

Flock of Sobriety



Watching a great flock of birds got me to thinking, “That’s kind of the way AA works.” With most flocks, and AA meetings, it is hard to tell which bird is in charge. Of course there is the person who opens the door but she is forgotten when suddenly a horde descends on the coffee pot and starts chattering away.

Is it the meeting chairperson who is in charge? We think not! Try as he might the direction and topic of the meeting will take the shape that the group decides. The backbenchers provide interesting color commentary for the event but they certainly aren’t governing. Then with a “keep coming back” everyone instinctually flies out the door and back to the realities of “life on life’s terms.”

Even more curious is the proceeding hopefully referred to as the *business meeting*. Everyone knows that the poor person facilitating the activity will not be able to affect efficient parliamentary procedure. Someone will get upset, someone will get stupid and whatever is accomplished will not be what was expected when the meeting started. The miracle of it all is that our Higher Power speaks through each participant in the room. We just have to listen!

Safety is one of the greatest expressions of a loving God in our group conscience. When it comes to drinking we each have moments of strength and weakness. Being in the middle of a great flock of sobriety means we can follow the lead of the group and avoid the dangerous situations and people our group identifies for us.

What makes the “organization” of Alcoholics Anonymous work? How does a loving God communicate Himself in our group conscience? I am not sure but I think it has something to do with why we say the Serenity Prayer before every meeting.

Tradition 2

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

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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Donations for print subscriptions are encouraged.
For email subscriptions contact postmail@knology.net

ANNOUNCEMENTS

Don't Be Glum



**66th Anniversary of AA
in Montgomery**

**February 27, 2010
Whitfield UMC/Sheppard Center
2673 Fisk Rd. Montgomery, AL**

- 4:00 Fellowship
- 4:30 Ralph H.- History of AA in Montgomery
- 5:00 AA Speaker
Michael E.- Augusta, GA
- 6:00 BBQ Dinner & Raffle



Insist On Fun!



At Your Service

INTERGROUP– Feb. 20, 9AM
Jackson Hospital Cafeteria

CORRECTIONS– Feb. 6, 10:40 AM
Legacies Group

ARCHIVES– Feb. 20, 10 AM
Happy Hour Group

Grupo Empezar A Vivir

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

Links to Sobriety

AA Websites-

www.aa.org

www.aagrapevine.org

Local Service and Meeting Schedules-

www.centralalaa.org

www.aaarea1.org

Special Events & Activities

www.caymanroundup.com

www.acypaa.org

www.icypaaahost.org

52nd International Conference of Young People in
Alcoholics Anonymous (ICYPAA)
New York City
August 26th-29th 2010

Road Trips To Happy Destiny

ACYPAA
San Diego, CA
Feb. 11-14



2nd Annual Cayman Islands
Roundup, "Keep it Simple"



Montgomery Area Intergroup Minutes – January 16, 2010

Meeting opened with Serenity Prayer.

Groups Represented: Triangle, Camellia City, Clanton, 12 Steps, Chapter 9, Fellowship, Prattville Downtown, Living Sober, Legacies, Happy Hour & Tradition III.

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, Slapout, 5th Tradition, Maplesville, Tallassee Ray of Hope & Empesar A Vivir.

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

Treasurer's Report: The Treasurer's report for January 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. You may request the P.O.S.T. via email at 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 & 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: There was a discussion about the position of the registered agent for the Central Office which is a requirement according to the articles of incorporation. The status of the copy machine at the Central Office was also discussed. The company which performs the maintenance on this copier states that it is so old that replacement parts are difficult to find. Discussion on replacing this copier was tabled until the next meeting. 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. The Central Office will be open immediately after the monthly Intergroup meeting if needed.

Old Business: None.

New Business: A motion was made, seconded & passed for all pamphlets to be sold at the A.A.W.S. single copy price.

Group Reports: The Legacies group will have an eating/speaker meeting on Saturday, March 6, 2010, time to be announced later. The Fellowship group will be having an eating/speaker meeting on Saturday, February 13th, 2010 with the meal at 5 pm & the speaker at 6 pm.

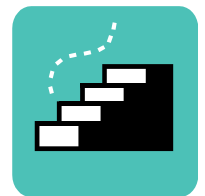
Meeting was closed with the Lord's Prayer.

Signed: Keith H. /Secretary



STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.



What gave you faith that the 12 Steps would work?

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.



**District 8 Minutes
January 2, 2010
Groups Represented**

Chisholm	Legacies*	Strange Camels	Triangle*
Happy Hour*	Prattville Downtown*	Sole Purpose*	Union Springs*
Wetumpka*			* = GSR/Alt present

Committee Chairs/Co-Chairs Present

Archives	Corrections	InterGroup	Grapevine
Literature	Program	Treatment	

Minutes

Roll Call: 22 people signed the roster. Welcome from DCM. Meeting opened with Serenity Prayer. Introductions around room. Joni G. read Tradition One, Jenny C. will read Tradition Two for February. Amy W. read and shared on Concept One, Mike B. will read Concept Two for February.

Secretary Report: Accepted. Secretary is stepping down in January. Thank You for letting me serve, it's been fun.

Treasurer Report: District P.O. Box had lapsed, but is OK now, box number is the same. \$215.00 in checks received at District meeting, will be added to total from submitted report. Report accepted.

DCM Report:

- Area 11AM Finance Committee workshop open, will discuss taxes and non-profit status.
- Area Assembly this weekend, hospitality room open unless you smoke.
- GSR's will be receiving Group assignments

Old Business

None

New Business

- Natalie C. requested \$9.00 to renew LaVina subscription. Approved
- Curt J. Suggested including addresses for District and Area contributions in minutes. OK!
- Frances K. nominated, seconded and approved as **NEW DISTRICT SECRETARY!** She will do a great job, thank goodness, we needed that.H

GSR Sharing and announcements

- Jenny C. 66th Anniversary will be 2/27, about 4PM. Two possible locations are still being considered. Speaker is Michael E. from Georgia. They are accepting ANY donations, please send checks to Central Office, memo "66th Anniversary". **Meeting:** 1/10, 4 PM, Happy Hour.
- Joni G. Eat and Meet 1/16, 4:30 with an Encore Presentation by **NRSTP Players!** Be there.

Committee Reports:

Archives: Mike B. Going over all current material, welcomed new member. **Meeting:** 3rd Sat., 10AM @ Happy Hour.

Corrections: Susan H. New report is available. Strange Camels is sponsoring two monthly meetings at Tutwiler, Tradition Three is sponsoring Kilby. A member of Fellowship is taking a meeting to Red Eagle. Five facilities are still waiting for meetings, plus facilities in outlying areas. **Meeting:** 1st Sat. of month, 10:30AM, Legacies



C.P.C. /P.I. N.A. Meeting: 3rd Mon. of the month.

Grapevine: Natalie C. Grape Vine is having a photo contest for next calendar. If you submit a photo, you get free subscription! Make it good. **Meeting:** 1/10/2010 after Area Assembly, 2:00. Starbucks, Atlanta Hwy. Be there.

Treatment: Rob J. Will be taking over Pre-Trial and coordinating with Natalie C. They need help for speaker meetings including CAPS, Union Springs, Salvation Army. Rob will be going to groups for presentations. **Meeting:** 1/25/10, Legacies, 6:00PM

Literature: Kent L. Committee inventory is still in the works, it's becoming more involved than originally thought. **Meeting:** TBA.

Intergroup: Curt J. Needs help on 24/7 line for Saturday starting at 5PM, also other times. If your Group changes meeting time(s) you must let C.O. know **ASAP** so corrected schedules can be distributed. **Meeting:** 3rd Sat. of month, 9AM at Jackson Hospital.

Program: Dennis R. Needs response from Groups and Committee Chairs for presentation needs. **Meeting:** TBA

Refreshments: No Donuts.

OTP: No report. New OTP will be addressed next District Meeting.

Meeting adjourned with Lord's Prayer.

Web Address: www.centralalaa.org

POST address: theposteditor@knology.net

Central Office: mgmicco@netscape.net

Next District meeting 2/6/10, 9AM at Sole Purpose Group

**Eatin' Meetin'
Legacies Group
March 6th**



**Eatin' Meetin'
Fellowship Group
Feb. 13
5pm Eat 6pm Speaker**

AS BOB SEES IT

"If you can't be happy in this program, there isn't much use being in it."

Happy Birthday!!!



Sole Purpose

James C. 17 yrs

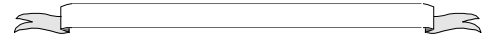
John M. 3 yrs

Tim C. 19 yrs

Boykin M. 31 yrs

Heather H. 3 yrs

Al P. 16 yrs



Wetumpka

Buddy C. 37 yrs

Billy Bob 16 yrs.

Tim H. 2 yrs.



Triangle

Pete T. 23 yrs.

Strange Camels

Paul H. 14 yrs.



Fellowship

Anthony R. 28 yrs

Barbara McB 25 yrs

Chris B. 1 yr

Davis B. 30 yrs

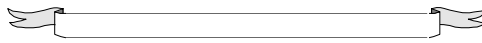
Fran F. 4 yrs

Jeff Wr 2 yrs

Jim A. 18 yrs

Martha B. 3 yrs

Sharon S. 7 yrs

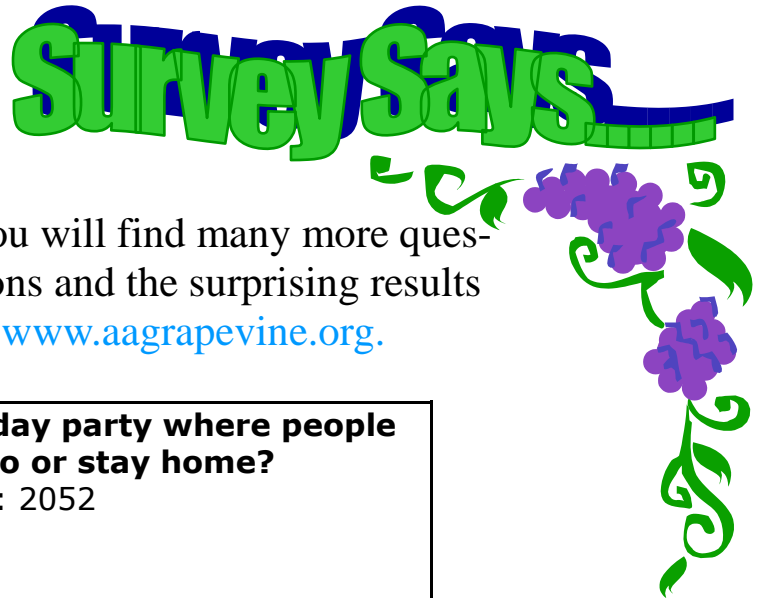


Forget a birthday? No worries! Send it in next month or the month after that. Deadline for birthdays, announcements and articles is the 29th of each month.

Concept 2

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

Do we have an understanding of the history of the General Service Conference ?



Question: Were you arrested because of your drinking?
 Total Responded: 2335

Yes	1387 votes (59.4 %)
No	948 votes (40.6 %)

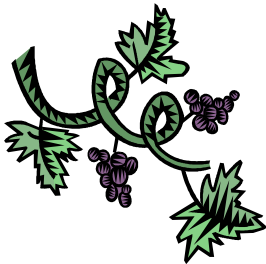
You will find many more questions and the surprising results at www.aagrapevine.org.

Question: You're invited to a holiday party where people will be drinking. Do you go or stay home?
 Total Responded: 2052

I'll go and see what I can bring to the occasion. 787 votes (38.35 %)

I think I'll attend but I'll carry my AA phone numbers and will leave early if necessary. 725 votes (35.33 %)

I'm not ready for a drinking party. I may go to a meeting instead. 540 votes (26.32 %)



Question: How long do you meditate?
 Total Responded: 1354

Not at all	550 votes (40.62 %)
Up to 15 minutes	515 votes (38.04 %)
15-30 minutes	213 votes (15.73 %)
More	76 votes (5.61 %)

Question: Would you consider your home group diverse?

Yes	428 votes (43.06 %)
Somewhat	284 votes (28.57 %)
Not really	282 votes (28.37 %)

