitalization and doctor's fee.

Join us at our next Archives committee meeting and help find other interesting documents. We typically meet the third Saturday of each month at Happy Hour at 10:00 am. Due to the Area Convention/Southeast Conference in Mobile we will not be meeting in August. The next Archives committee meeting will be Saturday, September 19, at Happy Hour at 10:00 am. We'll share our findings each month with the POST readers.

*The POST wants to hear from Old Timers. What was it like when you got to AA. How did the meetings look?; where were they?; who helped you get started?; what's changed?; what's stayed the same; who do you miss and why? We also want to hear from new timers about how an old timer has helped you along the path to happy destiny. Send your musings to [theposteditor@knology.net](mailto:theposteditor@knology.net).*