

GOT ADVICE?



A wise man once told me that it probably wasn't a good idea to listen to any marriage advice I might hear at a meeting. He went on to say that

our fellowship does not have the greatest success rate at marriage. Put another way, collectively we know a lot about staying sober but we don't know much about staying married.

Meetings are not the best place for medical advice, legal advice, or investment advice.

Meetings are the best place for staying sober advice. Together, at meetings, is where the true strength of this program is seen. That's what Tradition 5 is all about—Keeping the main thing the main thing. Alcoholism is a fearsome disease. We need each other to recover one day at a time and we need to remain focused on our common cause.

I have gotten great advice from sober alcoholics about a wide variety of everyday life issues. But, the advice was not given at a meeting.

My advice to you; Don't drink. Go to meetings, Say Your Prayers, and Work the Steps!

Tradition 5

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?

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

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Fellowship Anniversary
June 5
5:30-7:00pm

Hello everyone! District 8 Corrections now has it's very own email address!!!
Please make a note of it!
correctionsdistrict8@yahoo.com

At Your Service

INTERGROUP– 3rd Saturday
9AM Jackson Hospital Cafeteria
CORRECTIONS– 1st Saturday
10:30 AM Legacies Group
PI/CPC– 1st Saturday
10:30 Happy Hour Group
GRAPEVINE– May 2, 2pm
Starbucks-Atlanta Hwy

2010 International Convention Central Office/Intergroup Luncheon
July 2, 2010
San Antonio, TX
RSVP to 210-821-6325
\$30



Grupo Empezar A Vivir
Spanish Speaking Group
Mon.– Sat. 7:30-9:00 pm
St. Peter's Catholic Church

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.icypaahost.org

www.foundersdayflorida.org

www.sprngflngstl.org

www.lasypaa.org



Spring Fling
May 28– May 30
St. Louis, MO

Road Trips To Happy Destiny

Baton Rouge Big Book Study
July 30– Aug. 1
Baton Rouge, LA

Founder's Day Florida Style
June 4–June 6
Tallahassee, Florida



Montgomery Area Intergroup Minutes – April 17, 2010

Meeting opened with Serenity Prayer.

Groups Represented: Triangle, Camellia City, Clanton, Fellowship, Living Sober & Legacies,

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, Prattville Downtown, 12 Steps, Chapter 9, Happy Hour & Tradition III.

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

Treasurer's Report: No treasurer's report.

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@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: The Central Office received the Final Report for the 24th Annual Intergroup/Central Office A.A.W.S. Grapevine Seminar that was held on October 2-4, 2009 in Rochester, New York. 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: None.

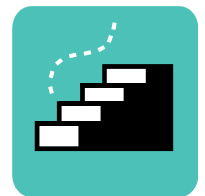
Group Reports: The Fellowship Group will have its anniversary celebration on June 5th, 2010. There will be a flyer to follow giving the times & agenda.

Meeting was closed with the Lord's Prayer.

Signed: Keith H. /Secretary



STEP 5



Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

How do you describe your wrongs?

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
April 3, 2010

Groups Represented

Strange Camels	Triangle	Legacies	Prattville DT
Happy Hour	Sole Purpose	Fellowship	

Committee Chairs/Co-Chairs Present

Corrections	InterGroup	Archives	Refreshments
CPC/PI	Treatment	Grapevine	

Minutes

Roll Call: 17 people signed the roster, 8 groups, 5 GSR, 4 Alt/GSR. Welcome from DCM. Meeting opened with Serenity Prayer. Introductions around room. Allen J. read Tradition Four; Michelle H. will read Tradition Five for May. Cushing P. read Concept Four. Ralph H. will read and share on Concept Five for May.

Secretary Report: Approved as written.

Treasurer Report: Report accepted.

DCM Report: Area Assembly/Pre-Conference was March 26-28. He said that response for Area has ebbed and that we need to be responsible at the Core. He also said that financial problems have to be addressed and named suggestions for cutting down on expenses. The Delegate Report from Lisa will be June 19th in Montgomery with the location to be announced.

Old Business: None

New Business

Susan H. asked for \$200.00 for the Corrections Workshop. Approved.

GSR Sharing and announcements

-Cat O. - announced that April 11 at noon the Spanish Group will have their 3rd Anniversary
-Joni G. – Prattville Down Town Group April 17 Anniversary Eating/ Meeting.

Committee Reports:

Archives: Mike B. will meet with new members to attempt to get more history of fellowship and plans more interviews with Old Timers. Archives Headquarters for District 8 is at the Happy Hour Group. **Next Meeting:** April 17th, 10am, Happy Hour Group.

Corrections: Susan H. had flyers for Corrections Workshop. Committee Reports are on the table. More volunteers are coming forward. She commented on the Bridge Program. Still have facilities calling for AA to bring in meetings. **Meeting:** 1st Sat. of EVERY month, 10:30AM, Legacies

C.P.C. - Michelle H. no report. **Meeting:** 1st Saturday of month at Happy Hour Group at 10:30 am

Public Information - Kent W. Not present. **Meeting:** 1st Saturday of month at the Happy Hour Group at 10:30 am

Grapevine: Natalie C. commented on the financial woes and asked for suggestions. **Meeting:** May 2 at 2:00 pm @ Starbucks on Atlanta Highway in front of Wal-Mart.

Treatment: Rob J. **Meeting:** April 29, Legacies, 7:00 pm

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

InterGroup: Curt J. Central Office is still in need of volunteers, especially on Saturday. New AA Directory cut off is May 1. Change forms available for GSR's. **Meeting:** 3rd Sat. of month, 9AM at Jackson Hospital.

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

Refreshments: We had lots of tasty donuts. Thanks Ray.

OTP: Rob J. No report. Ask for volunteers willing to help with planning the picnic to attend the next meeting. **Meeting:** April 11 at 2:00 at Legacies Group.

Meeting adjourned with Lord's Prayer.

Web Address: www.centralalaa.org **POST address:** theposteditor@knology.net

Central Office: mgmicco@netscape.net



Happy Birthday!!!



A Taste of Grapevine

“In AA it is the truth of individual experience, not theory, dogma or narrow minded conjecture, that is most prized. We should not sacrifice this central principle for the sake of a sound bite.”

GRAPEVINE May 2010 p 57

www.grapevine.org

Steve F.
Highland, NY



Chilsholm

- Ronnie P. - 2 yrs
- Raymond G. - 2 yrs
- Kenny Wayne - 12 yrs
- Allen C. - 3 yrs
- Paul T. - 15 yrs
- John M. - 4 yrs
- Della D. - 22 yrs
- Darryl A. - 4 yrs

AS BOB SEES IT

“It is a most wonderful blessing to be relieved of the terrible curse with which I have been afflicted. My health is good and I have regained my self-respect and the respect of my colleagues. My home life is ideal and my business is as good as can be expected in these uncertain times.”

From “Alcoholics Anonymous” p. 174

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Triangle

Milton V. 24 yrs.

Wetumpka

John C. 12 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.*

To make a donation to cover the cost of print subscriptions, please make your check out to Montgomery Intergroup/ Central Office and indicate “POST” in the notation line.

Concept 5

Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

What does our group accept as “substantial unanimity”?