

EDITOR'S CORNER

I do not like, nor do I deal well with change. However, I recognize it and I own it! I remember when I first starting coming to AA and one night the chair-person of the meeting had arranged the chairs and tables to something totally different from what I had been used to for about 3 months. I about lost it when I walked in and it must have been written all over my face because he so kindly smiled and said "it will be ok, just keep coming back". I wanted to break down into tears. I also had the same hairstyle when I walked in back in 2003 as I had in 1980 (thank God for honest women and hair stylists in the program) But I digress. My point is that change is unsettling for me. Today, I keep hearing the term "new normal".

So immediately I think change and my initial instinct is to fight it...be the rebel, don't conform! However, I have been around long enough to remember to keep playing the tape of all the things I have heard over the years: this too shall pass, keep coming back, the only thing you have to change is everything, the situation may not change but you will change, let go and let God, etc., etc.

I am sure if our forefathers had been told how we would be holding meetings today (from group meetings to Area assemblies)...before the "new normal" even, they might have been a little skeptical also. To see how our fellowship has grown and evolved over the years would probably be mind boggling to them. Throw in a pandemic and we have the "new normal". While I

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A.A. HISTORY

As Bill Sees It 1967, And A letter to Bob 1949

Bill Wilson wrote and put together literature, with editors, for over 25 years. In this letter to As Bill Sees It, "It is suggested from G.S.O. that this book, with several hundred excerpts, touches nearly every aspect of A. A. way of life."

Many of these pages are using his personal letters in excerpts to fit the topics in the book. I find that our personal notes and letters on recovery are of utmost importance, as they add our inner thoughts and reflections at a certain period in recovery. Bill W. admits "the viewpoints are his on A.A.s way of life." He also claims "imperfections and limitations, but in hopes it can meet a genuine need."

To hope A.A. could continue this in his letter, on page 269, in As Bill Sees It, reads:

"Letter To Bob", 1949 our world services, " Everywhere the A.A., groups have taken their service affairs into their own hands. Local founders and their friends are now on the sidelines. Why so many people forget that, where thinking of the future of our world services, I shall never understand.

The groups will eventually take over, and maybe they will squander their inheritance when they get it. It is probable, however, that they won't. Anyhow they really have grown up; A.A. is theirs; let's give it to them." Bill Wilson to Bob Smith.1949!

I am impressed with the changes in our history, and some groups who can continue year after year to thrive, while some squander away their inheritance. As a whole, A.A is strong, and I do believe in this decade of 2020, Bill and Bob would marvel at the fruits of trials we have gone through trudging the road to happy destiny. Our ambitions to carry the message to still suffering alcoholics through Facebook recovery pages and Zoom meetings during Covid19 in 2020 would impress our founders greatly. Thank God today for A.A. History, and thank Bill and Bob for the pursuit of the program. Thank new-found technology for our abilities in communications, and not the least, -the most important, - thank each group for not squandering this inheritance.

Your servant in service,
C. Faye H.
Fellowship

HOME
GROWN

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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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Contributions for print subscriptions are encouraged.

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MARK YOUR CALENDAR

**Intergroup Monthly Meeting
Saturday, June 6, 2020**

8:00 a.m. @ Legacies Group
3412 Atlanta Hwy, Montgomery, AL 36109

**District 8 Service Meeting
Saturday, June 6, 2020**

9:30 a.m. @ Legacies

* SUBJECT TO CHANGE. Please check website.

MORE EVENTS & INFO:
WWW.CENTRALALAA.ORG/UNITY/UPCOMING-EVENTS/



SERVICE ALERT

Post Positions Open - 12 month commitment:
POST Distribution - emailing the monthly POST to email recipients, printing and mailing the hard copies for those who do not receive it by email. Please contact Natalie C. or post.editor@centralalaa.org if willing and able to serve!

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The Post

POWER OF SOBER THOUGHT

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Staying Sober Under All Conditions

It was not so very long ago that a situation such as we find ourselves in now would have driven me to self-pity, anxiety, high drama and drink. I am so grateful that today I have a solution that works under all conditions: carrying this message to alcoholics and practicing these principles in all my affairs.

As more and more of our communities cope with the coronavirus pandemic, so too are our A.A. groups and members facing difficult questions that must be asked and answered. In the greater River Region (District 8, Area 1) our members stand fast in their dedication to carrying the message of hope and recovery from alcoholism to the next suffering alcoholic. We have had to make some changes: some of our landlords are not letting us hold our meetings; some groups have searched their conscience and have closed their doors temporarily, moving to a digital platform as the group or together with other

groups; some groups continue to meet at their normal time, but are mindful of social distancing both in the meeting itself and in prayer. All of us want to be available.

Your District 8 web committee will try to keep our information up to date. Groups which have notified us they are closed for whatever reason have been removed from the meeting guide temporarily. They are also listed below. Please know that as soon as you alert us, we will put you back in all places. If your group makes this decision, please notify us (email webservant@centralalaa.org) and we will likewise update our schedule and post. If any information on the schedule, the meeting guide app, or this website is incorrect, please let us know that, too.

If you are looking for an A.A. meeting and cannot find one, please call the A.A. Hotline, 334-264-4122, and our volunteers will do everything we can to put you in contact with the fellowship you need – online or in person.

Reprinted from District 8 website

Groups Temporarily Closed:

- Legacies Group – Zoom Meetings 798 727 9234 Legacies
- Tradition Three Group
- Strange Camels Group – Zoom Meetings 238 070 075 Camels (Mon. + Thurs.), outdoor meeting on Tuesdays
- County Hope Group

EDITOR'S CORNER *Continued from page 1*

don't like that word (it implies that things will not return to as before), I understand the need for the world operating in a different manner, at least temporarily.

When the Zoom meetings were first starting, sadly I was not on board. (Contempt prior to investigation) I just knew this was not going to work and was going to be total chaos. I could do this without y'all for a bit (even though previous experience had proved otherwise) so I did not get on any Zoom calls. That lasted about a week. I was fast approaching that restless, irritable, and discontented stage, when my sponsor asked how many meetings I had gotten on. Mmmmm...one thing I have learned over the years is that I do not like to be in pain of any kind, whether it be physical, spiritual, or emotional, and I really do not like to be called on the carpet by my sponsor! So after about a week of no meetings, and no tribe, I was ready to eat a big old slice of humble pie, admit perhaps I did not know everything, and get with the "new normal". I must say, I was surprised at how well the meetings have worked. We came together as the Fellowship we are; with one purpose in mind...to make sure we were still carrying the message. I have seen

newcomers pick up chips, I have heard speakers I would probably not have had the opportunity to hear in a "normal" world, and I have seen this fellowship support each other like no other. I am truly grateful to be trudging this road with you all. And although I initially scoffed at even the idea of Zoom meetings, I eventually jumped on board (sometimes quickly, sometimes slowly). I am so grateful to be a part of such an amazing fellowship! (P.S. it would also be dishonest of me to say I was not also ready to return to some semblance of "normal"!!)

In this edition, we have the experience of someone who had just come back from a relapse when the pandemic hit and how she found the "silver lining" during this crisis. We also have another installment from our fellow AAs in Germany (talk about adapting to change!). We hope you enjoy and please, feel free to share your own experiences. We would love to hear from you!

In love and service,
Natalie C. – Strange Camels

**HOME
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www.centralalaa.org

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: January 13, 2020

Montgomery Intergroup Central Office 24/7 Hotline 334-264-4122

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY							
12 Steps Group of AA Heritage Baptist Church, Rm 127 1849 Perry Hill Road		C-D-ST-BG 6p					
A Vision for You Group of AA Baptist Health Training Entrance 2010 Normandie Dr.			O-D 7p				
Chapter 9 Group of AA CAP Auditorium 1153 Air Base Boulevard						O-D 1:30p	O-D 1:30p
Chisholm Group of AA 1409 Federal Drive	C-D-Sm 12p C-ST-Sm 6p	C-D-Sm 12p C-D-Sm 6p	C-D-Sm 12p C-L-Sm 6p	C-D-Sm 12p C-D-Sm 6p	C-D-Sm 12p C-D-Sm 6p	C-D-Sm 6p	O-S 6p
Fellowship Group of AA Grace Church at Bell Road 5 Bell Road (Corner of Bell Rd & Atlanta Hwy)	C-L & BG * 6p	C-D-BG * 6p		C-D-BG * 6p	C-L & BG * 6p	O-S 6p	C-D * 2p C-D Women's Mtg 6p
Happy Hour Group of AA 3466 Eastdale Circle (Next to Fortis College)	C-D 6:30a 12p & 6p	C-D 6:30a & 12p C-L 6p	C-D 6:30a C-L 12p C-D 6p	C-D 6:30a & 12p O-BG 6p	C-D 6:30a 12p & 6pm O-S 7p 1st Friday	C-D 12p	C-D 12p O-D 6pm
The Legacies Group of AA 3412 Atlanta Highway (Enter on Forest Hills Dr)	C-D 12p & 6p	C-L 12p	C-D 12p O-S 8p	C-D 12p	C-D 12p C-D-CL 8p	C-D 12p	C-D 9a
Living Sober Group of AA Mental Health Building 1116 South Hull Street	C-D 6p		C-L 6p				
Sole Purpose Group of AA 22 North California Street	C-D 8p			C-L 8p	C-D 8p		C-D 8p
Strange Camels Group of AA Immanuel Presbyterian Church 8790 Vaughn Road	C-L 7p	C-D 7p		C-D 7p			
Tradition Three Group of AA 386 St. Luke's Drive Bradford Health Services building	O-D 11a	O-D 11a	O-D 11a	O-D 11a	O-D 11a		
We Stopped in Time Group of AA Unitarian Universalist Fellowship Church (rear entrance, downstairs) 2810 Atlanta Highway		O-D 8p YP				O-D 8p YP	
CLANTON							
Clanton Group of AA Trinity Episcopal Church 503 2 nd Ave. S, Clanton, AL 35045	O-D 7p			O-L 12p		O-D 7p	
GREENVILLE							
Camellia City Group of AA Greenville Housing Authority 601 Beeland St, 36037 334-437-2015 or 334-662-7129	C-D 7p			C-D * 7p			
HOPE HULL							
County Hope Group of AA Hope Hull United Methodist Church 305 Wasden Road (Silver trailer behind church)		O-D 6p		O-BB 6p			

Continued on reverse side.

<https://www.centralalaa.org/meetings>

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MONTGOMERY INTERGROUP DIRECTORY OF A.A. GROUP MEETINGS							
Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAPLESVILLE							
Maplesville Group of AA Highway 139, PO Box231, 36750					O-D 8p O-S 3 rd Fri.		C-D 8p
MILLBROOK							
Primary Purpose Group of AA Church of the Nazarene, Fellowship Hall 3251 Browns Road		O-D 6p		O-D 6p		O-D 6p	
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 East 4th Street	O-L 12p	C-D 12p		C-D 12p	C-D 12p	C-D Women's Mtg 10a	
Prattville Downtown Group of AA 326 West 5th Street	O-S 6:30p	O-BG 6:30p	O-D 12p C-D 6:30p	C-D 6:30a C-L 6:30p	O-ST-S 6:30p	C-D 12p O-D-CI 6:30p	O-D 12p C-ST 6:30p
SELMA							
5th Tradition Group of AA West End Baptist Church 504 Cahaba Rd 36701					C-D 6:00p		
Selma Group of AA Courthouse, Alabama Ave & Lauderdale St	O-D 12:30p	O-D 6p	O-D 12:30p	O-D 6p	O-D 12:30p		O-D 6p
Selma Men's Group of AA St Paul's Episcopal Church 210 Lauderdale Street	C 6p		C 6p				
TALLASSEE							
Ray of Hope Group of AA 2872 Kent Road, Kent	O-L 7p		C-D 7p		O-D 7p		C-D 3p
12&12 Group of AA E. Tallassee United Methodist Church 101 Central Blvd, East Tallassee		O-ST * 7p					
UNION SPRINGS							
Bullock County Hospital Detox Unit 102 Conecuh Ave Union Springs, AL	O-D 7p		O-D 7p				
WETUMPKA							
Free World Group of AA Elmore Co. Extension Office, metal bldg Highway 14, Queen Ann Road							C-D 7:30p
Wetumpka Group of AA 103 West Tuskeena St.	C-D * 7p						O-D 6p

Legend

O = Open Meeting (for anyone interested in the AA program)

C = Closed Meeting (attendance limited to those with a desire to stop drinking)

- D = Discussion Sp = Speaker L = Literature Study (BB, 12/12, or Other) St = Step Study
 Cl= Candlelight W = Women's Meeting LGBT = Lesbian, Gay, Bi, Transgendered BG = Beginners
 Sm = Smoking YP = Young People & Young at Heart * = Al-Anon Meets Simultaneously ** = Alateen Meets Simultaneously

Montgomery Intergroup provides this schedule of A.A. group meetings in this service area to member groups, individual A.A. members, and appropriate interested parties. A listing in this schedule does not imply approval or endorsement of any group's approach to or practice of the traditional A.A. program.

**Montgomery Intergroup 334-264-4122 • montgomery.intergroup@yahoo.com • www.centralalaa.org
 828 Forest Avenue, Suite A • Montgomery, AL 36106 • Open Mondays 10 – 2pm**

www.centralalaa.org Intergrout@centralalaa.org

<https://www.centralalaa.org/meetings>

STEP FIVE "ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS."

The Fifth Step, just like every step, was another one of those things in life that I had a large amount of assumptions when I prepared to go meet with the sponsor that took me through my first fifth step. I remember meeting her at her apartment and she had chocolate pretzels.

We had read through the book up until chapter six and I had completed my resentment, fear, and sex inventories and now I was ready to sit down and make confession. I had this idea that my sponsor, somehow, was going to absolve me of my sins like a priest from a movie. She would give me some sort of task for absolution and I would move among men a free woman.

Sounds glorious, doesn't it?

Strangely enough, minus the robes and the confessional and the hail Mary's, a similar type of experience as my actual expectation occurred. Of course it happened in a way that continued to open my pathway to the sunlight of the spirit, but I did not know that at the time and probably wouldn't have believed it if you'd try to tell me.

My sponsor led me through my columns of the fourth step and throughout the conversation when I admitted my mistakes she helped me determine causes and conditions

(patterns that I had never before noticed), my own actions that had led me consistently to resentment after resentment, and finally through my fears and my sex inventory.

I was led through a painting of my own making and on the other side I was left with a humbled, quiet feeling. The book describes it as the beginning of a nearness to our creator. That rings true when looking back. My sponsor immediately sent me home for a quiet hour of reflection to see if I had left anything out.

My first fifth step was not my last fifth step. I have gone through two more since sitting down for that first time. There has been a similar humbling experience each time. The last thing I leave you with is advice from one of the sponsors who took me through a fifth step. It still remains as a ringing truth every time I read through the book or do step work. When talking about my mistakes, I need to remember it does say mistakes, not my part. If I am claiming a part, then I am assigning another part to someone else. The fourth and the fifth steps are not about anyone else's inventory, but my own.

Emily J. - Strange Camels

**HOME
GROWN**

TRADITION FIVE EACH GROUP HAS BUT ONE PRIMARY PURPOSE-- TO CARRY ITS MESSAGE TO THE ALCOHOLIC WHO STILL SUFFERS.

This month we will cover our 5th Tradition. Last month's article referenced an early A.A. group who thought they could do a bit more than they were able. This early group wanted to educate and lend money to alcoholics. In their eyes this was a good thing. But as we have come to see in A.A. the good is many times the enemy of the best. From my personal experience, I must admit I had a hard time with this tradition at first. My ego thought we should be able to help more than alcoholics. It was not the first time I thought the Traditions were outdated (still hear some talk today from others in A.A. that they are). I thought with all the knowledge out there today, we should update this tradition. I did not understand how this was my ego believing we could address it all. No doubt our members and the world have many issues but A.A. is not here to solve those issues. A.A. is for recovery from alcoholism.

The long form of the tradition states:

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose-that of carrying its message to the alcoholic who still suffers.

The Traditions ensure A.A. will be around to meet its responsibility of sharing its solution to alcoholics who have not heard how we stopped drinking. The 5th Tradition asks us to heed the principle of doing one thing supremely well rather than many things badly. This is reflected in our 12 & 12 which states "Shoemaker stick to thy last". Why is this principle so important? Because it has been proven by our experience only a recovered alcoholic can do much

for a sick alcoholic. We have a path that allows us to break through where doctors, counselors, family members, etc. cannot seem to find passage. We have a language of the heart which, through God's grace, allows us to help where others cannot.

There are plenty of temptations to do more than we can. We all have other issues outside of alcoholism and over time all these should be addressed. However, the proper place for these issues should not be in a group of Alcoholics Anonymous. Our literature states clearly A.A.'s "... first duty as a Society is to insure our own survival. Avoid distractions and multipurpose activities. An A.A. group cannot take on all the problems of its members, let alone the problems of the entire world". The sole purpose of an A.A. group is freedom from alcohol through the teaching and practicing of 12 steps. That is the message we carry. An A.A. group does not provide freedom from drug addiction, sex addiction, nicotine addiction, gambling addiction, etc. Also, A.A. does not handle relationship issues, money issues, alcohol education, depression, mental issues or any other problem we may have. There are many 12 step programs and other institutions for these. As individuals, we should take advantage of these aids and share this experience, one on one, with others but ought not share within A.A. We should not expect A.A. to change its primary purpose.

Bill addressed Tradition Five in a Grapevine article published in April 1948. In the article, he states "...we shall never be at our best except when we hew only to the primary spiritual aim of A.A. That of carrying its message to the alcoholic who still suffers alcoholism." As we make decisions in A.A. this thought should come before any other. This tradition is an action by Groups to secure its common

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Tradition Five, Continued from page 6

welfare. Tradition Five helped me understand what message I should carry to the public at large. When carrying our message to treatment centers, jails and professionals, I am able to state plainly what we do and what we do not do. We are not there to convince anyone that A.A. is their path. In the 12 & 12 Bill talks about how we were not there to talk about religion, education, domestic relations or rehabili-

tation. All we have to offer is a path to be free of alcohol through A.A. and as a result of this we have found a useful and full life.

Trei J., Strange Camels Group
<http://www.centralAA.org/unity/the-twelve-traditions/>



CONCEPT FIVE
Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

One of the more encouraging things about A.A. is the lengths that we go to in order to ensure that the minority voice, whether it be at the General Service Conference, or at a monthly business meeting at our local group, is not only heard but given proper consideration. Even after a vote is taken on an important issue and substantial unanimity is reached, the minority voice still gets the option to speak further to their viewpoint. The majority voice is also not always the "right" voice. It can be hindered by emotionalism, haste, and anger. Sometimes once the minority voice has been given it's say, it changes in an instant to the majority voice. The "Right of Appeal also states that anyone in our service structure can petition for the redress of personal grievances. If this person so wishes they can take their complaint all the way to the General Service Board. In this way, this concept ensures that those in "authority" will be restrained from unjust use of power. And that no one should "silently endure unnecessary and unfair personal domination."

Bill states repeatedly in Concept V that A.A. (whether it be in the fellowship or in regards to our world services) basically operates in the "spirit of democracy" where individual freedom is of enormous importance. Our members are not forced to do or believe anything and I'm a member when I say I am. There is after all only one requirement for membership in A.A., a desire to stop drinking. That in

itself widened the gate just enough to allow me to take the path of recovery. This same spirit is incorporated into the service structure of A.A. No one lords over anyone and demands anything. "The highest we get is sober." That is a common statement made by my mentors in the program. And if that is true the best we could be is servants. All of these concepts advance the ideal of simply being a trusted servant, that no one is above anyone, whether that be the coffee maker position or a trustee to the G.S.C.

Concept V guards against tyranny of the majority over the minority and vice versa, which protects against the domination of the few by the majority or having a minority with absolute power over all. This is partly made possible because we do not demand conformity and have no punitive measures for veering from our spiritual principles. Which only amplifies the necessity for individual freedom and the spirit of democracy that our society thrives upon. And as long as we carefully define the relationship between the minority and the majority we will never be subjected to the tyranny of either.

Love & Service
Jay W., Legacies Group

<https://www.centralalaa.org/service/twelve-concepts>



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District 8, Area 1 Alcoholics Anonymous

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(334) 264-4122

Recovery and Living Abroad

Greetings from Stuttgart, Germany! We thought we would share our experience with Service since we've been here in Germany. If this interests you, read on. If Service is not your thing in AA, then feel free to skip this article.

You may ask yourself, "What's the big deal about the Service in Europe?" Well, for starters it is slightly different. We would have to say that it's more in the terminology than in the structure; subtle differences which we found a little confusing at first.

Les has never considered himself a "service-junkie", although he has been involved in Service since early on in his recovery. In 2007 at 10 months sober, he moved to Tbilisi, Georgia in the former Soviet Union, where in a city of 1 million there was no English speaking AA. While there, through advertisements (just like the old days) he helped start a meeting, reaching out for sage advice from fellow AA's back in New Mexico in hopes of avoiding many of the pitfalls of early AA he had read about in the 12 x 12. Upon returning to Albuquerque, he served as Chair of his Home Group and eventually GSR, which lead him to participate in District and Area Assembly (where we actually met a few years later after Patty left Area 1, moved to Area 46 and was elected Area 46 Secretary). When we moved back South, we wanted to stay connected beyond the Group level and Les became the District's Secretary at one of the three Districts in Pensacola and Patty became a DCM. Here in Germany, we continue to participate through our respective Home Groups; Patty is the GSR for The Böblingen Group and Les is the Alt GSR for Serenity Seekers...which means getting busy with "District", or as they call it over here Intergroup and Regional Assemblies.

AA in Great Britain was started in a hotel room in London on Monday, March 31, 1947 and in February 1952, they opened the London Service Office (currently GSO in York, England).

Groups - Of course an AA group is an AA group, right? The meetings/groups that we have attended have been all English speaking with the exception of a bi-lingual group in Munich. The meeting format is pretty much the same as we were used to back home (Reading How It Works, the Traditions and the Promises). We attended our first Business Meeting within a month of landing and immediately noticed a few differences. Les wanted to let them know how they were doing it wrong, but this was before we were aware of any differences. We didn't know that the English speaking groups were registered to GSO in Great Britain. After a couple of business meetings (and the purchase of the AA Service Handbook of GB and The AA Structure Handbook of GB), we started to figure it out. Over here, the Secretary has the biggest responsibility in the group (after the GSR, of course). There are no Treatment, CPC, Grapevine, or Corrections Chairs in the groups. We do have a Public Information Chair, which takes up a whole chapter in the Service Handbook (which, by the way, is small and only has 75 pages).

Intergroups (you call them Districts) - Great Britain has 120 Intergroups where the GSR's come together (each group gets 2 votes). In Germany, we have several English Speaking Intergroups (IG's for short) across central Europe that represent and support Groups in their geographical regions. For example, Berlin Intergroup is just that. The

Berlin area is confined to a major city with a ton of meetings (over 20 meeting locations supporting over 60 Meetings per week). Our Intergroup is Rhine-Neckar Intergroup (RNIG) which has 7 active Groups from larger cities across our geographic area ranging from Frankfurt to Tübingen to the Black Forest, which could be about 250 kilometers or 155 miles apart. So, no more complaining about having to drive across town once a month for your District Meeting (lol)! We meet 6 times per year, rotating from a face to face to online every other month (Groups volunteer their city for an IG meeting which includes lunch and an AA Meeting - since IG meetings last approximately 3 hours and some Reps drive a few hours to get there).

IG, just like a lot of Home Groups, is the place where folks are knocking down the door to get involved, go the extra mile, sacrifice time and energy without a thought of recognition. NOT. Unfortunately, the necessity of involvement in Service just isn't understood and it doesn't make for a "fun or exciting" topic during meetings. Luckily for Les, he digs things like problem solving & process improvements that support our Primary Purpose, which made IG a logical place for him to snoop around and see if he could be of service. IG has a Chair, Vice Chair, Secretary, Treasurer, and a Regional Rep (Les is currently the Regional Rep). There are Liaison Officer Positions (Prison, PI, Health Info, Employment, and Probation). There is also a SHARE/Roundabout Liaison Officer which is equivalent to the Grapevine Rep. Unfortunately, our IG struggles with filling even some of the basic Service Positions. Sometimes positions go unfilled, at other times an individual may wear two hats, or carry a responsibility longer than suggested. But, we do what we can and hope that our example will inspire others in our Groups to follow.

CER Regional Assembly - Continental European Region (CER) covers 15 Regions in the UK, plus the Central European English Speaking Region (which covers a broad section of Europe, not unlike your Spanish Speaking District). They support all English speaking meetings across Europe, from the western edge of France, north to Sweden and south to Spain, eastward to Ukraine, Bulgaria and Greece, and many points in between (we've been able to attend AA Conventions in many of the countries within our Region). Whether they are a single Group in a country not aligned with an IG or an IG representing the largest (by AA population) Intergroup, each designee gets a vote (well, actually 2 votes per IG or Group, as per our guidelines), and all have the right to participate and vote.

Like other Area Assemblies back in the States, at the opening morning of every face to face Regional Assembly they provide a crash-course of how Regional Assembly is structured and its processes. While he had gone to many an Area Assembly in the US as an observer, this was his first as a voting member. Regional service positions are the same as the Intergroups, with the addition of the Young Peoples Liaison Officer. Another difference is that the Central European Region has three Delegates and three Alt Delegates. All three Delegates attend the General Service Conference in York, England every Spring.

A couple of months later Les was voted in as the RNIG Regional Rep (each IG has 2 votes at Regional Assembly). CER meets quarterly and incorporates the online meeting format to augment the cost of face to face meetings. Although there is no substitute for face to face, we know



April Birthdays

Tradition 3 Group

Tina B.	04/04/2015	5 yrs
Rusty D.	04/09/2012	8 yrs
Shane G.	04/24/2007	13 yrs
Total		26 yrs

Strange Camels

Allison K.	04/08/2016	4 yrs
Danielle M.	04/14/2019	1 yr
Total		5 yrs

Fellowship Group

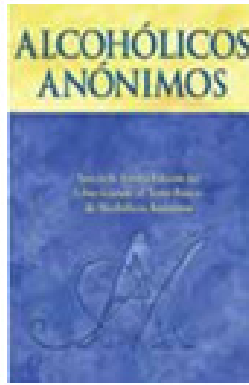
Rachel T.	04/01/2018	2 yrs
Denton H.	04/07/2019	1 yr
Raymond G.	04/08/2008	12 yrs
Wade P.	04/10/2012	8 yrs
Janice A.	04/19/2018	2 yrs
Sharon W.	04/19/2018	2 yrs
Will J.	04/21/2016	4 yrs
Erin W.	04/23/2007	13 yrs
Irene K.	04/24/1981	39 yrs
Tracy A.	04/26/2015	5 yrs
Total		88 yrs

MARCH 119 yrs

CELEBRATING AN AA BIRTHDAY?

AT YOUR NEXT BUSINESS MEETING ASK
YOUR G.S.R. OR GROUP SECRETARY TO
SEND IN MEMBER BIRTHDAYS TO
POST.EDITOR@CENTRALALAA.ORG

¿QUÉ ES A.A.?



Alcohólicos Anónimos es una comunidad internacional de hombres y mujeres que ha tenido un problema con la bebida. Es no profesional, autómantenido, multiracial, no política y disponible en casi todo el mundo. No hay requisitos referentes a edad ni nivel de educación. Puede hacerse miembro cualquier persona que desee hacer algo para solucionar su problema con la bebida.

Desde su publicación en 1939, este texto básico ha ayudado a millones de hombres a recuperarse del alcoholismo.

Actualmente disponible en la Tercera Edición aprobada por la Conferencia de Servicios Generales, el Libro Grande contiene las historias de los cofundadores, y de muchos miembros de diversa procedencia que han encontrado la recuperación en la Comunidad mundial.

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Nuestra oficina Central, localizada en Montgomery, AL, tiene recursos en Español como literatura y folletos.

Abierto los Lunes de
10:00 - 2:00pm.

828 Forest Avenue, Suite A
Montgomery, AL 36106

Tel: (334) 264-4122

Intergruop@centralalaa.org

<https://www.aa.org>

>> para mas informacion y recursos en Espanol

Si usted o alguien que usted conoce tiene una experiencia o historia para compartir acerca de la recuperación en las reuniones de Alcohólicos Anónimos por favor póngase en contacto conmigo Oni S., a través de Post.Editor@centralalaa.org.

Alcoholicos Anonimos
"Grupo 3 de Noviembre"
Un mensaje de vida.. "vida que deseamos compartir"

Si deseandolo sinceramente te das cuenta de que no puedes dejarlo del todo, o si cuando bebes tienes poco control de la cantidad que tomas, probablemente eres alcoholico.
Si deseas mas informacion o si solo quieres ser escuchado llamanos o visitanos en:

1028 Commerce Boulevard Pelham AL 35124 Telefonos: (205) 305-6611
Reuniones de Lunes a Sabado de 7:30 pm a 9:00 pm (205) 422-3676

Finding the Silver Lining of Covid 19

There I stood white knuckling against taking a drink as I arrived at my sponsor's home group. To my horror, they were voting to close their meeting doors because of the COVID 19 pandemic. Hot tears sprang to my eyes as I feared for my sobriety. Other groups in town had already closed their doors and more would likely follow. I could feel fear, anger and self-pity all swirling around inside me to produce a huge, blubbering crying fit. It wasn't pretty. "An alcoholic in his cups is an unlovely creature" the Big Book states. I was beyond unlovely. My temper tantrum was hideous. It was March 23rd, my 51st birthday. I hated getting older, I hated that I had relapsed, not once but twice. Now I had relapsed again just since coming back to AA earlier in the month. Coming back into AA was not going as I had planned. I was supposed to come back, pick up a silver chip and get my sobriety and serenity back. Somehow it wasn't working out that way. Just as Alcohol had been my master, COVID 19 was now calling the shots as well.

I left the meeting in a huff, shrugging off the attempts at love and solace the members offered. I went and bought Corona beer. I would show the Corona virus who was boss. I drank in the parking lot of my church, crying, shaking my fist at God. I was furious I was older, another birthday. I was furious I was not sober. I was furious at COVID 19 closing MY meetings down. I texted a couple of cousins. My alcoholism is a family disease. Both were begging me not to drink and offering to call me an Uber. I was only a mile from my home so I carefully made my way home and shrank into bed. I only drank three beers. I had definitely drunk more most of the time in the past. I did not even black out. But my spirit was destroyed.

The next morning all I could think of was those remaining three beers. I went to the refrigerator and grabbed one. It was 6 am. It tasted like the worst thing I had ever put in my mouth. I couldn't drink it. This had never happened before. I started crying again. I suddenly had words in my mind. I poured out all of the remaining beers and grabbed a pencil, paper and a cigarette and went outside to write. I poured out my heart to God. I admitted I was broken. I begged him to fix me. I said I would do anything, His Way. Things shifted for me at that moment. I felt free. That night I went to one of the few remaining meetings that was open and picked up another silver chip.

Since then, I've attended brick and mortar meetings with 10 people sitting 6 feet apart, zoom meetings in all 50 states, and zoom weekend conferences. At first, I definitely practiced "contempt prior to investigation" with the zoom meetings. But since trying them, I have fallen in love with them. I love the fellowship from coast to coast and border to border. One particular meeting in Wilmington, Delaware has become my regular morning meeting along with my prayer and meditation. In visiting different zoom meetings across the states, I have watched hundred of years of sobriety be celebrated. Tragically, I have also watched groups mourn the loss of members who have taken their lives during a relapse. I have been a part of them celebrating the homegoing of a member going to the Big Meeting in the Sky. I've seen people, desperate for relief, attend their very first Alcoholics Anonymous meeting in the cyberworld of a zoom meeting. In every meeting, in every state, the language of the heart has been the same. The solution has been the same. Whether the groups celebrate anniversaries at the beginning of the meeting or the end, if the meeting has speakers that have one day sober or 90 days, if the meeting closes with the 3rd step prayer or the "Our Father" prayer, the differences have been numerous, but the solution has been the same: the spiritual solution of the Twelve Steps outlined in the Big Book of Alcoholics Anonymous.

The spiritual solution of Alcoholics Anonymous and the Language of the Heart is not the only things that all of the meetings had in common. Each meeting was also exercising its right to Tradition Four, the right of Autonomy. What a blessing for each group to be autonomous. And after visiting 50 states, I can assure you there is quite a variety of ways of holding a meeting and I have not visited one that seemed wrong. Each meeting efficiently performed the primary purpose of Alcoholics Anonymous, carrying the message to the still suffering alcoholic, and also trying to remember Rule #62 while doing so. As we all know, rule 62 is lovingly described in the 12 and 12 as "don't take yourself too seriously". I have belly laughed so much during this journey. I have also cried. But more than anything, I have felt overwhelming gratitude to have had this very spiritual experience, to be sober today, and to have the thousands (millions?) of zoom meetings available to me all over the world. I am not quite grateful for COVID 19 but I have definitely found the silver living.

Anonymous

Recovery and Living Abroad, *Continued from page 8*

that not every IG can afford to send their representatives across Europe several times a year (so far, Les has had the privilege of travelling to Varna, Bulgaria; Brussels, Belgium; and together we went to Budapest, Hungary).

As with each new adventure and endeavor in sobriety, we find ourselves making AA connections and a host of new friends. Just this past March in Budapest, an expat living in Warsaw Poland, hit it off with Les. He was a great guy with a heart of service. Why? Because someone carried the message of hope to him and he, like all of us, have a debt to (gladly) repay.

For more information about the Service Structure here in Europe, please visit our CER Web Site at <https://alcoholics-anonymous.eu/regional-public-documents/> or take a gander at the UK Website, of which CER is part of the Service Structure at <https://www.alcoholics-anonymous.org.uk/>

If you are ever in the neighborhood, we have a meeting and a cup of coffee waiting for ya.

Les and Patty H - Stuttgart, Germany

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