

& Meditation



Prayer was never a difficult part of the program for me. I believed in it the first day and prayer is what has kept me sober and helped me grow towards sanity. Prayer works! What amazes me is how my old way of thinking and action can poison something as positive as prayer.

My stinkin' thinkin' told me, "Prayer works great. I don't need meditation. Besides, it is different and probably kind of hard to do. I really just don't have the time." And so once again my stinkin' thinkin' robbed me, for many years, of a precious spiritual tool.

I discovered meditation by accident. When my daughter was an infant I was responsible for the early morning feedings. While she was drinking her milk I would focus on her breathing and for these few minutes my mind and spirit would become incredibly calm. After I put her back in her crib, I would often sit and focus on the stillness and a peacefulness would envelope me. Tranquility of thought was a new, and very needed, experience.

Time has marched on and I have had to find new opportunities to meditate. For me meditation involves an intense focus on a single thought, item or action. To meditate I focus on an idea; like "kindness", or beautiful thing; like fall leaves, or my leg as I am walking. I have learned that meditation does not require lots of time. At best, I can only focus my mind for several minutes. It is time well spent! I receive courage and wisdom when I pray. I receive serenity when I meditate. The gifts of sobriety are many and great!

Step Eleven

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

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Intergroup Central
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10 AM-2 PM

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Donations for print subscriptions are encouraged.

For email subscriptions contact postmail@knology.net

ANNOUNCEMENTS

Effective November 6, Southside Group's meeting will start at 7pm.

The SOS Group has cancelled their Monday and Saturday evening meetings. They are now holding a closed meeting on Tuesdays @ noon.

On November 19, 2009 from 1-3 PM CST at Level Plains Group, in Level Plains, Alabama.

A local archivist will share a display of Temperance, Emmanuel Movement, Washingtonian and Prohibition items. Books, newspapers, magazines, artifacts.

Coffee will be provided.

66th Anniversary of AA in Montgomery
Planning Committee Meeting
Sunday Nov. 8
4pm
Happy Hour Group

The 2010 AA International Convention will be here soon! Send the POST a note sharing what *ES&H* you have had at previous conventions. What was it like? How did it help? Who did you meet?

At Your Service

INTERGROUP– Nov. 21, 9AM
Jackson Hospital Cafeteria

CORRECTIONS– Nov. 7,
10:40 AM Legacies Group

CPC/PI– Nov. 19, 7:15 PM
Happy Hour Group

ARCHIVES- NO MEETING IN NOVEMBER



Legacies Group
2nd Group Anniversary
Saturday, November 21,
2009 at 6 pm.

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.wacypaa.org


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 – October 17, 2009

Meeting opened with Serenity Prayer.

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

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, Tradition III, Union Springs, Free World, Wetumpka, Prattville Downtown, Slapout, 5th Tradition, Maplesville, Tallassee Ray of Hope, Clanton & Fellowship.

Secretary's Report: The minutes of the September 19th meeting were accepted as written.

Treasurer's Report: The 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 (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. 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. Any information to be included in the P.O.S.T. should be sent to the editor at 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.

Central Office: The Central Office is in the process of updating the 12 Step call list for the 24/7 phone line volunteers. Effective Friday, November 6, 2009 the Southside group will begin its meeting at 7 pm. 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. 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 will hold its 2nd Group Anniversary on Saturday, November 21, 2009 at 6 pm.

Meeting was closed with the Lord's Prayer.

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*?

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
September 5, 2009
Groups Represented

Legacies	Strange Camels	Tradition Three	Clanton
Fellowship	Prattville Downtown	Sole Purpose	
Happy Hour	Triangle	Maplesville	

Committee Chairs/Co-Chairs Present

Archives	Corrections	InterGroup
CPC/PI	Literature	Treatment

Minutes

Roll Call: 19 people signed the roster. Welcome from DCM. Meeting opened with Serenity Prayer. Introductions around room. Kent L. read Tradition Ten, Kent W. will read Tradition Eleven for November. Ashley B. read and shared on Concept Ten, Jenny C. will read Concept Eleven for November.

Secretary Report: Accepted.

Treasurers Report: Informed us of error in last statement, \$1,600.00 overage in ending balance. Corrected on current statement. Accepted.

DCM Report: With on-going controversy about full face exposure on PSA's, "Hope" video is delayed. GSB will meet in November, may edit current video in question. Kent L. and Mike B. represented Dist. 8 at a Dist. 24 seminar, Kent talked about service work, Mike B. addressed conference forums, workshops. There was much interest and many questions about getting involved with service/ more participation. Their meetings are held 7 days/wk at St. Peter's Church. DCM will contact them for more information, they were encouraged to get involved with Dist. 8.

Reminder about District 8 workshop for Area Assembly, 8:30AM, Sat., 10/10.

Old Business

None

New Business

None

GSR Sharing and announcements

Susan H. Legacies Anniversary 11.21, 5:00PM

Krista H. Reminder that Mon. 7:00PM Strange Camels meeting is now BB Study.

Tom M. Clanton will be getting an 8 bed detox facility, asked for involvement. Tom will coordinate.

Barry S. Prattville Downtown eating meeting 10/17, 5:30PM

Committee Reports:

Archives: Mike B. Committee researching history of OTP. Always looking for more participation, any donations of historical materials. **Meeting:** 10/17, 10AM @ Happy Hour.

Corrections: Susan H. Still need much help. Info. on meeting activity available. Will be having a Corrections Workshop with members who have been in jail, found A.A. and are still involved. This is valuable for getting a view from those we try to help. Still waiting for information from Montgomery County Women's Facility and Autauga County Men's and Women's facilities, also Maxwell and Red Eagle. Prattville Downtown has a Wed. Men's meeting and Thurs. Women's meeting in facilities. Discussion of various facilities and how groups are trying to get meetings back into them. There are 27 facilities and 19 still need meetings. **Meeting:** 1st Sat. of month, 10:30AM, Legacies.



C.P.C. /P.I. Kent W. Michelle has brought PSA's to Cumulus Broadcasting, the 800 number will be included. Website has approximately same stats, about 5000 views per month. **Meeting:** 3rd Thurs. of month, 7:05 at Happy Hour.

Grapevine: NA. **Meeting:** NA.

Treatment: Rob J. They will be starting a meeting at the Bullock County Hospital detox facility, Mondays at 7PM. **Meeting:** 10/26, 6:00PM at Legacies.

Literature: Kent L. No new news. **Meeting:** 10/17, 9:15AM at Happy Hour.

Intergroup: Curt J. All pamphlets will be priced at 10 cents until further notice. There are new covers on some pamphlets but the text is the same. Needs individual and Group contact information to get to new people. **Meeting:** 3rd Sat. of month, 9AM at Jackson Hospital.

Program: NA. **Meeting:** TBA

Refreshments: NA.

2009 OTP: Linda G. NA due to Old Timer's Picnic.

Meeting adjourned with Lord's Prayer.

Web Address: www.centralalaa.org

POST address: theposteditor@knology.net

Central Office: mgmicco@netscape.net

Next District meeting 11/7/09, 9AM at Sole Purpose Group.

4000 Volunteers Needed!!

To help make the 2010 International Convention a success.

Email 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.

AS BOB SEES IT

"Keep it on a spiritual basis. If you keep principles ahead of personalities and you're active and sharing your program with other people, it will work out. Alcohol is a great leveler of people and A.A. is, too."

"From "Dr. Bob and the Good Oldtimers" p. 256

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Happy Birthday!!!



Happy Hour

Jonathan E. 8 yrs,
Bert S. 3 yrs.
Don N. 2 yrs.
Ed J. 2 yrs.



Sole Purpose

Dave W. 37 yrs.

Tradition III

Dave S. 17 yrs.

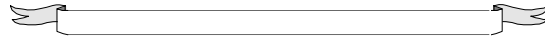
Ed S. 33 yrs.

Chapter 9

Willie T. 17 yrs.

Strange Camels

Bill R. 13 yrs.



Living Sober

Michael P. 25 yrs.

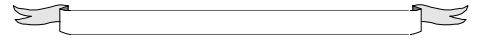
Wetumpka

Cindy R. 10 yrs.

Triangle

Jean D. 24 yrs.

Curt J. 27 yrs.



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

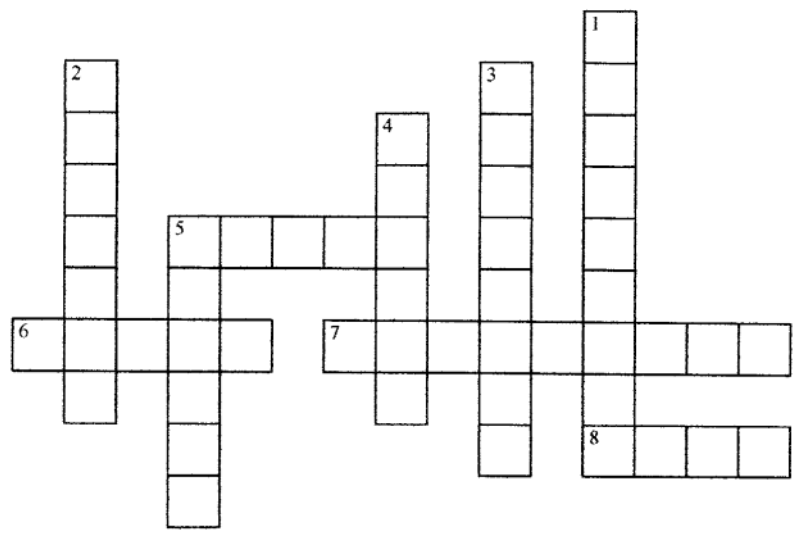
Forget a birthday? No worries! Send it in next month or the month after that. Deadline for birthdays, announcements and articles is the 29th of each month.

Concept Eleven

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?

POST Puzzle



ACROSS

- 5 Convention state
- 6 Good old
- 7 Best AA group
- 8 Something shared

DOWN

- 1 Opinionated physician
- 2 Great old praying guy
- 3 Delicious frozen treat
- 4 Difference maker
- 5 Concept number

Essential Readings About A.A. History

Dr. Bob and the Good Oldtimers (B-8). The life story of the Fellowship's co-founder, interwoven with recollections of early A.A. in the Midwest.

Pass It On (B-9). The Story of Bill W. and How the A.A. Message Reached the World.

A.A. Comes of Age (B-3). Bill W. tells how A.A. started, how the Steps and Traditions evolved, and how the A.A. Fellowship grew and spread overseas.

The AA Grapevine Digital Archives. The AA Grapevine is the international journal of Alcoholics Anonymous. Here, for a nominal fee, you can find and read every article, letter, editorial, special feature, joke, and cartoon published in the Grapevine magazine starting from the first issue in June 1944.

