

“..failed to enlarge his spiritual life”



Tonight, I met a woman who just picked up her 4 month chip in Alcoholics Anonymous. I stayed after the meeting and congratulated her on her progress. She told me that she previously had 28 years in the program, until 4 months ago.

I've heard the same story from people who take a drink after a significant period of sobriety: first they stop going to meetings, then they lose touch with people in the program and finally quit praying. When I go to meetings I am reminded of the subtlety of this disease. The power it has over me is absolutely baffling. I need a power greater than myself not only to get sober, but to stay sober.

What was okay for me at three months sober is not ok for me at a year sober. My conscious contact with God was awkward in the beginning. I didn't really know what to talk to Him about, never mind trust Him with my will and my life. Today, my sobriety depends on my willingness to trust a Higher Power. I cannot afford to take control of my life. When I feel like I've taken control of one area of my life, I soon start to think, *well I've taken care of that pretty well, maybe I don't need help with my alcoholism.* So I don't call my sponsor, I quit doing my tenth step, I go to fewer meetings, and the list goes on. If I'm lucky I'll get disturbed and recognize my need for help. If I'm not lucky, I'll be picking up a beginner's chip in no time.

So maybe some people think I'm a little bit dramatic. That I've taken this too seriously and there is a lot more leeway in sobriety. Perhaps there is. However, my experience in attending AA meetings has always been the same when someone comes back from taking that first drink, none of us are immune. Regardless of the time that has passed from our last drink. Whether it has been 9 months or 19 years, I need to enlarge my spiritual life.

What I do today to enlarge my spiritual life includes prayer and meditation as it is outlined in the 11th step. I communicate with a God of my understanding. I need to listen to my Higher Power, just as much as a talk to Him. It is when I listen that I am guided into right action. It is when I talk that I learn to trust. Some days my spiritual growth consists of getting off my knees and getting to work. Sometimes that work involves getting out of myself by calling a fellow alcoholic.

One of the key concepts in the 11th step of the Big Book is in the very last paragraph: "But this is not all. There is action and more action. 'Faith without works is dead'" (Pg. 88). I can pray all day long, but what happened to the woman who just picked up 4 months after being sober for 28 years? She quit praying, but before she quit praying she quit working the program. Faith without works really doesn't last too long for us alcoholics.

Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

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
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NEW E-MAIL ADDRESS:
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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 thepostedtor.al@gmail.com.



THE NEXT DISTRICT MEETING IS:

**NOVEMBER 5TH, 2011 9:00 AM
LEGACIES GROUP**

INTERGROUP

3rd Saturday 9:00 AM Jackson Hospital Cafeteria

CORRECTIONS

1st Saturday 10:30 AM Chisholm Group

ARCHIVES

3rd Saturday 10:00 AM Happy Hour

TREATMENT

1st Saturday 10:30 AM Hardee's on Ann St.

NOTICE:

The monthly District meeting has been moved from the Sole Purpose Group to the Legacies Group

District Program:

District Inventory

Has been postponed from November 5th to January 2012 (date TBA)



Maplesville Group of Alcoholics Anonymous Meeting Schedule Changes:



Friday, Open Discussion
7:00pm
Sunday, Closed Discussion
7:00pm



5th Tradition Group
Cancelled/Suspended the
Monday night meeting

Road Trips To Happy Destiny

ALCYPAA

November 11-13, 2011
Huntsville, AL

Sobriety Under the Sun

January 20-22, 2012
Puerto Vallarta, Mexico

Seniors in Sobriety

March 14-17, 2012
Yuma, Arizona



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

Montgomery Area Intergroup Minutes – October 15th, 2011

Meeting opened with Serenity Prayer.

Groups Represented: Triangle, Strange Camels, Tradition III, Fellowship, Clanton, Prattville Downtown, Chapter 9.

Groups Not Present: Happy Hour, Selma, 5th Tradition, Legacies, Back To Basics, 12 Steps, Sole Purpose, Southside, Fountain City, Chisholm, Millbrook Serenity, Autauga S.O.S., Selma Men's, Love Works, Union Springs, Free World, Wetumpka, Maplesville, Tal-lassee Ray of Hope, Empesar A Vivir, Living Sober, Slapout, Camellia City & A Vision For You.

Secretary's Report: The minutes of the September 17th meeting were accepted as written.

Treasurer's Report: Treasurer's report for October 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 Montgomery.intergroup@yahoo.com. 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: The Central Office has CDs from the Annual AAWS/Central Office Seminar in Tucson, Arizona that was held from 9/29/11 to 10/1/11. A suggestion was made to make copies of these CDs available to anyone for a cost of \$10.00 but copyright issues were mentioned so this issue was tabled until next month. The Central Office is seeking any individual(s) to be a webmaster for a web for the Montgomery Area Intergroup. Copies of the readings How It Works, the 12 Traditions & the Promises are available in Braille at the local library. Central Office will also have 5 copies of these readings. There was also a discussion about buying a new computer for the Central Office. The Central Office Treasurer volunteered to look into pricing options & will report at the next meeting in November. The Central Office hours are 10 am to 2 pm on Mondays. It is still a good idea to call before you come by the office. The Central Office will be open immediately after the monthly Intergroup meeting if needed.

Unfinished Business: None.

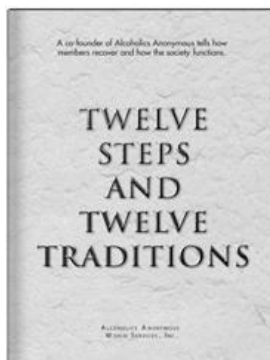
New Business: None.

Group Reports: The 5th Tradition Group has discontinued its Monday meeting.

Meeting was closed with the Lord's Prayer.

Next meeting will be on Saturday, November 19th, 2011.

Signed: Keith H. /Secretary



TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Do I sometimes promote AA so fanatically that I make it seem *unattractive*?

**District 8 Minutes
October 1, 2011**

Groups Represented

Prattville DTG, Happy Hour, Chisholm, Sole Purpose, Tallassee Ray of Hope, Tradition III, Strange Camels, Came to Believe, Union Springs, Fellowship, Legacies

Committee Chairs/Co-Chairs Present

PI/CPC, Corrections, Treatment, Archives, Literature/Grapevine, OTP, Refreshments

Roll Call: 26 people signed the roster, 11 groups, 6 GSR, 2 Alt/GSR. Welcome from DCM, Patty S. Meeting opened with Serenity Prayer. Introductions went around room. Roxanne M. read Tradition Ten. Jim M. read and shared on Concept Ten.

Secretary Report: Frances K. Approved

Treasurer Report: Justin E. See attached report. Approved

DCM Report: Patty S.

Area Treasurer plea for money: Restated

Location update for future Area Assemblies: Embassy Suites update cost lowered. Vote will be Sunday morning at Area. Please attend and vote.

Convention 2013: will meet on Sat. at 1:30 at Area to vote on Hilton, Pensacola (\$120/night).

Web Calendar passed around to note events.

Old Business: Ty made a motion to re-imburse Curt \$29 for returned postage for OTP. Passed

New Business:

Catherine E. Announced that Sole Purpose will no longer be hosting the District 8 meeting effective immediately.

Cushing P. said that the Legacies Group will be able to host the next meeting on Nov. 5, 2011.

Committee Reports:

Archives: Jim M. Seven people attended the last meeting. **Next Meeting:** 3rd Saturday of the month at 10:00 at Happy Hour – Women pioneers in Montgomery/

C.P.C. /P.I.: – Jessica A. /Roxanne M. Letters mailed to local high schools. Asked for \$11.88 for postage reimbursement. Motion passed. Literature was sent to Danally Field for returning military. **Next Meeting:** 1st Monday of every month at 7:15 at H.H.

Corrections: Ray H. Need 2 volunteers to go to facilities. May have to discontinue visits to Tutwiler due to problems with communication w/facility. **Next Meeting:** In park, after District meeting.

Grapevine/ Literature: Sunny B./Krista H. No meeting last month. Encourage Grapevine subscriptions at \$28.97/yr. Also electronic edition @ aagrapevine.org. **Next Meeting:** TBA

Treatment: Sherry R. No meeting last month. Salvation Army will accept meetings now. **Next Meeting:** Today after District at 10:30.

Intergroup: Curt J. Patty said Curt was attending meeting in Tucson, AZ. **Next Meeting:** 3rd Sat. of month, 9AM at Jackson Hospital.

Program: Rob J. Nov. 5 will be a District Inventory after the District meeting. Copies from previous inventory are available. Notify Rob if you have questions. **Next Meeting:** TBA

Refreshments: Susan H. Donuts!!

OTP: Ty S. New chairperson will be elected in January 2012. **Next Meeting:** TBA

GSR Sharing and Announcements: Jason B. announced that Happy Hour will hold their First Friday eat/meet on October 7. Clint D. will be the speaker. Sherry R. said the next Steppin' Ahead meeting will be this Sun. at 2:00. Gary S. announced that the P'vill Dwntrwn Group will have the next eat/meet on Oct. 15. Ben said that Selma will hold an eat/meet tonight at 6:00. Jim M. announced that the Legacies Group will be having their 4th Anniversary eat/meet on Nov. 19 at Legacies group.

Meeting adjourned with Lord's Prayer.

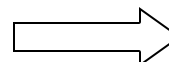
Web Address: www.centralalaa.org

Central Office: montgomery.intergroup@yahoo.com

POST address: theposteditor.al@gmail.com

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

Next District meeting: 11/05/2011, 9:00 AM at the Legacies Group.



District 8

Treasurer's Report Sep-11

	Beginning Operating Balance:	\$1,650.33
<u>Income</u>		
Fellowship Group of AA	\$10.00	
Strange Camels Group of AA	\$10.00	
Triangle Group of AA	\$5.00	
OTP Returned Funds	\$484.00	
Programs (Rob)	\$57.90	
Balance	\$0.00	
	Total income:	\$566.90
<u>Expenses</u>		
<u>To:</u>	<u>For:</u>	
Check # 1443: Sole Purpose	<u>Rent</u>	\$30.00
Check # 1442: Intergroup	<u>POST</u>	\$43.20
Check # 1441: Susan Harper	<u>Refreshments</u>	\$22.00
Check # 1444: Larry Bennett	<u>Postage</u>	\$15.00
Check # 1445: Sherry Ray	<u>Treatment Posters</u>	\$15.92
Balance		\$738.70
	Total Expenses:	\$864.82
	Income Less Expenses:	-\$297.92
	Operating Balance:	\$1,352.41
<u>Regional Forum Fund*</u>		
Beginning Balance	\$166.72	
Monthly Transfer	\$20.84	
Ending Balance	<u>\$187.56</u>	
	Operating Balance:	\$1,331.57
<u>Prudent Reserve</u>		
Beginning Balance	\$700.00	
Transfer	\$0.00	
Ending Balance	<u>\$700.00</u>	
	Ending Operating Balance:	\$1,331.57
	<u>Total Amount in bank:</u>	\$2,219.13

*The Regional Forum Fund will be used to stipend the incoming DCM and ADCM to the Regional Forum, which occurs every two years.

*Note: This report was posted in the October issue of the POST, however it presented at District last month.



Happy Birthday



Forgot a birthday? No worries! Send your group's birthdays to: theposteditor.al@gmail.com for next month's issue by November 26th.

BIRTHDAYS

Jimmy W.	Millbrook Serenity	25 years
Judy W.	Millbrook Serenity	25 years
George B.	Strange Camels	12 years
Ty S.	Strange Camels	1 year
Adrian B.	Happy Hour	2 years
Geneie G.	Happy Hour	2 years
Jonathan E.	Happy Hour	9 years

Concept 11

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Do we practice rotation in all our service positions?



Small Meetings

I am writing about a subject that hopefully you can use in the Post. This comment is not about an individual's meeting attendance (too few, not consistent, or home group loyalty). It is simply about an opportunity to share the message. For me, I attend meetings for two primary reasons, for my own sobriety and to help others with their sobriety (hopefully!).

I have a certain regular routine of meetings on our local schedule that I attend, which fits my busy work and home-life schedule. Recently this summer I broke from my routine and attempted to help a start-up meeting in downtown Montgomery at the St. John's Episcopal Church. The meeting is on Monday's and Wednesday's (12:10 to 12:50 pm). It is very small and struggles with having more than four or five in attendance. I am familiar with this type of meeting, since I have supported the Slapout AA meeting (10:00am Saturdays) for the last several

years. Slapout's AA meeting usually averages between 3 and 6 members. I do not want anyone to feel uncomfortable with leaving their home group meetings or stretch their busy schedules to the point of unmanageability, I am simply suggesting that helping a small group out would help both the small group and probably the individual altering their routine.

Small meetings are an excellent way to feel included in the group discussions and certainly one would have an opportunity to share. Likewise, helping boost attendance at smaller group meeting might reassure a "newcomer" who just might wonder in (court ordered or on their own). So why not try helping attend a new group get started, and/or help an 'older' meeting who has lost some luster (attendees) get going again!!!

Thanks, Geoff M

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

“Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.



© 1980 Alcoholics Anonymous World Services:
“Dr. Bob and the Good Oldtimers”
Pg. 338

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

