

## Every Day At A Time



It was with some dread that I made my first amends. “This is what I did wrong. What can I do to make it right?” Much like getting a tooth pulled, I knew amends had to be made but I sure wasn’t looking forward to it. When it was done I felt better and the overall situation was

improved but there was still a little ache and soreness. The bright spot in the whole process was that I had finished with that particular amends.

The next batch of amends I made was a little different. Money was involved—my money! Of course I couldn’t afford to pay it all off so I did what was suggested. I paid my debt a little at a time. I am paying my final money amends on an annual basis. Each year’s payment kind of sneaks up on me; kind of makes me a little aggravated; kind of reminds me of the cost of my old way of behaving. “Paid in full” is always a good thing in the amends process.

There is one last type of amends that I have been making. I hope I will make this kind of amends for a very long time but it is the hardest type of amends to accomplish. Ironically, when I was new in the program I thought it was the easiest amends. For me, making my living amends can be a frequent struggle. A living amends requires me to share, keep my word, and consider others before myself. When I was drinking, one day at a time, I made the lives of the people who cared about me miserable. Now that I am sober, every day at a time, I have the opportunity to be the son, employee, and citizen that my Higher Power wants me to be.

## Step Nine

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-*  
*Mon., Wed., Fri.*

*10 AM-2 PM*

*828 Forest Ave.,*

*Montgomery, AL 36106*

*24/7 Answering Service*

*(334) 264-4122*

*Donations for print subscriptions are encouraged.*

*For email subscriptions contact [postmail@knology.net](mailto:postmail@knology.net)*


# ANNOUNCEMENTS

**24/7 Phone Volunteers needed!!**  
**The hotline may have to be answered**  
**by a machine in the near future.**  
**Call 264-4122 for info.**

**Fellowship Anniversary**  
**Sept. 19 4pm-9pm**  
**Turrene Pharmedco Building**  
**355 Industrial Park Blvd**

**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?



**Road Trips To Happy Destiny**

2009 5th Annual  
NAIGSO Conference  
Sept 5-6  
Lakeside, CA

<b>WACYPA</b>	<b>ACYPA</b>
Eugene, OR	San Diego, CA
Dec. 31-Jan. 3	Feb. 11-14

## At Your Service

**INTERGROUP**– Sept 19, 9AM  
Jackson Hospital Cafeteria  
**CORRECTIONS**– Sept 5, 10:40 AM  
Legacies Group  
**ARCHIVES**– Sept 19, 10AM  
Happy Hour Group



## 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.naigso-aa.org](http://www.naigso-aa.org)  
[www.wacypaa.org](http://www.wacypaa.org)  
[www.acypaa.org](http://www.acypaa.org)

**Montgomery Area Intergroup Minutes – August 15, 2009**

**Meeting opened with Serenity Prayer.**

**Groups Represented:** Tallassee Ray of Hope, Triangle, Clanton, Camellia City, 12 Steps, Happy Hour & Living Sober.

**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, Fellowship, 5<sup>th</sup> Tradition, Legacies, Chapter 9 & Maplesville.

**Secretary's Report:** The minutes of the July 18<sup>th</sup> meeting were accepted as corrected.

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

**P.O.S.T. Report:** 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). 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.

**Central Office:** There is a dire 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. The committee of the Montgomery AA Anniversary has asked the Central Office to check into a location to hold this function. Several locations were discussed. Any changes in group meetings should be forwarded to 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:** None.

**Group Reports:** The Fellowship Group will hold its anniversary on September 19<sup>th</sup>, 2009, location & details to be announced later.

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

**Signed: Keith H. /Secretary**

## **TRADITION 9**

AA, 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 AA job I take?

## ***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  
August 1, 2009  
Groups Represented**

Chisholm	Legacies	Strange Camels	Union Springs
Fellowship	Prattville Downtown	Tradition Three	Wetumpka
Happy Hour	Slapout	Triangle	

**Committee Chairs/Co-Chairs Present**

Archives	Corrections	InterGroup	Treatment
C.P.C. /P.I	Grapevine	O.T.P.	

**Minutes**

**Roll Call:** 28 people signed the roster. Welcome from DCM. Meeting opened with Serenity Prayer. Introductions around room. Natalie C. read Tradition Eight, Jenny C. will read Tradition Nine for September. Cat O. read and shared on Concept Eight, Mike B. will read Concept Nine for September.

**Secretary Report:** Susan H. noted change needed for July minutes Corrections Report, will be in archival minutes. Request made for \$25.00 reimbursement for printing costs, approved. Accepted with changes.

**Treasurers Report:** Accepted.

**DCM Report:** There will be an additional report for Region for GSR's/Alt. Looking for more Group feedback. Area is shifting focus from mainly Committee meeting activities to having the Delegate represent the Group Conscience more. Needs more feedback from all for group benefit.

Trei will be meeting with District GSR's regarding hosting the Area Assembly 8:45 Sat AM GSR workshop, topic is "Our Common Welfare Should Come First"

Area voted to be involved with SERSA, one Area in Region will host every other year, no schedule as yet.

Area voted to support Hospitality Room at International Convention. Discussion of request for \$600.

**Old Business**

None

**New Business**

Kent W. Requested \$20.00 reimbursement for yearly web domain cost. Approved.

Request made for \$25.00 to contribute to Area for Hospitality support. Discussion followed that contributions are already made, would amount to double dipping on Area part, that contributions cannot be earmarked for specific uses. Ultimately decided that question of contributions should be taken to Groups. Possible Area Assembly move to Auburn brought up, still in research stage by Area group.

Michelle H. expressed interest in CPC chair, nominated, voted in. Michelle is new CPC chair.

Susan H. raised question of Pre-Trial Diversion as function of Corrections as opposed to CPC. In 1976 Treatment and Corrections split, CPC/PI traditionally made initial contact and introduction, then Corrections took meetings. Will be right of decision.

Bridge Program forms have been returned from Area due to incorrect address, still waiting to hear from Area Bridge coordinator. In meantime, current sponsor for Women's prisons acting in Bridge roll(?) Casey willing to coordinate communications. Ralph H., Scott H., Trei J. can contact other DCM's in Area. Bridge became Area function because Districts other than D-8 did not want to take responsibility. Discussion that D-8 has 29 facilities, should we not act as coordinators? Should D-8 work on our own? Point then made that D-8 cannot be a rogue, has to go through Area. Question of service structure, primary purpose. Current situation not working, hierarchy is secondary to Primary Purpose. Point made that no other Districts have coordinator, will go through Casey for now.



### **GSR Sharing and announcements**

Natalie C. Strange Camels group will change Mon. meeting from 12/12 to BB study.

Wayne C. Wetumpka group meets M,T, Th. at 7PM. Tues. meeting is BB study.

Alan J. Legacies will no longer have a 6PM Tues. or 8PM Thurs. meeting. There will be a 10PM Fri. meeting on trial basis starting 8/7. Eating meeting tonight at 6PM, speaker at 8PM, Kandi T.

### **Committee Reports:**

**Archives:** Will be working to get more history from groups, from World groups and activities. NO meeting for Aug., will be participating at Region Assembly. Next meeting Sept. **Meeting:** 3<sup>rd</sup> Sat. of month, 10AM @ Happy Hour.

**Corrections:** Susan H. The August report for Corrections is available. Changes: Happy Hour is not in Montgomery City Women's facility yet, Legacies is in Kilby. 10 of 29 facilities have sponsors, 9 are ready and waiting, please see list. NOTE: There are new "Must Have" procedures from the Alabama Dept. of Corrections for taking meetings. Must be same sex for meetings and not alone. They have suggested no more speaker meetings, Red Eagle has asked not to meet there. There are still requests for people to communicate with prisoners and address system is being set up, go to GSO for more info. **Meeting:** held after each District meeting, 10:30AM, Legacies

**C.P.C. /P.I.** Kent W. Good Web activity again, some from Bing (new). There are some new people attending meetings. Will be meeting with WAKA to give them PSA's, are working on written text for radio PSA's for some stations. Are setting meetings with Westside Pastors and have 20 info packs for them. **Meeting:** 3<sup>rd</sup> Tues, 7:30 at Happy Hour

**Grapevine:** Natalie C. 1 person at last meeting. There was a discussion about new format at last Area Assembly, have changed back to previous format for the 12 Steps and Traditions. Question asked to rescind decision not to sell GV, did not act. This will not raise subscription cost. **Meeting:** 8/22/09, 10AM, Starbucks on Atl. Hwy.

**Treatment:** Rob J. Have added a meeting at Lighthouse from fellowship and will be at Wetumpka Detox Wednesdays at 6PM. Need speakers! **Meeting:** Mon. 8/24/09, 6PM Legacies

**Literature:** NA. **Meeting:** TBA

**Intergroup:** Curt J. Need 24/7 phone help ASAP Saturday during day, Sunday day/night and more. Please contact C.O. New booklets from G.V. available, meeting list updated and will be sent today. Need help to fold newsletter after District meeting. **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. **Meetings:** TBA

**Refreshments:** N.A.

**2009 OTP:** Linda G. 13 people at last meeting!! Will ask for more funding at Sept. Dist. For food, speakers, etc. Which committees have displays? Al Anon wants to participate, but D-8 will not fund, they will. Will have sign-up sheets for groups to participate with coffee, desert, etc. at Sept. District. **Meeting:** 8/22/09, 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 9/5/09, 9AM at Sole Purpose Group.**



# Happy Birthday!!!



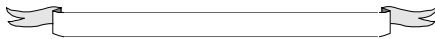
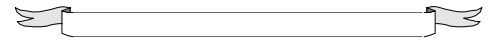
**Camelia City**  
 John A. 5 yrs.  
**Member at large**  
 Clark W. 9 yrs.  
**Union Springs**  
 Whittny W. 1 yr.



**Legacies**  
 Jennifer M. 3 yrs.  
**Strange Camels**  
 Lisa H. 15 yrs.  
**Triangle**  
 Scott J. 21 yrs.  
 Tommy G. 21 yrs.  
 Don S. 10 yrs.  
 Jim C. 1 yr.



**Clanton/Thorsby**  
 Leroy F. 13 yrs.  
**Prattville Downtown**  
 Al C. 10 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 .....

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?"

*"From "Dr. Bob and the Good Oldtimers" p. 222*

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## Concept Nine

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 I set a positive leadership example?

??????

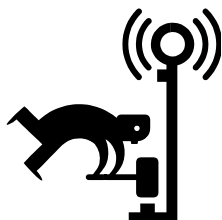
What G.S.O approved literature contains this version of the Twelve Steps?

1. The bottle has let me down. My life is a mess.
2. There is help.
3. I let a higher power take over.
4. I need to look at my life.
5. I admit all I did wrong.
6. I want to be free.
7. I ask a Higher Power to help me be free.
8. I ask: Who did I hurt? How can I fix it?
9. I try to fix things if I can.
10. I check up on myself. I am honest.
11. I ask a Higher Power for help to live the right way.
12. I live by these Steps and get better. I try to help other alcoholics.



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??????



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

*The POST wants to hear from Old Timers. What was it like when you got to AA. How did the meetings look?; where were they?; who helped you get started?; what’s changed?; what’s stayed the same; who do you miss and why? We also want to hear from new timers about how an old timer has helped you along the path to happy destiny. Send your musings to [theposteditor@knology.net](mailto:theposteditor@knology.net).*