

## Scrupulosity



*My* conscience was severely damaged from years of drinking. I presented with all the typical symptoms of ego inflation, rationalization, and self-indulgence. Step 10 has been the tonic that has refreshed my conscience and helped me to become a more ethical and moral person.

When I was drinking my actions were often mean, selfish, and cruel. My actions hurt others but I was the victim. My damaged conscience told me it was “their fault.”

Sobriety has renewed my conscience and it is rare that my actions are motivated by malicious self-interest. The problem is that I still make mistakes and I still “do the next wrong thing.” My motives are usually good but I am stupid, in a hurry, or thoughtless. Even though my intent may be right my actions are still wrong. Sometimes the harm I cause is significant and my first reaction is to return to my “stinkin’ thinkin’” of the past. I am loathe to admit that I am a rushed, ignorant, airhead who is responsible for the wreckage I create. This is why I need to work Step 10 each day.

*Promptly* is one of the most important words, for me, in this Step. Quickly admitting my wrong to God, myself, and another person is essential to defeating my old way of thinking. One very important lesson I’ve learned about Step 10 is that admitting my wrong is not the same as fixing my wrong. It is best to consult with others before attempting to correct the effects of my errant behavior.

*My* favorite part of a daily inventory is at night when I make my gratitude list. I have been blessed with my new life! I have discovered that when I go to bed grateful I wake up with hope.

## Step Ten

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.



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# ANNOUNCEMENTS

## **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.

**2009**

## **Old Timer's Picnic**

Saturday October 3, 2009

Shepherd's Center

Whitfield United Methodist Church

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**– Oct. 17 , 9AM  
Jackson Hospital Cafeteria

**CORRECTIONS**– Oct. 3 & Nov. 7,  
10:40 AM Legacies Group

**CPC/PI**– Oct. 15, 7:15 PM  
Happy Hour Group



2010 INTERNATIONAL  
CONVENTION

## **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)



**ACYPAA**

**San Diego, CA**

**Feb. 11-14**

**WACYPAA**

**Eugene, OR**

**Dec. 31-Jan. 3**



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

**Meeting opened with Serenity Prayer.**

**Groups Represented:** Tallassee Ray of Hope, Triangle, Clanton, Camellia City, 12 Steps, Chapter 9 & Fellowship,

**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, 5<sup>th</sup> Tradition, Legacies, Maplesville, Happy Hour & Living Sober.

**Secretary’s Report:** The minutes of the August 15<sup>th</sup> meeting were accepted as corrected.

**Treasurer’s Report:** The Treasurer’s report for September 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:** A motion was made, seconded and passed for all pamphlets that are in stock at the Central Office to be priced at 0.10¢ a copy due to the changes in the jackets or covers on certain pamphlets.

**Group Reports:** None

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

**Signed: Keith H. /Secretary**

## **TRADITION 10**

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

Do I ever give the impression that there really *is* an “AA opinion” on Antabuse?  
Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The  
federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?

## ***Vacancy***

*The POST Editor service position is currently available.*

*Interested individuals should have a working knowledge of Microsoft Publisher or other publishing software. They 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  
September 5, 2009  
Groups Represented**

Chisholm	Legacies	Strange Camels	Union Springs
Fellowship	Prattville Downtown	Sole Purpose	Clanton
Happy Hour	Living Sober	Triangle	Maplesville
<b>Committee Chairs/Co-Chairs Present</b>			
Archives	Corrections	InterGroup	
Grapevine	Literature	O.T.P.	

**Minutes**

**Roll Call:** 28 people signed the roster. Welcome from DCM (Jim K.alt/alt). Meeting opened with Serenity Prayer. Introductions around room. Jenny C. read Tradition Nine, Kent L. will read Tradition Ten for October. Dawn read and shared on Concept Nine, Ashley B. will read Concept Ten for October.

**Secretary Report:** Accepted.

**Treasurers Report:** NA. Printed report provided.

**DCM Report:** NA. Jim K. from notes provided: 2010 International Convention San Antonia info on aa.org website. 9/20, 9:00AM-5:00PM, D-24 (Spanish District, Area 1) workshop at St. Peter's Church downtown re: service structure of AA. D-8 has 2 workshops re: Service Structure, and what a workshop conference, convention and Group Conscience are. Two new staff at GSO: Jim Malone-Corrections Desk, Mary Cummins-CPC Desk. 2009 GSC report out 2<sup>nd</sup> week Sept., Area Assembly 2<sup>nd</sup> weekend Oct., AM committee meetings moved to 4:00 PM due to Area Inventory in AM. D-8 chairing 8:30 AM Sat. GSR workshop. There will be discussion about PSA's with full faces-there has been question and concern raised after GSO decision was made. Discuss with home group. Please look over additional considerations for committee meetings at Area.

**Old Business**

None

**New Business**

Linda G. Requested \$855.88 as final money for OTP. Seconded, approved.

**GSR Sharing and announcements**

Cat O. Triangle has end of month cake celebration.

Cushing P. Montgomery debut of smash hit NRFST Players at OTP, direct from Mobile.

**Committee Reports:**

**Archives:** NA. Ralph H. No meeting last month due to Regional Assembly. Excellent display, all survived. Always looking for more participation, any donations of historical materials. **Meeting:** 9/19, 10AM @ Happy Hour.

**Corrections:** Susan H. Still need much help. Info on meeting activity available. Illustration on Corrections pamphlet changed to better reflect AA participation. Tutwiler restricting some meetings. Still needing some paperwork for people interested in taking meetings. **Meeting:** held after each District meeting, 10:30AM, Legacies

**C.P.C. /P.I.** NA. Notes from Michelle: Radio stations have been contacted with written scripts for PSA's, WCOV contacted with copy of tape. Board of Education is sending updated list of schools so letters to guidance councilors can be sent. Noted that caller ID would not show if a call transferred from CO. **Meeting:** 3<sup>rd</sup> Thurs., 7:15 at Happy Hour



**Grapevine:** NA. Kent L. GV looking for articles regarding denial of alcoholism, young people in AA, and dealing with adversity in current economic climate. **Meeting:** 9/19, 10AM, Starbucks on Atl. Hwy.

**Treatment:** NA. **Meeting:** NA

**Literature:** Kent L. New book regarding long term sobriety available, highly recommended. Also available: 2010 calendars and planners, \$4.00 and \$9.00 respectively. **Meeting:** 9/19, 10AM, Starbucks on Atl. Hwy with GV.

**Intergroup:** Curt J. 3 new people but still need 24/7 phone help ASAP Fri. night, Sunday day/night and more. Noted less activity at night. Also: Al Anon pays \$25.00/month for CO to handle 24hr line for them. All necessary info on both groups available when taking phone calls. **Meeting:** 3rd Sat. 9AM each month at Jackson Hospital.

**Program:** N.A. Any information on pricing of projection equipment to Dennis R. please. Will be assisting in committee presentations to groups. **Meeting:** TBA

**Refreshments:** Donuts!

**2009 OTP:** Linda G. Having a party! Participation picked up, still need more help. OTP will provide meat-fried chicken from Mary B! - and coffee, is asking groups to sign up to provide sides, soda, deserts, etc., contact Ashley B. OTP is not accepting money, only asking for participation and actual food. **Meeting:** 9/19 AND 9/26, 11AM, Legacies.

**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 11/7/09, 9AM at Sole Purpose Group.**

## Frequently Asked Questions About the Big Book

### Where did the Big Book get its nickname?

When *Alcoholics Anonymous* was published, the founding members wanted purchasers to be sure they were getting their money's worth. So they instructed the printer to run the job on the thickest paper he had. "The original volume proved to be so bulky that it became known as the 'Big Book,'" Bill W. said.

### Where did the custom of reading from Chapter 5 at the beginning of meetings get started?

A man by the name of Mort J. sobered up in 1939 solely from reading the Big Book. He moved to Los Angeles in 1940, and at his own expense rented a meeting room in the Cecil Hotel. He "insisted on a reading from Chapter 5 of the A.A. book at the start of every session," according to *Alcoholics Anonymous Comes of Age* (page 93). The practice took root on the West Coast and spread from there.

### How much has the price of the Big Book risen since 1939?

The original price of the Big Book was \$3.50; the hardcover Fourth Edition is now \$8.

### Who wrote the "To Wives" chapter?

Bill W. wrote that chapter. According to his wife, Lois, she wanted to write it but Bill "insisted" on doing it himself. "I was mad," she said, adding, not "so much mad as hurt." The reason he gave for wanting to write the chapter himself, said Lois, was that "he thought it should be in the same style as the rest of the book." (*Pass It On*, page 200).

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



# Happy Birthday!!!

## Prattville Downtown

- Tammy E. 16 yrs.
- Joni G. 9 yrs.
- Mike G. 4 yrs.
- Randall F. 1 yr.
- Leroy L. 9 yrs.
- Tommy C. 1 yr.
- Dori C. 2 yrs.
- Tina 8 yrs.
- Keith P. 15 yrs.
- Al C. 10 yrs.
- Mitch C. 1 yr.
- Dale J. 21 yrs.



## Sole Purpose

- Billy L. 11 yrs.
- Catherine E. 7 yrs.
- Brent E. 8 yrs.

## Chisholm

- Kimber R. 1 yr.
- Sandra F. 1 yr.
- Ron C. 1 yr.
- Callie S. 2 yrs.
- Orie G. Jr. 6 yrs.
- Roy W. 13 yrs.
- Bird G. 18 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.*

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

"If they're ready, work with them; if they're not, you might as well walk away, because they're not going to stop drinking."

*"From "Dr. Bob and the Good Oldtimers" p. 244*

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## **Concept Ten**

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 G.S.R.s, D.C.M.s and our area delegates?

## Prattville Downtown Group History

The meeting that later became the Prattville Downtown Group (PDG) started as an 8:00 pm Wednesday night open Big Book meeting about 1988 or 1989. It was begun by Mac and Bob G., who attended St. Mark's Episcopal Church in Prattville, and Susan C. took an early and important part of that meeting. In 1991 Bill K and his wife moved here from New Orleans and helped start the Open Family meetings on step 1-3 and sponsorship at 6:30 on Wednesday. Raleigh W came here in 1994, and here were three meetings a week then, on Saturday, Monday, Tuesday, all open discussion meetings. A Saturday night meeting began at 8:00 in 1996. What does it take to start a group it was asked? Barbara Grace advised the group to write to New York about how to become a registered group, which was done in 1998. At that time about five to ten folks regularly came, though many more came from time to time.

The first Group Conscience meeting of the Prattville Downtown Group occurred on August 24, 1998, at St. Mark's Episcopal Church, located at 178 E. 4<sup>th</sup> Street. David K acted as unofficial secretary for that meeting. There was no sign-in sheet, so we are not sure who attended from that, but after interviewing some folks, it was determined that Charles C, Carla C, David K, Fred C, Lonnie B, Melissa B, and Mike F. attended the first business meeting. Eleanor S., Paul D and Keith P came from other group soon thereafter and helped to expand the group.

On August 9, 2002, the group voted to move from St. Mark's Episcopal Church to 326 W. 5<sup>th</sup> Street. The first meeting at the new place was held on November 1, 2002. In December, the Noon meetings on Saturday (closed discussion) and Sunday (open discussion) were added at the meeting place, as was a Wednesday closed discussion 6:30 p.m. meeting. This past year we have added a Wednesday noon open discussion meeting.

As of 2009 the Prattville Downtown Group has meetings seven days a week, with two meetings a day on Wednesday, Saturday and Sunday. We have meetings on all federal holidays at noon so that we don't have to drink on those days. We have had our share of controversies, our membership ebbs and wanes, like most groups, but we place great emphasis not only on adhering to the steps, but also on adhering to the traditions, and on performing service work. We have a group inventory almost every year to help us stay on the AA beam. About half of our meetings are closed and half open. There are probably about fifty to seventy folks who regularly come to our meetings, with the average attendance at any given meeting about twenty to fifty.

## District Eight Archives Committee



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