

## Admitting when I am wrong



**S**obriety has given me my life back. It also gave me my ego back. I came into Alcoholics Anonymous completely beaten down by alcohol. After being in the program for a little while I've started to feel better, my thinking has cleared (a little bit) and it is very easy for me to feel justified when others don't "act right". Step ten keeps me humble by crowding out the subtlety of ego-driven argument, resentment and fear. Humility is the key for my continued sobriety.

**I**'ve worked the steps, I have a Higher Power of my understanding and I'm practicing these principles in all my affairs. So when someone disturbs me, of course I'm not wrong! I am a changed person, now it's time for *YOU* to change. These are the thoughts I have when I quit taking my own inventory. I begin to take yours. It appears to be a lot easier to see the fault in others, because that means I don't have to do any work on me. Unfortunately, when someone else is the problem, I don't have a solution. I am completely powerless over you and now you control me and my emotions. I have volunteered to be your hostage. What appears to be easier at the moment actually keeps me quite sick.

**T**he tenth step gives me the opportunity to search for a solution. It gives me an outlet to clarify and process my thinking. It puts all responsibility on me and my actions. Where was I resentful, selfish, dishonest and afraid? All of a sudden I am in the solution. I am no longer in the problem. I am working towards freedom.

**S**omeone once told me, "Awareness is one of the greatest gifts of sobriety, but awareness alone will not keep you sober". I cannot agree more! I can inventory my behavior each day and recognize that I was wrong, but then what? Knowing that what I did was wrong is definitely a humbling start, but I need to admit my wrongs to another alcoholic. If you think like I do you'll convince yourself out of your own inventory. As long as no one knows about it then I don't really have to change, right? The thing is if I'm not willing to change, I am volunteering to be a hostage. I am a hostage to my resentments. I am a hostage to my fears. I am a hostage to guilt for being dishonest.

**P**romptly admitting I'm wrong always works best when I call my sponsor first. I wish I could say that I'm so well versed in the 9<sup>th</sup> and 10<sup>th</sup> step that when I am wrong I can do directly to that person and make it right or at least admit where I was wrong. But I still need my sponsor. My inventory is just a fact finding and fact facing process. The real solution and change comes about when I am willing to take a suggestion from someone else. AA has taught me that the one who created the problem cannot solve it. Promptly admitting my wrongs keeps me honest, open and willing to change – three things necessary if I want to stay sober today.

## Step 10

*Continued to take personal inventory and when we were wrong, promptly admitted it.*

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.,*

*Montgomery, AL 36106*

*24/7 Answering Service*

*(334) 264-4122*

### **NEW E-MAIL ADDRESS:**

[montgomery.intergroup@yahoo.com](mailto:montgomery.intergroup@yahoo.com)

*Donations for print subscriptions are encouraged. For email subscriptions contact [postmailinglist@gmail.com](mailto:postmailinglist@gmail.com)*

# ANNOUNCEMENTS



Does your service group have an announcement? Get the word out by sending all announcements to [theposteditor.al@gmail.com](mailto:theposteditor.al@gmail.com).

## THE NEXT DISTRICT MEETING IS:

NOVEMBER 5TH, 2011 9:00 AM  
LEGACIES GROUP

**INTERGROUP**– 3rd Saturday  
9AM Jackson Hospital  
Cafeteria

**CORRECTIONS**– 1st Saturday  
10:30 AM Chisholm Group

**ARCHIVES** - 3rd Saturday  
10 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**



Happy Hour  
will NO LONGER be having a meeting on Saturdays at 6:00pm

## *Riverside Round Up XXVIII*

October 27-30, 2011

Joe Wheeler State Park  
Rogersville, AL



visit [www.aaarea1.org/events](http://www.aaarea1.org/events) for more information

## Road Trips To Happy Destiny

### 53rd Annual ICYPAA

September 2-5, 2011  
San Francisco, CA

### 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 – September 17th, 2011

**Meeting opened with Serenity Prayer.**

**Groups Represented:** Triangle, Camellia City, Legacies, Fellowship, Clanton, Back To Basics, Prattville Downtown, Happy Hour, Chapter 9, Selma 5<sup>th</sup> Tradition.

**Groups Not Present:** 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, Tallassee Ray of Hope, Empesar A Vivir, Living Sober, Slapout, Tradition III, Strange Camels & A Vision For You.

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

**Treasurer's Report:** Treasurer's report for September was accepted as written.

**P.O.S.T. Report:** Subscription forms for the newsletter were passed out to all group representatives to encourage others to subscribe to the newsletter. 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](mailto:theposteditor.al@gmail.com). You may request the P.O.S.T. via email at [thepostmailmailinglist@gmail.com](mailto: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](http://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](mailto: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:** Passed out 2011 AA Service directories to all group representatives. These directories are also available at the Central Office. The 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 is seeking any individual(s) to be a webmaster for a web for the Montgomery Area Intergroup. The Central Office will be open immediately after the monthly Intergroup meeting if needed.

**Unfinished Business:** None.

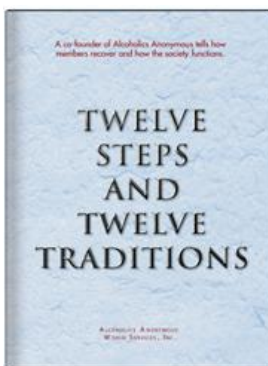
**New Business:** A motion was made, seconded and passed to send the Central Office coordinator to the Annual AAWS/Central Office Seminar in Tucson, Arizona from September 29<sup>th</sup>, 2011 to October 1<sup>st</sup>, 2011.

**Group Reports:** The Fellowship Group will have its quarterly eating/speaker meeting on September 24<sup>th</sup> beginning at 4 pm. The Selma Group will have its eating/speaker meeting on October 1<sup>st</sup> with the meal at 6 pm & the speaker at 7 pm. The Prattville Downtown Group will have its eating/speaker meeting on October 15<sup>th</sup> as follows: fellowship at 4:30 pm, eating at 5:00 pm & speaker at 6:30 pm.

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

**Next meeting will be on Saturday, September 17th, 2011.**

**Signed: Keith H. /Secretary**



## TRADITION 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Do I ever give the impression that there really *is* an "AA opinion" on Tranquilizers? Doctors? Psychiatrists? Churches? Al-anon? Jails?



**District 8 Minutes  
September 10, 2011**

**Groups Represented**

Prattville DTG, Happy Hour, Chisholm, Sole Purpose, Tallassee Ray of Hope, Triangle, Strange Camels, Selma, Union Springs, Fellowship, Legacies

**Committee Chairs/Co-Chairs Present**

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

**Roll Call:** 30 people signed the roster, 11 groups, 9 GSR, 2 Alt/GSR. Welcome from DCM, Patty S. Meeting opened with Serenity Prayer. Introductions went around room. Guy R. read Tradition Nine.

Phil W. read and shared on Concept Nine.

**Secretary Report:** Frances K

**Treasurer Report:** Justin E. See attached report.

**DCM Report:** Patty S.

Area Assembly Reminders: Area Treasurer asked for monetary donations as Area is out of money.

Has a flyer for the 4 venues to be voted on for future Area Assembly meetings.

Next Area Assembly is Oct. 14-16. Ralph and Patty will be doing workshops.

Reminded everyone to look at the Web Calendar for events.

**Old Business:** None

**New Business:**

Larry B. Motioned for \$15 for postage re-imburement. Passed.

Sherry R. Asked to be re-imbursed \$15.92 for Treatment Display. Passed.

**Committee Reports:**

**Archives:** Jim M. **Next Meeting:** 3<sup>rd</sup> Saturday of the month at 10:00 at Happy Hour

**C.P.C./P.L.:** – Jessica A. /Roxanne M. Need volunteers to speak to colleges/police on what AA means. **Next Meeting:** TBA

**Corrections:** Ray H. No report. **Next Meeting:** TBA

**Grapevine/ Literature:** Sunny B./Krista H. No report. **Next Meeting:** TBA

**Treatment:** Sherry R. District Treatment Workshop was well attended and fun and 3 new volunteers were required. **Next Meeting:**

Today after District at 10:30.

**Intergroup:** Curt J. **Next Meeting:** 3<sup>rd</sup> Sat. of month, 9AM at Jackson Hospital.

**Program:** Rob J. Last Program was well attended and gave back \$60 to District. Nov. 5 will be a District Inventory after the District meeting. **Next Meeting:** TBA

**Refreshments:** Susan H. Donuts!!

**OTP:** Ty S. Old Timer's Picnic was a great success. **Next Meeting:** TBA

**GSR Sharing and Announcements:** Patty S. gave out the Area Treasurer' address: Linda Arnold, Treasurer, AL/NWFL Area 1, Shoney's in Prattville, 118 London Ave., NW, Ft. Walton Beach, FL 32548.

**Meeting adjourned with Lord's Prayer.**

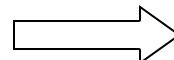
**Web Address:** [www.centralalaa.org](http://www.centralalaa.org)

**Central Office:** [montgomery.intergroup@yahoo.com](mailto:montgomery.intergroup@yahoo.com)

**POST address:** [theposteditor.al@gmail.com](mailto:theposteditor.al@gmail.com)

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

**Next District meeting: 10/01/2011, 9:00 AM at Sole Purpose Group.**



# District 8

## Treasurer's Report Sep-11

		<b>Beginning Operating Balance:</b>	<b>\$1,650.33</b>
	<b><u>Income</u></b>		
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	
		<b>Total Income:</b>	<b>\$566.90</b>
	<b><u>Expenses</u></b>		
<b><u>To:</u></b>	<b><u>For:</u></b>		
Check # 1443: Sole Purpose	<b><u>Rent</u></b>	\$30.00	
Check # 1442: Intergroup	<b><u>POST</u></b>	\$43.20	
Check # 1441: Susan Harper	<b><u>Refreshments</u></b>	\$22.00	
Check # 1444: Larry Bennett	<b><u>Postage</u></b>	\$15.00	
Check # 1445: Sherry Ray	<b><u>Treatment Posters</u></b>	\$15.92	
Balance		\$738.70	
		<b>Total Expenses:</b>	<b>\$864.82</b>
		<b>Income Less Expenses:</b>	<b>-\$297.92</b>
		<b>Operating Balance:</b>	<b>\$1,352.41</b>
	<b><u>Regional Forum Fund*</u></b>		
	Beginning Balance	\$166.72	
	Monthly Transfer	\$20.84	
	Ending Balance	\$187.56	
		<b>Operating Balance:</b>	<b>\$1,331.57</b>
	<b><u>Prudent Reserve</u></b>		
	Beginning Balance	\$700.00	
	Transfer	\$0.00	
	Ending Balance	\$700.00	
		<b>Ending Operating Balance:</b>	<b>\$1,331.57</b>
	<b><u>Total Amount in bank:</u></b>		<b>\$2,219.13</b>

\*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](mailto:theposteditor.al@gmail.com) for next month's issue by October 28th.**

## BIRTHDAYS

D.T.	Chisholm	32 years
Kat	Chisholm	16 years
Larry P.	Chisholm	29 years
Russell	Chisholm	11 years
Arthur H.	Happy Hour	3 years
Dennis R.	Happy Hour	22 years
Rose L.	Happy Hour	2 years
Dori C.	Prattville Downtown	4 years
Keith P.	Prattville Downtown	17 years
Tina P.	Prattville Downtown	10 years
Tommy C.	Prattville Downtown	17 years
Lisa H.	Strange Camels	17 years
Kat O.	Triangle	17 years

# Concept 10

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

Do we understand “authority” and “responsibility” as they relate to group conscience decisions by GSRs, DCMs and our area delegates?



# Reader's Corner

## Service Work

*In the fourth step it mentions that we must throw ourselves even more into helping others when sex is troublesome. I have found that this to be true whenever I am overwhelmed by something going on in my life. Whether work is too demanding, housework has piled up, or family affairs get in the way of what I thought was going to be a good holiday, service work always keeps me in balance.*

*The greatest benefit of serving others in this program is that I simply do not have time to think about myself. All of my problems and self-pity disappear when I start to look around my home group for something to do. All of a sudden my magic magnifying mind is channeled in a different direction.*

*Another benefit I get from service work is the opportunity to fellowship with other people. When we get together to paint or re-tile our home group I feel like I belong with this group of people who would normally not mix. When I chair a meeting I am letting the newcomer see me as someone*

*approachable and willing to help. When I make coffee I get to greet people at the coffee maker and see how their day is going. All of a sudden I am right in the middle of the fellowship. If you're in the middle you can't fall off the edge.*

*Moving to a city in sobriety was one of my most fearful times in sobriety. The people in the meetings looked different, talked funny and I could not remember all of their names. One thing that stayed constant in my program was working with other alcoholics through service work. If I did not jump into the middle of this program I know I would be falling off the edge in no time.*

*Probably the most important reason that I engage in service work is because I don't want to hit bottom again. I am so grateful for the new way of life AA has given me. The best thing I can do to show my gratitude is to say YES when AA asks.*

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

"I don't believe I have any right to get cocky about getting sober. It's only through God's grace that I did it. I can feel very thankful that I was privileged to do it...If my strength does come from Him, who am I to get cocky about it?"



© 1980 Alcoholics Anonymous World Services:  
"Dr. Bob and the Good Oldtimers"  
Page 222

## Links to Sobriety



AA Websites and Local Service and Meeting Schedules:  
[www.aanatconperth2011.cjb.net](http://www.aanatconperth2011.cjb.net)  
[www.aaarea1.org](http://www.aaarea1.org)

Special Events & Activities:  
[www.centralalaa.org](http://www.centralalaa.org)  
[www.aa.org](http://www.aa.org)

