

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,

I hang out with y'all enough to know you have amazing experience, strength, and hope.

SHARE IT!!!! Please consider writing something for the POST. Don't make me text you about it!!!!

With love and gratitude,

Natalie M.

Editor, The POST

In all of our Affairs:

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

Tradition 7 states, "Every A.A. group ought to be fully self-supporting, declining outside contributions." In Alcoholics Anonymous we support ourselves. We do this to ensure the integrity of our Fellowship from outside influences and keeps it's members responsible for it's continuation. It also helps keep in line an over-accumulation of money for no stated A.A. purpose. In the long form of this Tradition, we are reminded that nothing can so much destroy our spiritual heritage as disputes over property, money, and authority.

This principle behind this Tradition has been valuable and applicable in the rest of my life as well. Starting from the very beginning and learning how to do simple adult things such as make my own payments and cleaning up after myself.

As many of us have experienced, when drinking and before my journey in sobriety, I allowed the rest of the world to reap the benefits of my chaos and irresponsibility. This Tradition specifically reminds me that I am responsible for myself, and that my troubles are not caused by other people, places, or things. What I have received from living by this and showing others to do the same are also invaluable. See for the first time in my life, I proceeded to actually take care of myself and responsibilities and not let anyone figure these things out for me.

As a result, I started receiving the rewards of doing so. Things like a car and insurance were in my name for the first time and then receiving papers informing me that I had completed my probation. This little things that, over time, began to accumulate and actually show me that I was starting to take ownership over my life because that's what I was doing. This lead up to me signing my first lease and having all of the utilities put in my name for the first time. These gifts that were received solely from putting one foot in front of the other and doing the next right thing and not leaving it up to anyone else.

In all of our Affairs Cont:

My relationship with my partner is also another place that this Tradition has become incredibly important and helped continue its success. It, for one, helps keep me in line the issue of control. I have to be careful not to do or say things that might deter my partners options of what she can or can't do. I try to stay away from saying that she can't do or not to something because it might worry or embarrass me. I have to leave or to be free to do think or feel what she feels inclined to without the manipulation of saying she can't because of how it will affect me or make me look or feel. This principle also reminds me crucial it is for each of us to be independent spiritually, emotionally, financially, and in our own particular responsibilities. The moment I slip into a dependency on her for things in certain degrees and visa versa, we have fell short of the mark here. Falling short here and doing for the other what they can do for themselves robs the other one of their experience, which can be harmful and even have the wrong motives.

Living this Tradition in my life has brought much satisfaction to the accomplishments of my life. It also has really driven home the idea that I am no longer a victim any more in which I lived in for the longest. The results of that were only an oppressive sense of defeat. The only one I'm responsible for me is myself and the results from me following though with that is and opposite sense of achievement and reward. In that same light, if find myself trying to be responsible for others I'm really playing God again.

Colby W. - WSIT

Emotional Sobriety

I just went to an excellent step 10 meeting and by the grace of a power greater than myself was able to pick up my 5 year chip. We were discussing pages 84 and 85 in the Big Book. One point that members emphasized at the meeting was that our growth in understanding and effectiveness “is not an overnight matter. It should continue for our lifetime.” I need to be careful not to trick myself into thinking that I have arrived just because I’ve reached a milestone in my recovery. I was reminded of that again on page 85, “We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

My spiritual condition has to do with my relationships. My four biggest relationships are:

1. My relationship with myself
2. My relationship with my Higher Power
3. My relationship with those closest to me
4. My relationship with the world around me

When I see one of those relationships faltering, I know I have a problem. I can be too hard on myself, I stop prayer and meditation, I get short tempered with my family and coworkers, or I start getting too upset at the government, the media, traffic, or my favorite sports team. When I find myself in any of those situations there is a quick remedy on page 84. These are all manifestations of my “selfishness, dishonesty, resentment, and fear.” There are four things we need to do when we find ourselves slipping into any of these frames of thinking:

1. “ask God at once to remove them.”
2. “discuss them with someone immediately” (like our sponsors)
3. “make amends quickly if we have harmed anyone.”
4. “resolutely turn our thoughts to someone we can help.”

That is how the Big Book suggests we practice step 10. It is a lot more than just making amends when we mess up. It is a continuous process every day. It is a discipline of love. We do it because we love ourselves, we love our Higher Power, we love those closest to us, and we love the world around us. We get to be the shining light of recovery to the still suffering alcoholic.

“Love and tolerance of others is our code.”

Mike D. PDG

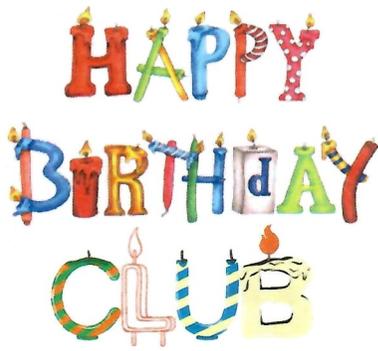
ABOUT: SERVICE

Service work represents one of the fundamental pillars of AA's approach to recovery. Service work in AA refers to volunteer work that members do to carry the message to other alcoholics, help maintain the AA community and support AA meetings.

My service adventure started with making coffee at my home group. After several months of making coffee and cleaning, my home group was holding elections for service positions within the group. I decided I would take on a small role, nothing too demanding, since I was just getting back into attending meetings. I petitioned for the Literature/Grapevine Chair position and got it. This position was responsible for keeping all literature items and chips in stock. Taking on this position gave me a sense of belonging. Finally, something that I had been looking for my whole life. It also gave me a voice regarding decisions being made in my home group. This sparked a big fire within me, and I didn't stop there.

I currently hold the District 8 Grapevine Chair position. Service positions at the district level unleashed a whole new community experience. Getting the opportunity to meet other people in our district and area has been life changing. I finally fit in. I finally found my people. Service work creates a sustainable foundation for a lasting recovery by establishing connections, promoting growth and supporting others. There is nothing I love more than to service others.

Jamie B. - We Stopped in Time



Birthday Contributions this Month:

Patty H - 24 years - Millbrook Primary Purpose

If you wish to join the Birthday Club, please fill out the sheet below and return it to Central Office

Did you know?? Montgomery Intergroup Central Office (MICO) now accepts Venmo!!
Your group can use Venmo to make Group or Personal contributions to Intergroup!

Here are things to remember:

- Please include a note with your Venmo payment/contribution in the box that says “whats this for?” under the \$\$ amount.
- If you are paying an invoice received from Central Office for a literature/chip order, put the group name & invoice number in the notes section.
- If you are making a Group Contribution, please be sure the note section has your group name!
- If you are making a Birthday 🎂 Contribution, please put “Birthday” in the notes. If you want the Birthday Contribution to reflect your group, please include your groups name, “Birthday-Group name”
- And finally, note that Venmo is PUBLIC so set your privacy accordingly!!

Montgomery Intergroup

@MICO-Intergroup



venmo



Birthday Club is when AA members contribute \$1 per year of their Sobriety to the Central Office as an act of gratitude and support your local Intergroup.

All you do is send us your Contribution on your Birthday month with your sobriety date & home group or mail it in with this sheet and we will print it in the Newsletter monthly Birthday Club.

NAME _____

SOBRIETY DATE _____

HOME GROUP _____

Venmo accepted: @MICO-Intergroup

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The background features a stylized globe with a network of white lines connecting various points, each marked with a small globe icon. In the foreground, a laptop is open, displaying a circular logo with the text 'UNITY: AT HOME AROUND THE WORLD' and 'OIAA 2025'.

**OIAA 2nd ONLINE International Convention
14th - 16th November 2025**

Free registration now open
aa-intergroup.org/oiaa2025

Get Informed. Get Involved. Get In The Car!

MONTGOMERY INTERGROUP

2022

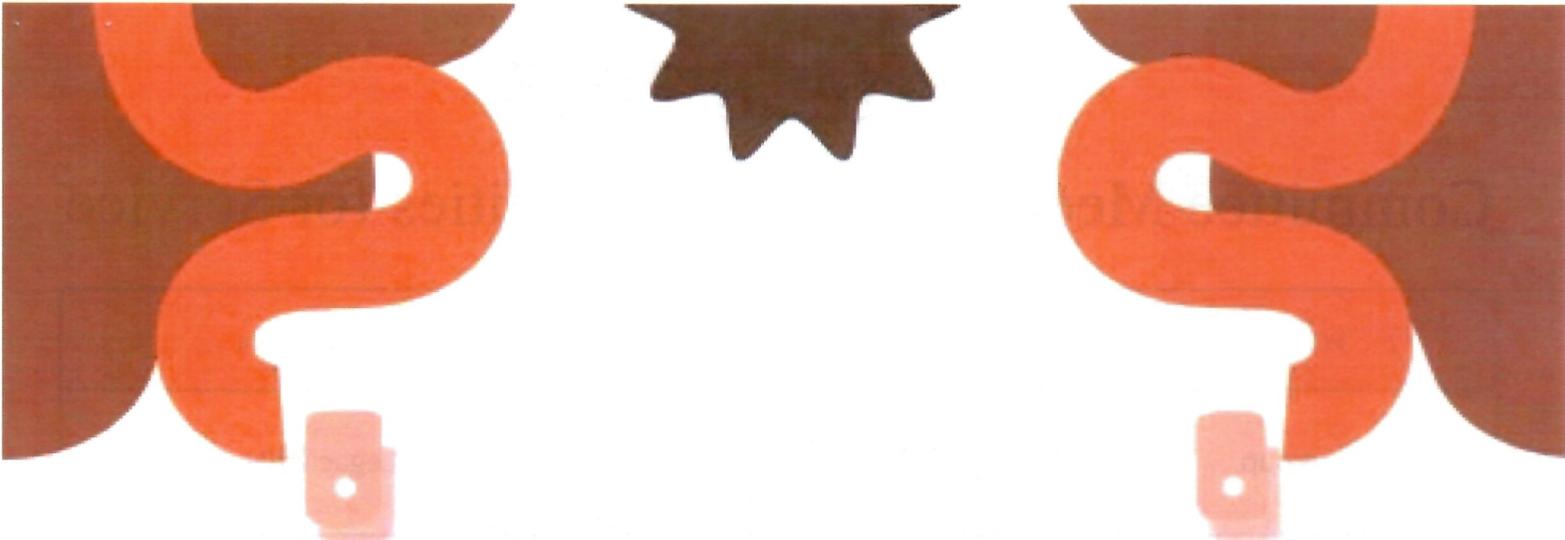
ALCATHON

**The Planning Committee Is Planning &
We Need Your Help!**

<https://centralalaa.org/alcathon>
for more information.

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- Join the Planning Committee - tasks both big and small to accomplish
- Get your group to sign up to chair one of the meetings
- Sign up to bring some potluck to spread the cheer as we ring in the new year
- Pray for us all



SPEAKERS WANTED FOR SERCYPAA 2026

Suggested Criteria:

- Has 5+ Years Sober
- Has Worked the 12 Steps
- Sponsors People & Has a Sponsor
- Holds a General Service Position
- AA Speaker/ Al-Anon Speaker/ Alateen Speaker
- Spanish Speaking AA Speaker



**EMAIL ALL SPEAKER TAPES TO
HAPPYJOYOUSFREE777@GMAIL.COM**

