

## Are these extravagant promises?



When I first heard the ninth step promises at a meeting I was shocked. You guys were promising so many things my soul longed for. If I could attain even ONE of those promises by working the steps I would be content. Today, I have had the opportunity to experience every single one of those promises at some point in my sobriety. In the following paragraphs I will try my best to express in words how making amends changed my sobriety.

There is a place deep within my soul that only my Higher Power can reach. After making some of the most difficult amends on my list He sparked *true* freedom in my soul. Someone once described that his soul was a bed of soil. Every so often, God will reach his hand inside his soul and just turn up the soil.

This was my experience in making the most difficult amends in my sobriety. Everyone has one of those. The amends that you absolutely dread making, and may even contemplate drinking before humbling yourself to that level. The one you put off to the very end hoping the person will move to Japan before you have to make amends to them. Well, after a couple years in the program it was time for me to make this amends. I could not even go to a particular city in Alabama because I was in so much fear and regret for my behavior in that town. Sound familiar? The truth is, after I made this amends my fear of the city and every person in it faded away. I no longer have an ache in my stomach when I pass its exit on the interstate. I can look people in the eye and walk with my head held high. And today I *live* in that town!

Even though I've made the amends on my eighth step list it does not mean my work in step nine is finished. If I don't continue to make amends where I have harmed or mistreated someone, the promises will disappear as quickly as they came. All of a sudden I will again have fear of people and of economic insecurity. I will be more interested in myself, and less interested in what I can contribute to others. That is where my tenth step comes in. It is very important for me to continue to look at my motives and actions on a daily basis and to correct wrongs as they come along. There is nothing more humbling than recognizing I have harmed someone through taking a personal inventory. Continually admitting my wrongs to others has been my key to living happy, joyous, and free.

## Step 9

*Made direct amends to such people wherever possible, except when to do so would injure them or others.*

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*

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montgomery.intergroup@yahoo.com

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# 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:**

**SEPTEMBER 10, 2011 9:00 AM  
SOLE PURPOSE GROUP (METRO)**

**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.

## Prattville Downtown Group Anniversary

**Saturday September 10, 2011**

**Speaker will begin  
At 8:00pm**



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 2012  
Yuma, Arizona



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

Montgomery Area Intergroup Minutes – August 20th, 2011

**Meeting opened with Serenity Prayer.**

**Groups Represented:** Triangle, Camellia City, Legacies, Fellowship, Clanton, Back To Basics, Prattville Downtown, Happy Hour & Chapter 9.

**Groups Not Present:** Selma, 12 Steps, Sole Purpose, Southside, Fountain City, Chisholm, Millbrook Serenity, Autauga S.O.S., Selma Men's, Love Works, Union Springs, Free World, Wetumpka, 5th Tradition, 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 July 16th meeting were accepted as written.

**Treasurer's Report:** Treasurer's report for August 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](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 [Montgomeryintergroup@yahoo.com](mailto:Montgomeryintergroup@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 office hours are 10 am to 2 pm on Mondays. It is still a good idea to call before you come by the office. You can view and print a current meeting schedule by visiting the District 8 website at [www.centralalaa.org](http://www.centralalaa.org). Discussed the number of members on the Board of Directors for the Montgomery Area Intergroup Central Office. Also discussed the condition of the copier being used at the central office & the quarterly maintenance fee of \$293.00 for the copier. The Central Office will be open immediately after the monthly Intergroup meeting if needed.

**Unfinished Business:** None.

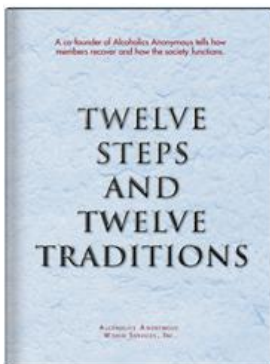
**New Business:** A motion was made, seconded and passed to elect Darrell L. & Matt S. to Board of Directors for the Montgomery Area Intergroup Central Office.

**Group Reports:** The Happy Hour group no longer meets at 6 pm on Saturdays. The Prattville Downtown group will hold its anniversary celebration on Saturday, September 10, 2011 at the St. Mark's Episcopal Church at 178 East 4<sup>th</sup> St. in Prattville. The speaker meeting will begin at 8 pm.

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

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

**Signed: Keith H. /Secretary**



## TRADITION 9

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Do I exercise patience and humility in any A.A. job I take?  
What has rotation to do with anonymity? With humility?



**District 8 Minutes**  
**August 6, 2011**

**Groups Represented**

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

**Committee Chairs/Co-Chairs Present**

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

**Roll Call:** 35 people signed the roster, 12 groups, 8 GSR, 4 Alt/GSR. Welcome from DCM, Patty S. Meeting opened with Serenity Prayer. Introductions went around room. Jessica A. read Tradition Eight. Stephanie A. read and shared on Concept Eight.

**Secretary Report:** Frances K. \*Correction to amend sentence in New Business. \*See amendment attached.

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

**DCM Report:** Patty S.

- Area Assembly: All committees were represented. Delegate's Report will be emailed. Area Treasurer asked for monetary donations as Area is out of money. Governor's House will be the location for October Area Assembly at which time a vote will be taken for a new facility thru 2013.

**Old Business:** None

**New Business:**

- Discussion on whether to have another Area Convention in 2013? Wants feedback from groups.
- Voted to hold next District 8 meeting on September 10, due to Labor Day holiday.
- Ty S. Motioned for \$200 for the OTP for food/speaker gift. Seed money has been spent. Passed.

**Committee Reports:**

**Archives:** Jim M. Ralph reported that committee met and want to encourage everyone to check out the Archives at Happy Hour group. **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 more participation. Still mailing literature. Troy Univ. wants someone to speak to the School of Nursing. **Next Meeting:** Aug. 29 at 7:15 at Happy Hour.

**Corrections:** Ray H. Literature to facilities is appreciated. **Next Meeting:** Aug. 6, 10:30 at Chisholm Group.

**Grapevine/ Literature:** Sunny B./Krista H. Jeopardy Game event was well attended. Made a Grapevine display at Area. **Next Meeting:** TBA

**Treatment:** Sherry R. District Treatment Workshop will be August 7 at Legacies from 2-4. Still need volunteers for several facilities. **Next Meeting:** Today after District at 10:30.

**Intergroup:** Curt J. Still need two people to volunteer to meet with the Board every 3 months at Jackson Hospital. New email: curtis007@charter.net. **Next Meeting:** 3rd Sat. of month, 9AM at Jackson Hospital.

**Program:** Rob J. Not present. **Next Meeting:** TBA

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

**OTP:** Ty S. Asked all to support Old Timer's Picnic Aug. 27. **Next Meeting:** TBA

**GSR Sharing and Announcements:** None Shoney's in Prattville,

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

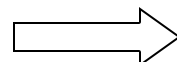
**Web Address:** [www.centralalaa.org](http://www.centralalaa.org)

**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: 09/10/2011, 9:00 AM at Sole Purpose Group.**



## District 8 Treasurer's Report Jun-11

		Beginning Operating Balance:	\$1,001.86
<b><u>Income</u></b>			
Fellowship Group of AA		\$50.86	
Autauga SOS Group of AA		\$10.00	
Shima Group of AA		\$4.26	
Prattville Group of AA		\$20.00	
	Total Income:	\$85.12	
<b><u>Expenses</u></b>			
<u>To:</u>	<u>For:</u>		
Check # 1436: Sole Purpose	<b><u>Rent</u></b>	\$30.00	
Check # 1435: Intergroup	<b><u>POST/OTR VENUE</u></b>	\$48.20	
Check # 1434: Susan Harper	<b><u>Refreshments</u></b>	\$17.05	
	Total Expenses:	\$95.25	
	Income Less Expenses:	-\$9.13	
	Operating Balance:		\$996.73
<b><u>Regional Forum Fund*</u></b>			
	Beginning Balance	\$125.04	
	Monthly Transfer	\$20.84	
	Ending Balance	\$145.88	
	Operating Balances:		\$975.89
<b><u>Prudent Reserve</u></b>			
	Beginning Balance	\$700.00	
	Transfer	\$0.00	
	Ending Balance	\$700.00	
	Ending Operating Balance:		\$975.89
	<b><u>Total Amount in bank:</u></b>		<b>\$1,821.77</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 September 25th.**

## BIRTHDAYS


Amy W.	Happy Hour	3 years
Guy R.	Happy Hour	1 year
Jim C.	Happy Hour	3 years
Lee V.	Happy Hour	2 years
Mark D.	Happy Hour	1 year
Matt C.	Happy Hour	1 year
Michael T.	Happy Hour	4 years
Peggy P.	Happy Hour	24 years
Tom E.	Happy Hour	10 years
Don S.	Triangle Group	11 years
Tommy G.	Triangle Group	23 years
Ed S.	Tradition Three	36 years

Craig M.	Legacies	17 years
Jennifer M.	Legacies	5 years
Sarah	Legacies	5 years
Tom H.	Legacies	12 years
Joni G.	Prattville Downtown	11 years
Mike G.	Prattville Downtown	6 years
Ronnie H.	Prattville Downtown	2 years
Russell B.	Prattville Downtown	11 years

*Prattville Downtown Group*  
*Quarterly Eating Meetings*

*3rd Saturday of*

<i>January</i>	<b>4:30pm Fellowship</b>
<i>April</i>	<b>5:00pm Eating</b>
<i>July</i>	<b>6:30pm Speaker</b>
<i>October</i>	



# Concept 9

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

Do we recognize the need for group officers?  
Do I set a good example of leadership?



# Reader's Corner

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## Too Much Ritual

*Informality has been the key element of welcome at AA meetings ever since Bill W. and his fellow drunks went on their own. They recognized that love and acceptance best streaked through meetings bereft of precious religiosities, awesome intonements, and readings from hallowed books. Absence of form has played a large part in convincing newcomers of their instant acceptance, the instant and total belief of the meeting members that the newcomer can make it, can stop drinking and turn their lives around. The recognition of that acceptance is one of the great spiritual experiences that one can have.*

*But reading the first few pages from the fifth chapter in the Big Book has another element besides the sacerdotal that makes it dangerous as a possible turn-off for the newcomer. The hopelessness; he has tried everything and he is sure he can neither stop drinking nor do anything else about his life. Ad when he hears the Big Book's statement that those who don't recover are people "constitutionally incapable of being honest with themselves", he can*

*only feel further discouraged and hopeless because of his identification with that group. We want him to feel that the whole room believes he can make it; as a matter of fact, I believe most newcomers, given time and enough AA meetings, do make it.*

*Nothing stands still. AA will change, and I might as well recognize it. But I hope that such changes as occur will accentuate the free-wheeling character of AA, its friendliness, and our instant, total belief that every newcomer has what it takes, given time and enough AA meetings.*

*B.E. September, 1974—Greenwich, Connecticut*

*From "Thank You For Sharing"©2003 A.A. Grapevine Inc.*

## 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.”



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

