

Taking The First Step Toward Recovery



Coming to terms with the fact that I was powerless over alcohol was, at first, an overwhelming sense of defeat. How could this have happened to me? Has my life really become unmanageable? The answer was an undeniable 'yes'.

Alcohol had become a constant in my life. Unfortunately, for me and my loved ones, drinking had ceased to be enjoyable long before I was able to realize just how detrimental my alcoholism had become. I would make grand declarations that I was done drinking. Soon after, I would find the comfort I needed in a drink. The thought of living for the rest of my life without alcohol was overwhelming. I had been treading water too long. I was sinking.

Admitting my powerlessness allowed me to ask for help. Until that point, I thought I could figure out any problem on my own; especially the problems of everyone around me. I knew my drinking habits were not normal, but I could fix it. I didn't need anyone in my corner because I was strong enough. Little did I know, my disease far outweighed any self-will I thought I had.

Finally, accepting help was both the hardest and best action I could take. It is a blessing that I have an opportunity to surrender each day to a God of my understanding. Without my faith in a Higher Power, I would struggle to have any faith in myself. I am never alone in my sobriety, and for that, I am truly grateful.

Step 1

We admitted we were powerless over alcohol—that our lives had become unmanageable.

Have you fully conceded to your innermost self that you are alcoholic?

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 postmailinglist@gmail.com

ANNOUNCEMENTS



THE NEXT DISTRICT MEETING IS:

**JANUARY 8TH, 2011 9:00 AM
SOLE PURPOSE GROUP (METRO)**

AREA ASSEMBLY

January 14-16th, 2011
Madison Hotel
120 Madison Ave., Montgomery, AL

Grupo Empezar A Vivir

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

**67th Anniversary of
AA in Montgomery**

Saturday February 19th, 2011
Speaker and Location TBA

INTERGROUP– 3rd Saturday
9AM Jackson Hospital Cafeteria
CORRECTIONS– 1st Saturday
10:30 AM Legacies Group

Road Trips To Happy Destiny

20th Ever Huntsville Round Up
February 3-6th, 2011
Huntsville, AL

**40th Annual Gulf Coast
Roundup**
February 4-6th, 2011
Fort Walton Beach, FL

27th Annual Jubilee Convention
February 25-27th, 2011
Gulfshores, AL



**INTERGROUP/CENTRAL OFFICE
HOURS**

Mondays from 10am-2pm
Call before you come
(334) 264-4122

Montgomery Area Intergroup Minutes – December 18, 2010

Meeting opened with Serenity Prayer.

Groups Represented: Triangle, Clanton, Happy Hour, Chapter 9, Legacies, Camellia City & 12 Steps.

Groups Not Present: Sole Purpose, Southside, Strange Camels, 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, Prattville Downtown, Living Sober, Slapout, A Vision For You, Fellowship, Tradition III & Selma Group.

Secretary's Report: The minutes of the November 20th meeting were accepted as written.

Treasurer's Report: Treasurer's report for December was accepted as written.

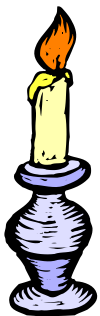
P.O.S.T. Report: We have a new editor for the P.O.S.T. Her name is Victoria T. & she is a member of the Happy Hour Group. The new editor of the P.O.S.T. welcomes any contributions (group announcements, articles, birthdays, etc.). These contributions for the P.O.S.T. should be sent in before the end of 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 mgmicco@netscape.net.

Central Office: The Central Office now has the following Grapevine items, Language of the Heart (Hard Copy), Voices of Long-Term Sobriety, Beginner's Book, Emotional Sobriety, Spiritual Awakenings # 2 and A Rabbit walks into a Bar. 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. Interested parties should contact the Central Office. Discussed starting a website for the Central Office-more info. to follow at next month's meeting. Also proposed a meeting for the 24/7 phone line volunteers for sometime in February 2011. 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: None.

Group Reports: The Legacies Group now has a closed discussion/non-smoking meeting at 9 am on Sundays.
Meeting was closed with the Lord's Prayer.



TRADITION 1

**Our common welfare should come first;
personal recovery depends upon AA unity.**

Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?



District 8 Minutes December 4, 2010

Groups Represented

Chisholm Sole Purpose Prattville DTG Fellowship Strange Camels Clanton Triangle

Committee Chairs/Co-Chairs Present

Literature/Grapevine Corrections
Archives Intergroup

Minutes

Roll Call: 14 people signed the roster, 9 groups, 4 GSR, 3 Alt/GSR. Welcome from DCM. Meeting opened with Serenity Prayer. Introductions went around room. Heather H. read Tradition Twelve. Frances K. will read Tradition One for January. Clint read and shared on Concept Twelve. Sunny B. will read and share on Concept One for January.

Secretary Report: Approved as written.

Treasurer Report: Susan H. had copies of reports for everyone to pick up.

DCM Report: Trei said that Cat O. has stepped down from her position as Alt. DCM due to personal situation. Also we need to fill CPC and PI position chairs. Election will be held next District meeting. Regional Forum in SC is Dec. 10-12. Information is online. All new GSR's need to give Intergroup their information.

Old Business: Trei reported that AL ANON said that only want a link to their website. A vote was taken not to put them on our website.

New Business: Discussion to change the date of the next District 8 meeting and a vote was taken to change to January 8 at 7:30 am at Sole Purpose.

GSR Sharing and announcements

Natalie C. reported that the Lavinia subscription is due. A motion was made and seconded to re-new the subscription at \$22.00/2 years and vote passed. Curt J. said that Intergroup supplied pamphlets to Jackson Hospital for a total of \$8.00. He noted that a check was given to District for OTP made out to Intergroup for \$50.00. Frances had the check and said she would mail to Curt. He said all would be even then for all expenses. Cole L. announced that the Alco-thon will be at Chisholm Group again this year beginning at 12:00 noon on 12/31 going until 8:00 am on 1/1. The 10:00 pm meeting will be an open meeting, all others will be group choice. A dance will be held at midnight. For more information contact: Charlie at 531-9657 or Brandon at 646-2878. Heather H. made an announcement that starting immediately, all Sunday 9:00 am meetings at the Sole Purpose Group (Metro) will be cancelled until further notice.





Committee Reports:

Archives: Mike B. Group met Nov. 18 and discussed why AA is anonymous from “AA Comes of Age”. **Next Meeting:** TBA

Corrections: Susan H. Staton Prison is begging for a meeting to come to their (men’s) facility. She needs volunteers. Other men and women facilities need/want meetings.

Meeting: TBA

C.P.C.: – Position open.

Public Information: Position open.

Grapevine: Natalie C. Pizza Party at Happy Hour 2-4. 22 people attended. **Meeting:** TBA

Literature: Natalie gave report with Grapevine. **Meeting:**

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

Treatment: Rob J. Resumed meeting at CAPS on Fridays at 6:00. Contact Rob if interested in speaking. **Meeting:** TBA

Intergroup: Curt J. Three have volunteered to be the new Post Editor. New volunteer for 24/7 Hotline calls is Alison J. **Meeting:** 3rd Sat. of month, 9AM at Jackson Hospital.

Refreshments: Ray H. Brought donuts

OTP:

Meeting adjourned with Lord’s Prayer.

Web Address: www.centralalaa.org

Central Office: mgmicco@netscape.net

POST address: theposteditor@knology.net

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

Next District meeting 01/08/2011, 7:30 AM at Sole Purpose Group.

Next Program: Regional Forum, Dec. 10-12; Area Assembly Jan. 14-16, 2011



Links to Sobriety



AA Websites and Local Service and Meeting Schedules:

www.centralalaa.org

www.aaarea1.org

Special Events & Activities:

www.aagieland.com

Www.aanatconperth2011.cjb.net



Happy Birthday



We didn't forget your birthday, we have just changed editors. Please send all birthdays for January *and* February to theposteditor.al@gmail.com for next month's issue.

District 8 Service Positions Available

Alternate DCM/Treasurer – This position is the vice chairperson of District 8 and represents the DCM when necessary. Also assists in keeping GSR's informed about local service activities. District 8's Alternate DCM is also the District Treasurer who collects contributions, pays bills, and provides financial reports to District monthly.

Public Information (PI) Chairperson –The purpose of the PI Chairperson is to provide accurate AA information to the public when requested. May also visit schools, communities and businesses for this purpose. May serve as a resource for the local media emphasizing anonymity, singleness of purpose, and non-affiliation as well as offer public service announcements to radio and television stations. Also keeps up the District 8 AA website.

Cooperation with the Professional Community (CPC) Chairperson – The purpose of the CPC Chairperson is to provide AA information to those who have contact with alcoholics through their professions, such as health care professionals, educators, clergy, lawyers, social workers, probation officers, and others. Information is provided about where we are, what we are, what we can do and what we cannot do.

Concept 1



Final responsibility and ultimate authority for A.A. world ser-vices should always reside in the collective conscience of our whole Fellowship.

Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?

Dr. Bob advocated that members stay in dry places whenever possible. "You don't ask the Lord not to lead you into temptation, then turn around and walk right into it".

From "Dr. Bob and the Good Old Timers" p. 281

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The Importance of Sponsorship

Most present members of Alcoholics Anonymous owe their sobriety to the fact that someone else took a special interest in them and was willing to share a great gift with them.

Sponsorship is merely another way of describing the continuing special interest of a seasoned member that can mean so much to a newcomer turning to A.A. for help.

Individuals and groups cannot afford to lose sight of the importance of sponsorship, the importance of taking a special interest in a confused alcoholic who wants to stop drinking. Experience shows clearly that the members getting the most out of the A.A. program, and the groups doing the best job of carrying the A.A. message to still-suffering alcoholics, are those for whom sponsorship is too important to be left to chance.

By these members and groups, sponsorship responsibilities are welcomed and accepted as *opportunities* to enrich personal A.A. experience and to deepen the satisfactions that come from working with others.

Excerpt from Questions & Answers on Sponsorship

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