

THE POST

The Power of Sober Thought - Montgomery Intergroup's AA Newsletter



OUR HISTORY

The River Region, including Montgomery, Alabama, has a long and meaningful history within the AA community. Our first AA group started in the 1940s, creating a space for people like us to come together for recovery and support. Since then, the AA fellowship here has grown, with meetings happening regularly across the region. For decades, these groups have been a lifeline for so many of us, offering a place where we can share our stories, find strength, and heal together. Through service, sponsorship, and fellowship, we continue to carry the message of hope to anyone seeking a way out of addiction, knowing that together, we can recover.

Like the POST?

Have some
experience, strength
and hope? Have a
creative edge?
Consider
contributing to the
POST!!!

Go Visit the Central Office

Open Mondays
and Wednesdays
10:00am - 2:00pm

Looking to be of Service?

Join us!
Friends of Bill W.
Committee!
More information
below!

EDITORS NOTES

Dear Readers,
Happy Spring Time!

The sun is out more, and the weather is perfect. Honestly, I used to hate spring, but during my first year of sobriety, it wasn't until spring I was finally able to begin to see that this life I have been given, can mean much more than I ever expected.

This spring is another reminder that I only get to keep what I have, if I give it away.

With love and gratitude,
Natalie M.
Editor, The POST

FOUND FILES

AKA ONLINE RECOVERY MEMES

Alcoholics in 1935



I drove out to the countryside after words with my boss. I ordered a sandwich and a glass of milk. I ordered another sandwich and another drink, then suddenly the thought crossed my mind to add a shot of whiskey to my glass of milk.

Alcoholics in 2025



You could afford 2 sandwiches??

In all of our Affairs:

A Look at Using the Traditions in Every Aspect of our Lives

Our 3rd Tradition states, “The only requirement for A.A. membership is a desire to stop drinking”. The long form goes further to state that we may refuse none who wish to recover and that membership should never depend on money or conformity. This tradition was always meant to be inclusive, never exclusive. It was meant to ensure that everyone who suffered from alcoholism and needs Alcoholics Anonymous has a place.

My relationship is another place I have found a helpful place to apply this tradition in my life. In this particular circumstance, there has to be a desire to be in the relationship from each person for the relationship to work. Do my actions also show that I have a desire to be in that relationship. Love, in my experience, is not an emotion or a feeling, but an action. When someone really loves you, you typically know they do because their actions show it. So in line with this tradition, do my actions show that I have a desire to be with this person.

In the same regard I’ve found that in my professional life this tradition is also applicable. I have not only worked with, but been the employee that had no real desire to be a part of the team I was currently employed. It showed up in my work and was evident. I was solely concerned with getting what I could from my employer and my co-workers rather than what I could contribute to our work and our team. As a result, not only did I never move up in my position, I was constantly more of a problem, or “weak-link” in the chain for my team. Today, as an employer and employee, my actions show differently because I have an honest desire to be a part of my team, and my team has an honest desire to be part of it as well.

One of the most revolutionary changes in my relationships was the application of the traditions in each of them. As for Tradition 3, the desire to be a part of any of these examples is perhaps not the only requirement, but it is absolutely a necessity for them to be successful, healthy, and effective.

In Love and Service,
Colby W.
WSIT

Emotional Sobriety

In the first year or so of my recovery, I could not comprehend what emotional sobriety even was. After some time, I started to experience I wasn't taking my usual escape routes and emotions started to not overwhelm me. It was through working the steps that gave me structure to chaos, a way to face reality that was something that I had never done in my entire life. I started to navigate through life as it came, good or bad without letting emotions dictate my choices. Being able to process feelings, handle situations differently, and accept life on my terms was a huge shift for this alcoholic. I was a total hot mess express when I came into the rooms.

I thank God every day that I actually took suggestions y'all gave me. Get a sponsor, work the steps, pray, call your sponsor every day, read the big book and go to a meeting every day. It made my foundation today so solid. A couple of things that contribute to my emotional sobriety today, I started giving myself space to respond instead of reacting by pausing. It helps me to get a moment of clarity to pray. Prayer brings surrender. I can give it to God in my prayer whatever gets me in that emotional heat at the moment.

I'm not perfect nor do I work a perfect program. I have my days but for the most part I can not act like an idiot. I found it over time, these simple things can completely shift the outcome of any situation. Most days everything flows even second nature. Other days it is a straight up battle between what I know is right and what my emotions are screaming at me to do. The fact that I can recognize it definitely shows me emotional sobriety in action.

Mary Joyce McLain
Montgomery, Alabama

ABOUT: SPONSORSHIP

Dear, Post!!!

This passage is on my experience with sponsorship. So many phases where should I begin...? When I came into the rooms I was broken and beating down. I was a shell of a person and without my substance. I didn't know how to do this life thing neither have a true genuine relationship. So, they told me to pick someone that had what I wanted. I picked a lady that definitely looked like she had her stuff together. Working the steps with her my perception had changed, I could actually see clearer, learning new things, and experience life. Crazy thing, she told me, "We don't have to do it alone." Working the 4th step with her, I realize none of my relationships were true or genuine- not even with my parents. Everything had a MOTIVE!!! Finally working the steps, now I get to live them. We never graduate!

So, you get what you give-I started to sponsor others, what an amazing gift sobriety and working the steps have giving me. I will say working with a handful of women, every sponsee is different so changing up and watching them grow and get this fire, that's what this is about!!! When I first started sponsoring- I had one sponsee and I was scared I would get overwhelmed and/or not be good enough for her, but that's just my disease telling me that. It came so easy and natural. Guess what??? I started hearing my sponsor come out of my mouth. Doing stuff over and over-having to do it. Now I get to do it!!! My sobriety date is August 17. 2020 and still going strong. I stay in the middle of this thing, I have a sponsor, I sponsor, hold service positions, homegroup, have a fellowship that I crave, I show up, I chair, I speak, I know when to say "no" and when to say "yes"... Thank you for my sobriety!!! It takes a village!!!

Your Truly,

Kayton W. --Strange Camels

Area 1 Needs Your Help!

HELP US ACHIEVE THE 2024 AREA 1 BUDGET DEFICIT ELIMINATION EFFORT
BY INCREASING YOUR CONTRIBUTIONS!

WHAT EXACTLY IS THE PROBLEM?

Area 1 is tracking towards a \$7,200 budget shortfall in 2024.

Why did this happen?

- We have experienced significant cost increases due to outside economic forces beyond our control.
- We had requests from the fellowship to increase budgets for certain committees.
- We need to relocate the Assembly due to our current locations inability to host past 2024.

What has been done about this problem so far?

- Area 1 Assembly passed the 2024 budget in October 2023, understanding we'd have a surplus that we wanted to draw down appropriately to 7th Tradition guidelines in 2024. The Finance Committee also needed a little time to see how contribution and expense flows matched up to previous years, so we could give the fellowship an accurate estimate of the shortfall.
- An AD HOC committee has been formed to determine alternative Area 1 Assembly venues – significant cost increases are inevitable.
- We negotiated down available options regarding certain costs to the Assembly such as: storage building fee contracts, consolidated equipment, cost savings for processing contributions.
- Area 1 Finance Committee has provided accurate information for the Assembly to make an informed decision.

So what does Area 1 need exactly?

- Increased contributions from the Area 1 fellowship.

How do I help?

Send contributions to Area 1 Treasurer at:

Area 1 AL NW FL
2135 Interstate DR
Box 209
Opelika, AL 36801

** Zelle has NO Fees **

PayPal has Flat Fee + 3%.

Alabama/Northwest Florida Area



zelle

OR



PayPal

SELF-SUPPORT:

Where Money & Spirituality **Mix**



This is A.A. General Service Conference-approved literature.

We Stopped in Time



Saturday May 10th

Eastern Hills Baptist Church

5:30pm - 7:30pm

Food and Fellowship

7:30pm - 8:00pm

History of We Stopped in Time

8:00pm - 9:00pm

Jonathon V.

Speaker Meeting

9:00pm - 10:30pm

**MORE Food, Fellowship,
and YPAA Games**

Location!

We will not be in our regular meeting room,
we will be in the gymnasium across the hall!

Our Food Theme is Italian!

If you want to be of service,
please bring a pasta dish, salad,
dessert, bread, drinks ect.

YPAA Games!

Bring an open mind,
and an energetic attitude!

The Friends of Bill W. Committee Presents:
Weekend Round Up in Montgomery AL

Emotional Sobriety: Recovery Service and Unity

Friday June 5th - Saturday June 6th 2026

Registration Information COMING SOON

Program Information COMING SOON

Looking for opportunities for Service?

Join the Friends of Bills W. Committee and help us put on this conference.



**GUMPYPAA'S
HAVING
HAD A SPIRITUAL
AWAKENING
APRIL 26th 5:30pm-9pm**

5:30-6:00 Fellowship

6:00-6:45 Potluck Supper

Bring a covered dish or dessert

6:45-8:00 AA Speaker Meeting

Jason B. and Craig M. - Montgomery

8:00-9:00 Bingo & 50/50

Immanuel Presbyterian Church

8790 Vaughn Road Montgomery, Al. 36117

***We will pass the basket to help cover expenses.
Please help support GUMPYPAA***

District 8 2025

Committee Meetings and Opportunities for Service

What	Date	Time	Location
Intergroup	1st Saturday of the Month	8:00am	Legacies/Hybrid
District 8	1st Saturday of the Month	9:30am	Legacies/Hybrid
Archives	1st Saturday of the Month	After District	Legacies/Hybrid
Corrections and Treatment	3rd Saturday of the Month	10:30am	Legacies/Hybrid
Grapevine and Literature	N/A		
Website	2nd Thursday of the Month	6:00pm	Legacies/Hybrid
CPC	3rd Saturday of the Month	9:30am	Legacies/Hybrid
PI	3rd Saturday of the Month	9:30am	Legacies/Hybrid

If you have an committee meetings or opportunities of service you wish to add to the list, please reach out to Natalie M. and she will add them for the next issue!

A decorative graphic on the left side of the page, featuring a pink topographic map with concentric, wavy lines of varying thickness, creating a sense of depth and texture. It is positioned behind the main title.

Home Group History

Looking to
explore the
History of the
23 Home Groups
of District 8!

Calling all General Service Representatives (GSRs)! I would love to connect with you to discuss the history of your home group and gather some insights about its journey. I have a few questions that can help paint a fuller picture of your group's contributions, challenges, and traditions over the years. If you're willing to share, please reach out to me—I'd love to hear from you and learn more about the heart and spirit of your home group!

1. When and how was your home group founded? (Who were the original members, and what inspired its formation?)
2. Where has your group met over the years, and has the location changed? (If so, why and how did those changes affect the group?)
3. What are some of the biggest challenges your group has faced, and how were they overcome?
4. How has your group grown or changed over time in terms of membership, format, or focus?
5. Does your group have any unique traditions, sayings, or special ways of carrying the message?
6. What do you think makes your home group special, and what keeps members coming back?

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Meeting Schedule: February 4, 2025

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

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONTGOMERY							
A Vision for You Group of AA R.O.S.S. Recovery Center 925 Forest Ave Montgomery, AL 36106			O-D 6:00 p				
Fellowship Group of AA Grace Church at Bell Road 5 Bell Road (Corner of Bell Rd & Atlanta Hwy)	C-L & BG * 6 p	C-D & BG * 6 p		C-D & BG * 6 p	C-L & BG * 6 p	O-SP 6p	C-D* 2p C-D-W 6p
Grace Group Grace Episcopal Church 906 Pike Road, AL			O-D 6p				
Happy Hour Group of AA 3466 Eastdale Circle (Next to Fortis College)	C-D 6:30 am 12p & 6p	C-D 6:30 am & 12p C-L (12x12) 6p	C-D 6:30 am C-L/BB 12p C-D 6p	C-D 6:30 am & 12p O-D/BG 6p	C-D 6:30 am 12p & 6p <i>O-SP 7p 1st Friday</i>	C-D 12p	C-D 12p O-D/BG 6p
The Legacies Group of AA 3412 Atlanta Highway (Enter on Forest Hills) Zoom ID 798-727-9234 PC Awakening	C-D 12p	C-L BB 12p	C-D 12p O-SP 8p Hybrid <i>(in person and on-line)</i>	C-L (12X12) 12p	C-D 12p C-D-CI 8p Hybrid	C-D 12p	C-D 9am Hybrid <i>(in person and on-line)</i>
Grupo Ayudate a Ti Mismo 3412 Atlanta Highway (Enter on Forest Hills)	O-D 7:30-9p HISP	O-D 7:30-9p HISP				O-D 7:30-9:30p HISP	O-D 11a-1p HISP
Living Sober Group of AA Church of the Ascension 315 Clanton Ave. 36104 meeting in the Joshua Commons	C-D 6p		C-L 6p				
Sole Purpose Group of AA Frazer Church 6000 Atlanta Hwy, Room 3103 Montgomery, AL 36117				C-L BB, 12X12 6:30p			C-D 6:30p
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 First Christian Church 1705 Taylor Montgomery, AL 36117	O-D 11a		O-D 11a		O-D 11a		
We Stopped in Time Group of AA Eastern Hills Baptist Church 3604 Pleasant Ridge Road		O-S/D 8pm YP Temporary Inactive				O-SP/D 8pm YP	
CLANTON							
Clanton Group of AA Church of Christ 111 Lay Dam Rd. Clanton, AL 35045	O-D 7p			O-L 12p		O-D 7p	
GREENVILLE							
Camellia City Group of AA Greenville Housing Authority 601 Beelant St, 30637 334-437-2015	C-D 7p			C-D 7p			

Continued on reverse side

MONTGOMERY INTERGROUP DIRECTORY OF A.A.® GROUP MEETINGS

Group/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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			
MILLBROOK							
Primary Purpose Group of AA Memorial Center Building 3170 Park Circle	O-D 6p		O-D 6p		O-D 6p		
PRATTVILLE							
Autauga S.O.S. Group of AA St. Mark's Episcopal Church 178 E 4th Street	O-L/BB 12p	C-D 12p		C-D 12p	O-L(12x12) 12p	C-D-W 9a	
Prattville Downtown Group of AA 326 West 5th Street	O-SP 6:30p	O-BG 6:30p	O-D 12p C-D 6:30p	C-L 6:30p	O-SP 6:30p	C-D 12p O-D-CI 6:30p	O-D 12p C-L /12x12 6:30p
SELMA							
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
Braveheart Group St. Paul's Episcopal Church 210 Lauderdale St	C-D 6p		C-D 6p			C-D 6p	
TALLASSEE							
A New Freedom Group 523 Kent Road (Mt Olive House)	O-D 7p			O-D 7p		O-D 12p	
Tallassee 12&12 Step Study East Tallassee Methodist Church 101 Central Blvd.		O-ST 7p					
THORSBY							
Thorsby Group of AA 20466 US-31 Thorsby, AL 35171			O-D 7:30p				O-D 8a
WETUMPKA							
Wetumpka Group of AA 103 Tuskeena St	C-D * 7p			C-D 7:30 p			
ECLECTIC							
Downtown Eclectic Group 40 Kowaglia Rd Eclectic, AL 36024	C-D * 7p			C-D 7:30 p			

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

SM = Smoking

CI = Candlelight Meeting

W = Women

HISP = Spanish Speaking

YP = Young People & Young at Heart

ST = Step Study

BG = Beginners

L = Literature

Literature Study (BB, 12/12 or Other)

LGBT = Lesbian, Gay, Bi Transgender

* Al-Anon meets Simultaneously

** Alateen meets Simultaneously

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

**Montgomery Intergroup 334-264-4122 * montgomerycentraloffice@gmail.com * www.centralalaa.org
828 Forest Avenue, Suite A * Montgomery, AL 36106 * Open Mondays and Wednesdays 10 am to 2 pm**

Mar 1, 2025

District 8 Meeting Minutes

Groups Present | Groups not Listed. 32 people were present in person and on zoom.

Opening | Welcome | Jay R. | The meeting began at 9:31am. Opened with the Serenity Prayer.

Reading of the Tradition(s) & Explanation of the Concept(s)

Lesley F. | Read the Long Form of Tradition 3

Danielle H. | Read/explained Concept 3

Kim was not present so Lesley F. read the tradition for us.

Next Month - Patty H. | Read Long Form of Tradition 4, Austin | Read/Explain Concept 4

OFFICER REPORTS:

SECRETARY'S REPORT | Natalie M. | SECRETARY@CENTRALALAA.ORG | Present

- Requested everyone sign in to be able to collect the most updated emails to be able to send minutes and other reports.
- Natalie presented the minutes. Everyone reviewed them either beforehand, or at the moment.
- Colby motioned to accept, Vicki seconded. Motion passed

TREASURER'S REPORT | Sandra V. | TREASURER@CENTRALALAA.ORG | Present

- Sandra read the report.
- Vicki asked what SASSA was.
 - This is a biyearly conference we attend to keep us up to date on the inner happenings of multiple south east areas.
- Danielle motioned to accept. Lesley seconded. Motion passes.

DCM | Jay R. | DCM@CENTRALALAA.ORG | Present

- I have received the pre-conference materials, and if I haven't gotten in contact with all groups GSRs.
- I need your emails to make sure that your group has access to the information, as the next pre conference area assembly is quickly approaching!
- Luke B - Our panel 75 Delegate reached out to find a time to present the Delegates Report, please note dates are on a first come first serve basis. Jay asked what day we would like him to come give his report.
 - There were concerns that this would fall under the Program Chair, and we decided to bring this up under New Business.

- ALTERNATE DCM | Open Position. | ADCM@CENTRALALAA.ORG | N/A**
- No Report.
-

COMMITTEE REPORTS:

PROGRAM CHAIR | Les H. | Program@centralalaa.org | Present

- Les presented a Program of GSR 101.
 - GSR - General Service Representative
 - The group sends a GSR to be the voice of the group. And reflect its group conscience.
 - He showed us the AA Service Manual.
 - Homegroup - District - Area - General Service Conference
 - We have a pamphlet and the General Service Manual we can always reference.
- Went over the recommended suggestions to being a GSR.
- "A filled position never gets filled"

ARCHIVES CHAIR | Walter C. | ARCHIVES@CENTRALALAA.ORG | Present

- The next thing the Archives Committee has planned is an exhibit at the Montgomery Anniversary.
- Many things will be on display there, especially things from the Chisholm Group.
- We are planning a play! And we will present this on March 30th at 3:30pm at the Legacies Group.
 - The play is called "The Time Machine". It's a little skit, its where a young couple brings Bill and Bob from yesterday to today.
 - Pensacola forwarded this play to him.
- The Archives Committee will meet immediately following this district meeting.

CORRECTIONS CHAIR | Mary Joyce M. | CORRECTIONS@CENTRALALAA.ORG | NOT Present

- Corrections committee met 2/15.
 - Montgomery county detention facility - In desperate need of men to carry the message. Wednesday nights at 7pm. We currently have plenty of women in rotation going but can always use more.
 - Elmore county jail - Every other Saturday women are scheduled to go at 1pm. Currently waiting on paperwork to be approved at this moment. To get approved go to the jail with a driver's license and push the button and ask for a volunteer application and fill out a form and they will make a copy of your ID. Men are currently going at 1pm every Saturday. If you want to be approved follow instructions given above.
 - Mt. Meigs youth facility - No meeting is going on at this moment but if you'd like to be involved let us know.
 - Maxwell federal prison- Progressing well. Participation by inmates is good and consistent.
 - Autauga Co. Metro jail- still closed until further notice.
 - PREA training for Julia Tutwiller- We had training Feb 23rd. There was a great turnout and it was a success. Applications and certificates from those who attended have been submitted and are waiting to be approved from the warden.

- If you or anyone you know would like to participate, I have applications and instructions on training that can be done online.
- It's been asked what the qualifications are etc. to go into facilities. At this time we are suggesting as long as you have no active warrants, 3 months of sobriety and sponsor, and able and willing to serve. That goes for DOC as well and that if you've been to prison, you have to have been out 2 years.
- We are in need of a co-chair for corrections.

CPC CHAIR | Michelle C. | CPC@CENTRALALAA.ORG | NOT Present.

- She emailed you the meeting minutes.
- Trying to get some leaflets or cards to give out to community members.
- Michelle reached out to Craig M. to help her get this committee going.
 - Going through the workbook to get a full scope of this committee.
- We are prioritizing which group of professionals we want to reach out to first.
- The next meeting is on the 3rd Saturday of every month at 9:00am located at the Legacies Group.

GRAPEVINE CHAIR | Jamie B. | GRAPEVINE@CENTRALALAA.ORG | NOT Present

- No report.

INTERGROUP | Mitchel F. | INTERGROUP@CENTRALALAA.ORG | Present

- Please don't mishear me, "We are not rich, but we are not operating in a deficit anymore."
- The contributions coming in will cover the monthly expenses.
- Intergroup is in need of some guidelines to the different committees we have inherited over the last few years.
- Mitchell has created an Ad-hoc committee to begin creating those bylaws.

CENTRAL OFFICE | Patty H. | MONTGOMERYCENTRALOFFICE@GMAIL.COM | Present

- Open Monday and Wednesday, 10:00am - 2:00pm
- We are closed on federal holidays
- We are open on the same Saturday's that there is a District Meeting.
- We have PI workbooks at the Central Office.
 - In fact, the Central Office has all of the workbooks.
 - They are around \$3 each.
 - These are not just for chairs, this is for committee members as well.
- If you want to be on the mailing list please reach out to Patty H.
- Montgomerycentraloffice@gmail.com

LITERATURE CHAIR | Jeremy T. | LITERATURE@CENTRALALAA.ORG | Not Present.

- No Report.
- Jay will get with him and see if he has a report.

PI COMMITTEE CHAIR | OPEN. | PI@CENTRALALAA.ORG | OPEN

- No Report.

TREATMENT CHAIR | Sam N. | TREATMENT@CENTRALALAA.ORG | Not Present.

- Next Treatment Committee meeting is March 15th at 10:30am here at the Legacies Group and Hybrid via zoom.

WEBSITE CHAIR | David H. | WEBCHAIR@CENTRALALAA.ORG | NOT Present

- No Report.

OLD TIMERS COMMITTEE CHAIR | Abby F. | OTC@CENTRALALAA.ORG | Present

- The Old Timers Picnic Meeting will be March 23rd at 1:45pm at The Legacies Group and Hybrid via Zoom.

2025 YPAA Reports | OPEN to Anyone Involved

- Mark let us know about the
- Natalie email the flyer out
- March 15th is their upcoming event
- Location at real life church in milbrooke
- Mark let us know about the FLORAABAMA Bid for SERCYPAA event happening in pensacola tonight.

GSR SHARING & ANNOUNCEMENTS:

- Lesley H. reminded us that next Saturday is the Montgomery AA Anniversary.
 - Starts at 2:00pm
 - Food and fellowship - bring a casserole!
 - We will label and display what casserole it is.
 - 4:00pm - Tatiana will be doing the history of our District.
- Austin asked for clarification about the Pre-Conference Materials.
 - Jay came up and gave a breakdown of how pre-conference goes from the homegroup to the area level.
 - He requested that if you need additional information, to please get with him about getting those materials and why we do this.
- Ashley announced that the Thorsby Group will be having their anniversary Wednesday in April and this will be an ice cream social.
- Michael shared that PDG received their pre conference materials, and they are working on getting more volunteers from the group to review this.
 - Group approved a budget to get food for when they review their pre-conference materials.
- In the most recent group conscience, they decided to displease the AA safety card at all of their meetings.
- Craig M. suggested that the District Committees should also be reviewing the agenda items to be more familiar with what is going on.

- Patty H. sent out a flyer, with the information for a Zoom Meeting that will be reviewing how Pre-Conference works.
- Any and all questions are welcome on this Zoom. This will take place on Sunday March 2nd 7:00pm, and on Wednesday March 5th at 7:00pm

OLD BUSINESS:

- Open Positions
 - ALT DCM - Jay has been reaching out to see if anyone is willing and able to fill those
 - positions.
 - PI - Remains open.
- There were no nominations.

NEW BUSINESS:

- Motion to increase the Area Assembly stipend for the DCM to \$300, unused funds to be returned to the district.
 - Micheal S Seconded
 - Discussion - \$165 what it is currently at. And this will only cover the hotel, it doesn't include gas or food for the weekend.
 - It was brought up that \$300 might be low in terms of reim. Because for the other expenses it adds up to more than \$300.
 - \$88 a night after taxes, there are two nights.
 - 64 cents on the mile - how many miles?
 - 75 dollars per day for meals.
 - Patty asked: What did this cost you Jay? Was it more than \$300?
 - He was able to keep it under.
 - It is not to cover every nickel and dime, but to offset the cost. But money should never hinder the process of being of service.
 - Put it to a vote, it passed. No minority opinion.

Point of Discussion - to ask our Delegate to come give his report after the General Service Conference.

- He has the following dates available:
 - May 31st
 - June 1st
 - June 7th
- It is a priority for us to pick a date.
- There was a request to pick the coordinating date with our district meeting.
 - June 7th and July 5th are the two dates that correspond with our district meeting.
- Cushing would like to recommend that it is very specially set apart. It is not like a typical report. It will take time and maybe we need to give it to the Programs Chair, since he does all programs and workshops for our District.
- But historically, our DCM usually picks the date and we go from there. But we should also reach out to District 9.
- Empower our DCM to reach out to Luke our Delegate and pick two dates that work well for everyone.
- If a committee meeting gets moved or bumped, it will be ok because this doesn't always happen!
- You will want to move your July meeting because it conflicts with so much happening. The 4th of July weekend and World Service Conference are huge conflicts that month.

- Our district is going to shoot for June 7th.
- There was no motion, it was just discussion.

OPEN SHARING:

- Natalie M. - The Post Editor - asked everyone to find some members of their homegroup who are willing to write and contribute to the Post.
- Michael - PDG Homegroup - "We received our Pre-Conference material from Jay and it will be dispersed to volunteers this weekend. In our most recent group conscience, the group approved a budget for pizza and refreshments for our meeting to go through the material which is scheduled for Sunday, March 23rd, at 1:00 p.m. Additionally, we also voted in our most recent Group Conscience to have laminated copies of the AA Safety Card placed on all tables in our meeting room."
- This began a discussion about the safety card, and general safe practices in AA rooms.
 - Safety card printed out and passed around. All GSRs and homegroup members. AA needs to be a safe place for everyone. See something, say something.
 - Needs to be a safe place. Please be aware of any inappropriate behavior and language.
We are not all over 18.
- Next meeting will be April 12th. Second Saturday of the month.

CLOSING | Jay R. | Closed with the Responsibility

NEXT DISTRICT 8 MEETING: | April 12th at 9:30am.

NEXT AREA ASSEMBLY: Friday April 4th - Sunday April 6th

24-HOUR HOTLINE: (334) 264-4122

MONTGOMERY INTERGROUP

CENTRAL OFFICE AT: 828 FOREST AVENUE, SUITE A MONTGOMERY, AL 36106 TEL:
(334) 264-4122 Intergroup@centralalaa.org

DISTRICT 8

DISTRICT 8 TREASURE P.O. BOX 6094 MONTGOMERY, AL 36106

ALABAMA / NW FLORIDA AREA 1

ALABAMA/NW FLORIDA AREA ASSEMBLY ATTN: AREA 1 TREASURER, 2135
INTERSTATE DR. BOX 209, OPELIKA, AL 36801

WRITE YOUR ARTICLE FOR THE POST!

CONTACT THE EDITOR TO SUBMIT MATERIAL, MAKE SUGGESTIONS, AND JOIN
THE EFFORT TO CARRY THE MESSAGE THROUGH THE POWER OF SOBER
THOUGHT. SUBMIT YOUR QUESTIONS AND ARTICLES TO:
Post.Editor@centralalaa.org

Intergroup March 3, 2025

Start with serenity prayer

Attendance: Les, Walter, Scoty G., Sandra, Patty, Natalie, Jamie, Katyn, Cushing, Dave H.,
David H., Joe W., Josh, Ashley, Craig, Mitchell, Kent, Katrina, Abby, Ross

Kayton read the 12 traditions

Secretary report - Mike D.

- Accepted with a correction about PDG's brisket meeting and Les's recommendation to the board about the possibility of an exploratory committee.

Treasurer report - Sandra

- read and accepted. We think we have a good prudent reserve. We are getting more participation. The Central Office separates literature expenses from office expenses because literature takes care of itself. Sandra would like to move the Friends of Bill W to the other account.

CO manager report - Patty

- Open Monday and Wednesdays. Have workbooks in. Placing an order with AAWS this week so let Patty know if there is anything specific your group would like.

Board report - Les

- Meeting April 19

POST - Natalie

- Was able to get in the email and send it out digitally. Looking to do a highlight of the history of each group. Please have GSR's contact Natalie

Website- Abby

- Meeting on the third Sunday of the month on Zoom or on Legacies.

Anniversary - Jessica

- Next Saturday, Doors at 2, raffle and prizes at 3, Next committee meeting tomorrow, March 2 at 1:30 pm at Legacies. Wrap up meeting Legacies at 12:30 on March 9.

Friends of Bill W

- March 23 at 2:30 pm here at Legacies. Most positions are filled, but we do need a treasurer. Looking at a time next year for a Friday night and Saturday event. It will be a weekend roundup. Have not decided on a theme.

Ad hoc - Craig M

- our committee is Craig M, Cushing and Natalie from Strange Camels. Will be meeting tomorrow at 3:30. Asking to look over Alcathon, Anniversary, and Friends of Bill W to give guidelines financially and for the events themselves. This committee.

Intergroup Rep reports

Scotty G - Clanton Group

- Anniversary for Clanton Group is next Saturday in Clanton. The group continues to grow. Doors at 5:30, Eating 6:00, Speaker at 7:00

Katyn - Strange Camels

- Told the group about the ad hoc committee and they said OK

Katrina - Legacies

- nothing to report

Mike W - WSIT

- Discussed with WSIT about increasing the amount given to Intergroup. The group had some questions about operating costs for Intergroup. They also wanted to know how many other groups contribute.

Mike W

- Also doing a Gumpypaa bid committee. Get with Craig W if you are interested in being involved.

Shanon - Fellowship -

- Had a great anniversary. Training

Ashley - Thorsby -

- Have an anniversary March 12, ice cream social. Starting at 6pm.

Jessica - PDG -

- Nothing new.

Old Business - N/A

New Business

Patty - Annual Central Office Manager workshop in Memphis in September. Would like to ask for a \$300 stipend. This will help Patty get new ideas for our Intergroup.

Cushing - Wanted to be aware of possible decisions could set a precedent. This question has come up before, but the Intergroup decided against it.

Craig M - feels that our decision be informed. That we can make a one time decision.

Patty - asked about the Central office Manager having a vote at Intergroup.

Abby made a motion to give the Central Office Manager a vote at Intergroup. It was Passed.

Cushing - recommended that the chair and Central Office manager work on a carefully worded motion about the Central Office Manager going to the workshop.

Closed with responsibility statement at 9:06