

## The Best Meeting In Town



When I first got sober I thought my home group meeting was the best. It was the best people, best format, best sharing, and the right size. At first it was good for me to feel like that. Then a strange thing happened—the core members of my home group went and started another meeting. That upset me a little.

I liked things the way they were. The meeting they started was OK but I decided to stick with the meeting I was at.

My home group changed. It got really big but it was great seeing so many new folks come in and get better. Then a strange thing happened—the core members went and started another meeting. It made me mad this time. I visited the new meeting and didn't like it. Sadly, I even said so to some other people at my homegroup. I didn't think much about it until I heard someone else say something similar. Her criticism (and mine) sounded bitter and it wasn't really true. Even worse, anyone in ear shot might have been discouraged from visiting a meeting they needed.

Then a strange thing happened. My life and schedule dramatically changed. I wasn't able to make it to the same group on a regular basis. I started to wander around to different meetings and no matter where I went I saw people that I knew. That felt great! It turns out that sobriety is contagious and spreads. People were happy in meetings all over the city. I also discovered that the quality of a meeting was directly linked to my attitude going in. Even the best meetings weren't fulfilling when my attitude was negative and judgmental. When I used the serenity prayer to put a little tolerance and love in my hard head, even the unique meetings were sheer joy. I have discovered that the best meeting in town is not necessarily the one I am in or the one you are in. The best meeting in town is the one *we* are in. It's better getting sober together. I look forward to seeing ya'll in 2010!

## Tradition 1

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

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*

*828 Forest Ave.,*

*Montgomery, AL 36106*

*24/7 Answering Service*

*(334) 264-4122*

*Donations for print subscriptions are encouraged.*

*For email subscriptions contact [postmail@knology.net](mailto:postmail@knology.net)*

# ANNOUNCEMENTS

## Save the Date

**66th Anniversary of AA in Montgomery**  
**Feb. 27**  
**4pm-7pm**

Until further notice the Camellia City Group will hold its meetings at the following location:

Stabler Clinic located at 300 North College  
St. Greenville, AL.

For the time being we will also not be having our monthly speaker/eating meeting on the 1<sup>st</sup> Thursday of every month. We are not sure if Alanon will hold its meeting at this location also but more will be revealed when we contact our Alanon group.

## **66th Anniversary of AA in Montgomery** **Planning Committee Meeting**

**Sunday Jan. 10**  
**4pm**  
Happy Hour Group

## At Your Service

**INTERGROUP**– Jan. 16, 9AM  
Jackson Hospital Cafeteria  
**CORRECTIONS**– Jan. 2 & Feb. 6,  
10:40 AM Legacies Group  
**Grapevine**– Jan. 10, after Area  
Assembly, Starbucks on  
Atlanta Hwy.

## **Grupo Empezar A Vivir**

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

## 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.aaarea1.org](http://www.aaarea1.org)

### Special Events & Activities

[www.wacypaa.org](http://www.wacypaa.org)  
[www.acypaa.org](http://www.acypaa.org)



Road Trips To Happy Destiny

ACYPAA

San Diego, CA  
Feb. 11-14

WACYPAA

Eugene, OR  
Dec. 31-Jan. 3



2010 INTERNATIONAL  
CONVENTION



**Montgomery Area Intergroup Minutes – December 19, 2009**

**Meeting opened with Serenity Prayer.**

**Groups Represented:** Triangle, Camellia City, Clanton, 12 Steps, Chapter 9 & Fellowship.

**Groups Not Present:** Legacies, Happy Hour, 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, 5<sup>th</sup> Tradition, Maplesville, Living Sober, Tallassee Ray of Hope & Empesar A Vivir.

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

**Treasurer's Report:** The Treasurer's report for December 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. 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).

**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. 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:** None

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

**Signed: Keith H. /Secretary**



**STEP 1**



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

How do you surrender to win?

***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](mailto:theposteditor@knology.net).*



**District 8 Minutes  
December 5, 2009**

**Groups Represented**

Chisholm	Legacies	Strange Camels	Tradition Three
Happy Hour	Prattville Downtown	Sole Purpose	Triangle

**Committee Chairs/Co-Chairs Present**

Archives	Corrections	InterGroup	Grapevine
CPC/PI	Treatment		

**Minutes**

**Roll Call:** 23 people signed the roster, 8 groups, 8 GSR, Alt/GSR. Welcome from DCM. Meeting opened with Serenity Prayer. Introductions around room. Joni G. read Tradition Twelve, Krista H. will read Tradition One for January. Natalie C. read and shared on Concept Twelve, Amy W. will read Concept One for January.

**Secretary Report:** Accepted. Reminder about contact information for e mail.

**Treasurer Report:** District P.O. box had lapsed, but is OK now. Report accepted.

**DCM Report:** Area Delegate reports Region owed \$105K to hotel, \$9,500 paid for hall rental, \$95,656.92 still owed for room blocks. Area Treasurer met with hotel Mgr. Hotel has offered to drop bill if A.A. books another convention there for same amount as debt by 2011, but options are still being looked into.

- Al Anon 61<sup>st</sup> anniversary 1<sup>st</sup> weekend March, 2010, Jim K. attended committee meeting. Speaker committee is interested in a panel of A.A., possibly two women and two men.
- Area 11AM Finance Committee workshop open, will discuss taxes and non-profit status.
- Area hospitality room open unless you smoke.
- Regional report available.
- New meeting schedule with Spanish Group meetings listed. District Group Conscious OK's their participation in District and meetings

**Old Business**

None

**New Business**

-Michelle H. requested \$100.00 for CPC misc. expenses. Seconded, approved.

**GSR Sharing and announcements**

- Monica D. Chisholm hosting Alcahthon on New Year's eve. and Day. 10-12 will be open meetings, then meetings every 2 hours. Asking for groups to host meetings, please contact Cole for now. Meeting assignments will be drawn from hat.
- Clark W. 66<sup>th</sup> Anniversary date is in flux. They are considering a game show A.A. trivia theme with teams from groups. A.A. rules apply ie: made as you go. They are accepting ANY donations, please send checks to Central Office, memo "66<sup>th</sup> Anniversary". **Meeting:** 12/6, 4 PM, Happy Hour.
- Joni G. Prattville Downtown will have a 12 Step Play 12/19 at 6:30 PM. Eat and Meet 1/16, 4:30 with an Encore Presentation by **NRSTP Players!**
- Heather H. Sole purpose open meeting 12/19 5:30PM



### **Committee Reports:**

**Archives:** Mike B. No November meeting. Next 12/19 10AM Happy Hour. **Meeting:** Usual 3<sup>rd</sup> Sat., 10AM @ Happy Hour.

**Corrections:** Susan H. A.A. is closer to returning to Tutwiler. Still waiting for word from Elmore City Women and Maxwell. A new member at Red Eagle. PLEASE see e-mailed Corrections Report for more detailed info and opportunities. No Dec. meeting. **Meeting:** 1<sup>st</sup> Sat. of month, 10:30AM, Legacies

**C.P.C. /P.I. -Michelle H.** Taking a committee literature inventory, are in process of putting "Dr." pamphlets together, need participation.

-Kent W. Discussing putting business cards in hotels on counter instead of schedules behind counters. More accessible and easier to see. They will need help distributing. They are still discussing revised cards. **Meeting:** 3rd Mon. of the month.

**Grapevine:** Natalie C. Special promo for subscriptions, buy one, get gift subscription ½ OFF! **Meeting:** 1/10/2010 AFTER Area Assembly, 2:30. 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 presentation. No Dec. meeting. **Meeting:** 1/25/10, Legacies, 6:00PM

**Literature:** NA. **Meeting:** Call Kent L. for info.

**Intergroup:** Curt J. Spanish Group now part of Inter-Group, their meetings now included on District Meeting schedule. Next meeting will discuss literature pricing, tax ramifications of 501C-4, 501C-3 status. GSO is C-3. **Meeting:** 3rd Sat. of month, 9AM at Jackson Hospital.

**Program:** NA. **Meeting:** TBA

**Refreshments:** Donuts!

**2009 OTP:** No report. Props to Linda, Good Job!

**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 1/2/10, 9AM at Sole Purpose Group**

**AS BOB SEES IT .....**

"I am helping myself by helping you. I want you to do the same thing."



# Happy Birthday!!!

## Triangle

Lynn S. 33 yrs.  
Noah C. 22 yrs.  
Stan P. 35 yrs.



## Happy Hour

Ben H. 36 yrs.  
Nancy N. 25 yrs.  
Cathy C. 1 yr.  
Jessica B. 1yr.  
Kelly M. 1 yr.

## Resolutions for 2010

1. Don't Drink
2. Attend an Inter-group Meeting
3. Volunteer to answer the 24/7 phone line
4. Volunteer to help in the Intergroup Office
5. Learn more about the history of Intergroup/Central Offices in AA
6. **Send your home group's birthdays in every month!!**



## Chapter 9

Adrian 1 yr.  
David 1 yr.  
James 1 yr.  
Albert G. 19 yrs.  
Willie T. 17yrs.



*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 1

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

Where do we fit in the upside-down triangle of A.A.?



# Info from Area 1

## 2010 Area Assembly dates

**January 8-10** AREA ASSEMBLY-  
Quality Inn Governors House  
2705 E. S. Blvd., Montgomery, AL  
344-288-2800

**March 26-28** AREA ASSEMBLY-  
Quality Inn Governors House  
2705 E. S. Blvd., Montgomery, AL  
344-288-2800

**July 9-11** AREA ASSEMBLY-  
Quality Inn Governors House  
2705 E. S. Blvd., Montgomery, AL  
344-288-2800

**October 8-10** AREA ASSEMBLY-  
Quality Inn Governors House  
2705 E. S. Blvd., Montgomery, AL  
344-288-2800

## Building AA Unity 101

A beginner's course of action

1. Smile and shake hands.
2. Listen.
3. Say the "Serenity Prayer."
4. Attend a meeting at a different group.
5. Compliment/thank the meeting chairperson after the meeting.
6. Say something nice about the different meetings in town.
7. Attend an AA celebration or special event.
8. Participate in planning or hosting an AA celebration or special event.
9. Attend/participate in Intergroup, District, or Area.
10. Contact G.S.O and find out how to correspond with a "Loner" or incarcerated A. A.

### ***FREE!!***

Digital subscriptions for the  
G.S.O. publications  
ABOUT AA  
BOX 4-5-9  
MARKINGS  
SHARING FROM BEHIND  
THE WALLS

Register for delivery @  
<https://dds.aaws.org/>



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

## **4000 Volunteers Needed!!**

To help make the 2010 International  
Convention a success.  
Email [sanantonio2010@aol.com](mailto:sanantonio2010@aol.com) for info.

## **5 Volunteers Needed!!**

To answer the 24/7 phone line and/or  
work in the Central Office.  
Call 264-4122 for info.