

The Joy of Good Living



As another year comes to a close it is only appropriate to end with the 12th step. The spiritual awakening I get from working the steps is always one of hope. That everything will be okay in the end, that my higher power *does* love me, and that I do have a purpose. In essence, that is what my sponsor shares with me, probably what her sponsor shared with her, and the message we try to carry at every meeting. It is my responsibility to pass that hope on to others who are still suffering.

The truth is I will never be able to give away as much as I have been given in this program. That is okay with me today. I'll let God do His work with those matters. But the joy I get from helping someone else or just doing the right thing is what makes life so good for me today. It doesn't matter how many things I have, my accomplishments, my achievements, where I live, or what I drive. Those things might make me happy momentarily, but true joy does not reside in *things*. When I take the time to reach out to others I have a great day; a day full of purpose, joy and freedom from the bondage of self.

For me, the joy of good living is only possible when I am thinking about others. To guarantee misery in sobriety all I have to do is plan my day around myself, my goals, my to-do lists, my current obsession, and how to take something from every event I will attend that day. Instead, I try to choose a day where I think about what I can contribute to life, how I can make someone smile, what I can do for my friends or family that will make their day a little brighter. I don't do this every day. I'm an alcoholic and it is unnatural for me to think about someone other than myself. But that is what's so incredible about the 12th step! I get to be someone different today!

If I did not change through the process of the twelve steps, I would most likely drink again. I would still be chasing selfish ambitions, trying to be better than the next guy because I am so insecure and I get a false sense of security in being better than you. But the steps show me another way, a way to serve others humbly. Not because I know more than you or because I'm better than you but because I genuinely care about you and have also experienced suffering and have been given hope through it all. When I participate in the 12 steps and attempt to practice them until the very last line, I feel better about myself. I used to hate myself and that is why I kept drinking. These steps have given me a sense of worth, a reason NOT to drink today and in the process I get to be a part of giving back what has been given so freely to me.

Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

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

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



THE NEXT DISTRICT MEETING IS:

**DECEMBER 3RD, 2011 9:00 AM
LEGACIES GROUP**

INTERGROUP

3rd Saturday 9:00 AM Jackson Hospital Cafeteria

CORRECTIONS

1st Saturday 10:30 AM Chisholm Group

ARCHIVES

3rd Saturday 10:00 AM Happy Hour

TREATMENT

1st Saturday 10:30 AM Hardee's on Ann St.

Fellowship Group EAT & MEET

December 17th, 2011

4:30pm Fellowship

5:00 Eat

6:00 Open Speaker



Chisholm Meeting Schedule Changes

Monday-Sunday Noon & 6:00pm

Tuesday & Thursday 8:00pm

Monday, Wednesday & Friday

8:00pm Cancelled



The new Grapevine publications "Step by Step" and "A Rabbit Walks into a Bar" should be in the Central Office by the 9th of December.



Maplesville Group of Alcoholics Anonymous Meeting Schedule Changes:



Friday, Open Discussion
7:00pm
Sunday, Closed Discussion
7:00pm

Road Trips To Happy Destiny

Riverside Round up

January 12-15th

Riverside Resort, Laughlin Nevada

Sobriety Under the Sun

January 20-22, 2012

Puerto Vallarta, Mexico

Seniors in Sobriety

March 14-17, 2012

Yuma, Arizona



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

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Montgomery Area Intergroup Minutes – November 19th, 2011

Meeting opened with Serenity Prayer.

Groups Represented: Triangle, Camellia City, Legacies, Back To Basics, Fellowship, Clanton, Prattville Downtown, Chapter 9 & Happy Hour.

Groups Not Present: Selma, 5th Tradition, 12 Steps, Sole Purpose, Southside, Fountain City, Chisholm, Millbrook Serenity, Autauga S.O.S., Selma Men's, Love Works, Union Springs, Free World, Wetumpka, Maplesville, Tallassee Ray of Hope, Empesar A Vivir, Living Sober, Slapout, A Vision For You, Strange Camels & Tradition III.

Secretary's Report: The minutes of the October 15th meeting were accepted as written.

Treasurer's Report: Treasurer's report for November 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.

Central Office: The Central Office coordinator stated that an order would be placed for Grapevine literature in the coming week. A discussion about buying a new computer for the Central Office was brought up again. The Central Office Treasurer is continuing to research this issue & will report at the next meeting in December. The Central Office hours are 10 am to 2 pm on Mondays. It is still a good idea to call before you come by the office. The Central Office will be open immediately after the monthly Intergroup meeting if needed.

Unfinished Business: None.

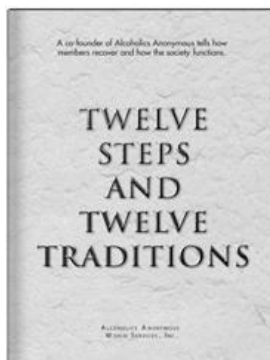
New Business: None.

Group Reports: None.

Meeting was closed with the Lord's Prayer.

Next meeting will be on Saturday, December 17th, 2011.

Signed: Keith H. /Secretary



TRADITION 12

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

When I do not trust AA's current servants, who do I wish had the authority to straighten them out?



District 8 Minutes November 5, 2011

Groups Represented

Prattville DTG, Happy Hour, Chisholm, Tallassee Ray of Hope, Tradition III, Strange Camels, Union Springs, Fellowship, Legacies

Committee Chairs/Co-Chairs Present

PI, Corrections, Treatment, Archives, Grapevine, Refreshments

Roll Call: 25 people signed the roster, 9 groups, 8 GSR, 1 Alt/GSR. Welcome from DCM, Patty S. Meeting opened with Serenity Prayer. Introductions went around room. Jason B. read Tradition Eleven. Sherry R. read and shared on Concept Eleven.

Secretary Report: Frances K. Approved

Treasurer Report: Justin E. See attached report. Approved

DCM Report: Patty S.

- Area Assembly October 14-16.
 - Location update for future Area Assemblies: Governors House for next meeting. Will vote in July for the location for next 2 years
- Web Calendar passed around to note events.

Old Business: Jim M. made a motion to for future District 8 meetings to be held at Legacies Grp. Passed

New Business:

- Motion to change time of District Committee meetings. Tabled
- Discussion to change the amount of rent to be paid for facility holding District meetings. Tabled

Kent W. made a motion to be reimbursed for \$195.37 for web page host for 18/mo. Passed

Committee Reports:

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

C.P.C.: – Jessica A. Not here. **Next Meeting:** 1st Monday of every month at 7:15 at H.H with PI

P.I.: - Roxanne M. She went over what is being done. Contacted the Mtg Advertiser for possible print announcement. Area Workshop in Jan. “How does social networking affect AA?” **Next Meeting:** 1st Monday of every month at 7:15 at H.H with CPC

Corrections: Ray H. Not here. **Next Meeting:** TBA

Grapevine: Sunny B. Subscribe to Grapevine for a gift. Ebook will be available on line in Dec. Also use it to get topics for meetings. **Next Meeting:** TBA

Literature: Krista H. Jeanie reported for Krista that Daily Reflections is coming to the internet.

Next Meeting: TBA

Treatment: Sherry R. Met with PI at last meeting to discuss how they can work together.

Next Meeting: Dec. 3 after District at 10:30.

Intergroup: Curt J. New chips are in if you need some. Also put map on meeting schedule.

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

Program: Rob J. Not here. District Inventory has been rescheduled for January. **Next Meeting:** TBA

Refreshments: Susan H. Donuts!!

OTP: New chairperson will be elected in January 2012. **Next Meeting:** TBA

GSR Sharing and Announcements: Jason B. announced that Happy Hour announced that each Thursday in Nov. Kent L. will be talking about Traditions. Roxanne said that the next planning comm. for the Montgomery AA Anniversary will be at Happy Hour group at 1:30. Jim M. announced that the Legacies Group will be having their 4th Anniversary eat/meet on Nov. 19 at 6:00 and Kent L. will be the speaker. Also Legacies will be having an “open house” on Thanksgiving from 2:00 - 9:00. Everyone is welcome

Meeting adjourned with Lord’s Prayer.

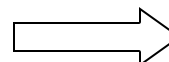
Web Address: www.centralalaa.org

Central Office: montgomery.intergroup@yahoo.com

POST address: theposteditor.al@gmail.com

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

Next District meeting: 12/03/2011, 9:00 AM at the Legacies Group.





District 8

Treasurer's Report

Oct-11

Last Month Bank Amount: **\$2,219.13**

Income

Fellowship Group of AA- Check 1045	\$10.00
Strange Camels Group of AA-Check 705	\$6.55
Fellowship Group of AA- Check 1056	\$10.00
Happy Hour Group of AA-Check 1253	\$243.18
Autauga SOS Group of AA-Check 2240235902	\$10.00
Slapout Group of AA-Check ?	\$15.00
Triangle Group of AA-Check ?	\$5.00
Total Income:	\$299.73

Expenses

<u>To:</u>	<u>For:</u>	
Check # 1447: Intergroup	<u>POST</u>	\$43.20
Check # 1449: Curt Jackson	<u>Postage-OTP</u>	\$29.00
Check #1451: Postmaster	<u>Annual PO Box Fee</u>	\$46.00
Check # 1446: Sole Purpose	<u>Rent</u>	\$30.00
Check # 1448: Krista Hickey	<u>Refreshments</u>	\$32.96
Check # 1450: Sherry Puckitt	<u>Postage-CPC/PI</u>	\$11.88
	Total Expenses:	\$193.04

Income Less Expenses: **\$106.69**

Bank Total: **\$2,325.82**

Regional Forum Fund*

Beginning Balance	\$187.56
Monthly Transfer	\$20.84
Ending Balance	\$208.40

Prudent Reserve

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

Available Funds : \$1,417.42

*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 by December 28th.

BIRTHDAYS

Becky	Chisholm	12 years
Bird	Chisholm	20 years
Calvin	Chisholm	33 years
Kevin	Chisholm	1 year
Roy W.	Chisholm	15 years
Ed J.	Fellowship	23 years
Ellen C.	Fellowship	27 years
Penn S.	Fellowship	1 year
Robert C.	Fellowship	3 years
Robert H.	Fellowship	8 years

Curt J.	Triangle Group	29 years
Jean D.	Triangle Group	26 years
Nancy C.	Triangle Group	27 years
David W.	Legacies	39 years
Allen J.	Legacies	10 years
Delene W.	Happy Hour	1 year
James B.	Happy Hour	7 years
Jessica A.	Happy Hour	3 years
Rob A.	Happy Hour	3 years
Phelps R.	Happy Hour	1 year
Bill I.	Prattville Downtown	19 years
Jeff H.	Prattville Downtown	16 years
Lindsey R.	Prattville Downtown	3 years
Lucy G.	Prattville Downtown	6 years
Macie O.	Prattville Downtown	1 year
Sherry D.	Prattville Downtown	3 years
Tammy E.	Prattville Downtown	18 years
Tammy G.	Prattville Downtown	1 year

Concept 12

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

Do we insure the spiritual liberties of all A.A. members by not placing any member in the position of absolute authority over others?



Greetings from your District Eight Archives Committee,

As the calendar moves from the Gratitude month of November to the Twelfth Step month of December, here are twelve of our favorite web sites that stress the history of Alcoholics Anonymous, letting us know how to carry the message.:

1. Alcoholics Anonymous Timeline (from the A. A. Web Site)

- <http://aa.org:80/aatimeline/>
- The Alcoholics Anonymous World Service archives staff that created the timeline did quite a nice job

2. AA History and Trivia

- <http://www.aahistory.com/>
- Also has many excellent links

3. Akron Archives

- <http://www.akronaa.org/Archives/archives.html>
- Dr. Bob was from Akron

4. Alcoholics in Action Group (Astoria, NY)

- <http://www.alcoholicsinaction.org/>
- See especially the Literature & Audio section, both of which contain historical elements

5. Atlanta Men's Workshop <http://www.mensworkshop.org/>

- Neat Stuff page http://www.mensworkshop.org/neat_stuff.html
- With a number of historical references and sources
- Photo Gallery
- http://www.mensworkshop.org/AA_Gallery/index.htm

6. Baltimore AA

- <http://www.baltimoreaa.org/>
- With many excellent references and entire publications [This site

may have to be accessed via <http://www.a-1associates.com/Site.htm>]

7. Barefoot Bob's Site

- <http://www.barefootworld.net/aahistory.html>
- This is an excellent site with many publications on AA History and early AA, Oxford Group, and other documents. Barefoot Bob died on January 31, 2009, but his son Casey is maintaining the site

8. Dick B's site

- <http://www.dickb.com/index.shtml>
- Also has many direct and indirect links to AA Historical Publications, and he has a very explicitly Christian view of recovery

9. Fourth Dimension Group

- <http://www.4dgroups.org:80/>
- See especially the Downloads/Links section, documents page and also the audio page

10. Hindsfoot Foundation

- <http://hindsfoot.org/>
- Has an excellent index of historical materials and many links to entire publications. This site is one of the richest historical sources available, and has many different areas of information. Glenn C. placed most of this material on the site.

11. Mitchell K's Site

- http://aabbsg.de/chs/history_links.htm
- Has many reference and actual publications, particularly about pre-AA such as the Washingtonians, Oxford Group and more, and on his sponsor, Clarence S.

12. Silkworth Site

- <http://silkworth.net/aahistory/historyaa.html>
- Another site with hundreds of references and actual publications. This is an excellent starting place for the beginner.

AS BOB SEES IT... ..

“And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or even attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.

© 1980 Alcoholics Anonymous World Services:
“Dr. Bob and the Good Oldtimers”
Pg. 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

