

Entirely Ready?



I'm the type of alcoholic who requires a significant amount of pain and turmoil before giving anything over to God as I understand Him – especially alcohol. I remember in the first few weeks of trying to stay sober there were times where I felt like there was no way I was going to make it through the night without a drink. I felt like I was going insane. Little did I know I was on my way to sanity each and every day that I held on.

I can't say that I was entirely ready to stop drinking but I know I did not like the person I became when I took that first drink. That was enough to make a beginning. I held onto what I heard in meetings, "One day at a time", "Don't give up five minutes before the miracle", "There is nothing a drink will make better". So it is with my defects of character.

There is nothing that ruinous gossip, rage, or self-pity will make better. So why do I continue to act out of these defects? First, these defects were a means to protect myself, but today I am on the basis of trusting and relying on infinite God rather than my finite self. Second, I find my old behavior quite comfortable but change is necessary for growth. But most of all, I am afraid I will not get something that I want, or will lose something that I have and in order to be free I have to let go of old ideas or the result is nil.

My sponsor reminded me that I had to ask God to remove the obsession to drink on a daily basis and if I wanted freedom from these defects I would have to put forth the same effort. When my defects crop up, when I get that turning in the pit of my stomach that signals rage or the cold rush through my veins that signals jealousy I need to hit my knees and ask God to take it. Just like the drink.

We who have recovered understand the release from the obsession to drink and the power that can only come from something greater than ourselves. When I apply this concept to the 6th Step I understand the willingness required to let go of my defects of character. The truth is AA has given me all of the tools I need to stay sober. The only thing I need to do is use them.

Step 6

Were entirely ready to have God remove all these defects of character.

Do I recognize where my instincts have far exceeded there intended purpose? And am I now willing to turn them over?

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-
Monday
10 AM-2 PM
828 Forest Ave.,
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24/7 Answering Service
(334) 264-4122

NEW E-MAIL ADDRESS:
montgomery.intergroup@yahoo.com

Donations for print subscriptions are encouraged. For email subscriptions contact postmailinglist@gmail.com

ANNOUNCEMENTS



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

THE NEXT DISTRICT MEETING IS:

**JUNE 4TH, 2011 9:00 AM
SOLE PURPOSE GROUP (METRO)**

INTERGROUP— 3rd Saturday
9AM Jackson Hospital Cafeteria

CORRECTIONS— 1st Saturday
10:30 AM Chisholm Group

ARCHIVES - 3rd Saturday
10 AM Happy Hour

HAPPY HOUR GROUP'S 5TH ANNIVERSARY

*Saturday June 18th
@ Happy Hour*

5:00pm—Fellowship
5:30pm—Eat
6:30pm—History of Happy Hour: Paul I.
7:00pm—Raffle
7:15pm—Sobritey Countdown
7:30pm—Speaker: Diz T. (Tallahassee, FL)



Workshop: Gifts of Service

**Saturday June 18th
@ Turenne PharMed Co.**



4:00pm— Fellowship
5:00pm—Eat
6:00pm— Speaker

*Please Bring Side Dishes

Road Trips To Happy Destiny

53rd Annual ICYPAA

September 2-5, 2011
San Francisco, CA



Music City Roundup

June 30th—July 3rd, 2011
Nashville, TN
www.musiccityroundup.com

OLDTIMER'S PICNIC COMMITTEE MEETING

Sunday, June 12th
3:30pm

Dalraida United Methodist Church Annex
*Anyone who wants to volunteer their time please attend!

**5th Tradition Group in Selma
changed their meeting times
from 7:00pm to 6:00pm.**



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

Montgomery Area Intergroup Minutes – May 21, 2011

Meeting opened with Serenity Prayer.

Groups Represented: Triangle, Camellia City, Happy Hour, Prattville Downtown, Fellowship & Chapter 9.

Groups Not Present: Selma, Strange Camels, 12 Steps, Legacies, Sole Purpose, Southside, 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, Living Sober, Slapout, Tradition III, Back TO Basics, A Vision For You & Clanton.

Secretary's Report: The minutes of the April 16th meeting were accepted as amended.

Treasurer's Report: Treasurer's report for May 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 mgmicco@netscape.net. 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: A facsimile of the first issue of the Grapevine is available at the Central Office at a cost of \$1.35. Also discussed placing contact telephone numbers for each AA group on the meeting schedule to assist in locating each AA group meeting location. Central Office is also seeking any individual(s) to be a webmaster for a web site for the Montgomery Area Intergroup. The office hours are 10 am to 2 pm on Mondays. 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

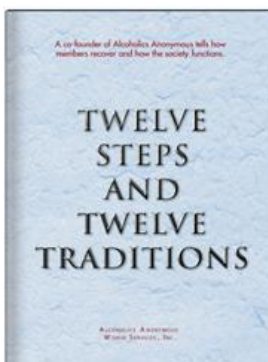
New Business: A motion was made, seconded & passed to \$30.00 for the cost of registration to the Annual Central Office/ Intergroup AAWS Conference to be held in September in Mesa, Arizona so as to receive a final report from this meeting.

Group Reports: The next meeting of the Old Timer's Picnic Planning Committee will be on Sunday, June 12th, 2011 beginning at 3:30 pm at the Triangle Group. The Old Timer's Picnic will be held on Saturday, August 27th, 2011 at the Whitfield United Methodist Church on Fisk Road. The Happy Group will be having an anniversary celebration in June- details coming soon.

Meeting was closed with the Lord's Prayer.

Next meeting will be on Saturday, June 18th, 2011.

Signed: Keith H. /Secretary



TRADITION 6

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Should my fellow group members and I go out and raise money to endow several AA beds for our local hospital?



District 8 Minutes - May 7, 2011

Groups Represented

Prattville DTG Fellowship Legacies Happy Hour Chisholm Sole Purpose Wetumpka
Tallasse Ray of Hope Tradition III Triangle Strange Camels A Vision for You Intergroup

Committee Chairs/Co-Chairs Present

Corrections Program Refreshments Treatment Archives PI CPC Literature OTP

Minutes

Roll Call: 28 people signed the roster, 12 groups, 8 GSR, 0 Alt/GSR. Welcome from DCM. Meeting opened with Serenity Prayer. Introductions went around room. Jessica A. read Tradition Five. Roxanne M. will read Tradition Six for June. Ray H. read and shared on Concept Five. Frances K. will read and share on Concept Six for June.

Secretary Report: Approved as written.

Treasurer Report: Justin E. See attached report.

DCM Report: Patty S. Attendance at "Pre-Conference" Area Assembly was very good. Delegates Report is July 16 with District 9 hosting. Details TBA. Patty suggested that we may not want to have a Delegates Report after this due to the fact that it is given at Area Assembly. Something to think about.

Old Business: None

New Business: Requests for money: Sherry R. asked for \$15 for Treatment Workbooks. Approved by vote. Larry B. (CPC) asked to be reimbursed for postage (approx. \$8). He mailed letters to clergy. Approved.

Committee Reports:

Archives: Jim M. Ralph H. chaired the meeting and they went over the workbooks. Reminded that Archives are displayed at Happy Hour and to take time to go and look over.

Next Meeting: 3rd Saturday of the month at 10:00 at Happy Hour

C.P.C. /P.L.: – Jessica A. Committees are mailing letters with literature to doctors and clergy to get the word out about A.A. **Next Meeting:** May 29 at 2:30 at Happy Hour.

Public Information: Roxanne M. Met with CPC. Contacting hotels and sending letters to libraries for AA books. Wants help with contacting the media and PSA. **Next Meeting:** with CPC

Corrections: Ray H. Purchased \$100 worth of materials from Central Office for facilities. Waiting for a return call from Maxwell. Will begin meetings at Staton Prison. Have received requests from inmates with Bridge the Gap for rides to meetings. **Next Meeting:** 5/7 at 10:30, Chisholm

Grapevine: Sunny B. Not present. **Meeting:** With Literature 3:00 at Starbucks, Atl. Hwy

Website: Kent W. Not present

Treatment: Sherry R. Last meeting had great attendance. They reviewed all facilities and need volunteers for Bullock and Elmore Co. Having a Treatment Workshop was discussed. A new facility for women just opened and we will be taking a speaker meeting there on Sundays at 6:00. Discussed Do's and Don'ts of carrying the message. **Next Meeting:** May 28 at Starbucks, Atl. Hwy. 1:30

Literature: Krista H. Wants to have a workshop at District and maybe play A.A. Jeopardy and have refreshments. More details later. **Meeting:** With Grapevine

Intergroup: Curt J. Has new stock at the Central Office. New email: montgomery.intergroup@yahoo.com. Intergroup has been helping to provide venues through Central Office. Need volunteers for Board Member. Had 9 members but down to 5. **Meeting:** 4th Sat. of month, 9AM at Jackson Hospital.

Program: Rob J. The next Program/Workshop will be June 18 at 4:00 at Turenne. He asked that you bring side dishes. Eat at 5:00 then the Speaker will be at 6:00. Rob asked that Committees put up displays. **Next Meeting:** TBA

Refreshments: Susan H. Donuts provided by Keith P.

OTP: Ty S. Need \$30 for Dalraida Annex meeting space. **Next Meeting:** May 13, 4:00 at Dalraida Annex

GSR Sharing and announcements:

Ray H. Made an announcement that the Fellowship Group will celebrate their Anniversary on May 7 at Turenne Bldg beginning at 3:00.

Meeting adjourned with Lord's Prayer.

Web Address: www.centralalaa.org

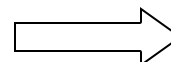
Central Office: montgomery.intergroup@yahoo.com

POST address: theposteditor@knology.net

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

Next District meeting 06/04/2011, 9:00 AM at Sole Purpose Group.

Next Program: June 18 Speaker Meeting "Gifts of Service". Location Turenne PharMedCo.



District 8

Treasurer's Report

Apr-11

		Beginning Operating Balance:	\$1,607.10
 <u>Income</u>			
Prattville Group of AA		\$10.00	
Autauga Group of AA		\$10.00	
Fellowship Group of AA		\$10.00	
Fellowship Group of AA		\$10.00	
Triangle Group of AA		\$10.00	
	Total Income:	<u>\$50.00</u>	
 <u>Expenses</u>			
<u>To:</u>	<u>For:</u>		
Check # 1418: Sole Purpose	<u>Rent</u>	\$30.00	
Check # 1419: Intergroup	<u>POST</u>	\$43.20	
Check # 1420: Susan Harper	<u>Refreshments</u>	\$15.95	
Check # 1421: Susan Harper	<u>Refreshments</u>	\$22.00	
Regions Bank	<u>Checking</u>	\$24.03	
	Total Expenses:	<u>\$135.18</u>	
	Income Less Expenses:	-\$85.18	
		Operating Balance:	\$1,521.92
 <u>Regional Forum Fund*</u>			
	Beginning Balance	\$62.52	
	Monthly Transfer	<u>\$20.84</u>	
	Ending Balance	\$83.36	
		Operating Balance:	\$1,501.08
 <u>Prudent Reserve</u>			
	Beginning Balance	\$700.00	
	Transfer	<u>\$0.00</u>	
	Ending Balance	\$700.00	
		Ending Operating Balance:	\$1,501.08
		<u>Total Amount In bank:</u>	\$2,284.44

*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 June 26th. Please **ONLY submit birthdays for July.**

JUNE BIRTHDAYS

Justin E.	Happy Hour	4 years
Lawrence J.	Happy Hour	1 year
Roberto H.	Happy Hour	1 year
Tom W.	Happy Hour	1 year
B.J. H.	South Side Group	13 years
Bill R.	Triangle Group	22 years
Wayne C.	Wetumpka Group	26 years

Concept 6



The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Are we clear about the terms, "chief initiative" and "active responsibility"? Can we see a direct link to our home group?

Words of Wisdom

1. He that cannot forgive others breaks the bridge over which he must pass himself; for everybody has the need to be forgiven.
2. Human beings, are almost unique. They have the ability to learn from the experience of others, and are also remarkable for their reluctance to do so.
3. The world hates change, yet it is the only thing that has brought progress.
4. Having discovered an illness, it's not terribly useful to prescribe death as a cure.
5. We could never learn to be brace, patient and tolerant, if there were only joy in the world.
6. The greatest defect of character is to be conscious of none.
7. Only in the dictionary will you find success before work.
8. Everybody makes mistakes. Fools repeat them, the weak excuse them, only the wise admit and profit from them.
9. Happiness is doing with a smile what you have to do anyway.
10. Wisdom is to live in the present, plan for the future and profit from the past.

—from the May 2004 issue of the POST



AS BOB SEES IT...



“We’re all after the same thing, and that’s happiness. We want peace of mind. The trouble with us alcoholics was this: We demand the world give us happiness and peace of mind in just the particular way we wanted to get it—by the alcohol route. And we weren’t successful. But when we take time to find out some of the spiritual laws, and familiarize ourselves with them, and put them into practice, then we do get happiness and peace of mind...There seem to be some rules that we have to follow, but happiness and peace of mind are always here, open and free to anyone.”

© 1980 Alcoholics Anonymous World Services:
“Dr. Bob and the Good Oldtimers”
Page 308

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

