

MAIA

TIPPLER

APRIL 2026

Step 4 Made a searching and fearless moral inventory of ourselves.

Tradition 4 With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the Trustees of the General Service Board. On such issues our common welfare is paramount.

Concept 4 Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

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Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry.

-AA Big Book, Page 64

Memphis Area Intergroup Association
3540 Summer Ave., Suite 104
Memphis, TN 38122

901 454-1414 office
memphisarea@bellsouth.net
memphis-aa.org



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
29	30	31	1	2	3	4 9:00 am - 10:30 am District 24 12:00 pm - 1:00 pm District 22		
5	6:45 - 7:45 pm Treatment Committee 8:00 - 9:00 pm District 21 Committee	6	7	6:00 - 7:00 pm District 25	8	9	10	11
11:00 am - 12:00 pm District 23	12	13	14	15	16	17	18	18 6:45 - 7:45 pm Memphis Area Accessibility Committee
19	20	21	22	23	24	25	25 6:45 pm - 7:45 pm CPC/PI Committee	
26	27	28	29	30	1	2	2 3:45 - 5:00 pm Memphis Area Archives Committee	

DISTRICT & COMMITTEE MEETINGS

April 4 @ 9:00 am - 10:30 am District 24 - Hybrid #86700041
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016

April 4 @ 12:00 pm - 1:00 pm District 22
Olympia Steak House
85 Wilkinsville Rd
Millington, TN 38053

April 6 @ 6:45 pm - 7:45 pm Memphis Treatment Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

April 6 @ 8:00 pm - 9:00 pm District 21 Committee Meeting
Crosstown Concourse
1350 Concourse Ave #1072
Memphis, TN 38104

April 7 @ 6:45 pm - 7:45 pm Memphis Area Correctional Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

April 8 @ 6:00 pm - 7:00 pm District 25
Germantown United Methodist Church
2324 Germantown Road
Germantown, TN 38138

April 12 @ 11:00 am - 12:00 pm District 23
Zoom password 847990

April 14 @ 6:00 pm - 7:00 pm Memphis Area Grapevine Committee
White Station Church of Christ
1106 Colonial Rd

April 17 @ 6:45 pm - 7:45 pm Accessibility Committee
2865 Walnut Grove
Memphis, TN 38111

April 20 @ 6:45 pm - 7:45 pm CPC/PI Committee
Shady Grove Presbyterian Ch
5530 Shady Grove
Memphis, TN 38120

April 26 @ 3:45 pm - 5:00 pm Memphis Area Archives Committee
Shady Grove Presbyterian
5530 Shady Grove
Memphis, TN 38120



MAIA

3540 Summer Avenue
Suite 104
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901-454-1414

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Monday/Friday: 8 am - 4 pm
Closed daily from 1 pm - 2 pm

The MAIA Intergroup Representatives business meeting is held on the second Sunday of every month at 1:00 p.m. Please join us on April 12, 2026 at Leawood Baptist Church, 3638 Macon Road, Memphis, TN 38122, or join on Zoom. Please call or email the office for the meeting ID & passcode.

BECOME A HIGH FIVER

Memphis Area Intergroup has been the link between the A.A. recovery community and the newcomer and, even as importantly, with one another since 1960. Many of us are grateful to the office for its helping hand, but have either not known that Intergroup needs our support, or our contributions have been put off due to our new busy and happy lives. "High Fivers" is a way we have found to allow members to show their gratitude by making sure the services provided by the office continues. High Fivers is a program of commitment; we commit to a \$5.00 contribution per month, either monthly, quarterly, or annually. Contact our office with details on the ways with which you can submit your monetary contributions. Intergroup, in return, will send an acknowledgment for your contributions at the end of each calendar year. These contributions are tax deductible. As an expression of gratitude, you will receive a hard copy of this newsletter in the mail each month.

SCAN TO CONTRIBUTE TO MAIA

The Seventh Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions." While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. In keeping with A.A.'s Seventh Tradition of self-support, we accept contributions only from A.A. members.

APRIL



Central Gardens

Betty G. 46 yrs
Caroline N. 38 yrs
Margaret B. 19 yrs

Traditions

Debbie C. 11 yrs

Two Doors Down

Henry M. 38 yrs
Tiffany T. 21 yrs
Renee 19 yrs
Mike S. 17 yrs
David P. 17 yrs
Paul R. 14 yrs
Drew B. 8 yrs
Marcus M. 8 yrs
Chris L. 4 yrs
Houston B. 3 yrs
Luis C. 1 yr
LP 1 yr
Charles C. 1 yr

Unity

Ben D. 17 yrs
Lindsey R. 7 yrs
Jincy S. 7 yrs
Sean R. 3 yrs
Annie M. 3 yrs
Kiersten N. 2 yrs
Carla T. 2 yrs

Winchester

Jason S. 17 yrs
Stacie B. 15 yrs



12 STEPS OF A SPONSOR

1. I will not help you stay and wallow in limbo.
2. I will help you grow to become more productive by your own definition.
3. I will help you become more autonomous, more loving of yourself, more free to continue becoming the authority of your own living.
4. I cannot give you dreams or “fix you up”, simply because I cannot.
5. I cannot give you growth or grow for you. You must grow yourself by facing reality, grim as it may seem at times.
6. I cannot take away your loneliness or pain.
7. I cannot sense your world for you, evaluate your goals, or tell what is best for you in your world. You have your own world.
8. I cannot convince you of the crucial choice of choosing the scary uncertainty of growing over the safe misery of not growing.
9. I want to be with you and know you as a rich and growing friend, yet I cannot get close to you when you choose not to grow.
10. When I begin to care for you out of pity, when I begin to lose trust in you, then I am toxic, bad, and inhibiting for you and for me.
11. You must know – my help is conditional. I will be with you, hang in there with you, as long as I continue to get even the slightest hints that you are trying to grow.
12. If you can accept all of this, then perhaps we can help each other to become what God meant for us to be...mature adults, leaving childishness forever to little children.

A Closed Mind

I did not drink for nearly 4 months after my first encounter with Alcoholics Anonymous. I had sought out AA because I was being pressured into it. My drinking was affecting my marriage and my job. AA worked well as far as abstinence was concerned, but I just did not get into the program. My mind was closed. I had no respect for religion and could not grasp the spirituality of the AA program either.

Another reason why I failed is that I could not believe I was an alcoholic. I was 22 years old. At that age, with the limited amount of drinking experience, I had compared myself to the older members of our group. I felt out of place, even though I was told that the amount I drank didn't mean a thing if I was an alcoholic.

I went to meetings, discussed my problems and listened to others discuss theirs. I learned what booze does to you mentally and physically and what symptoms to look for in a potential alcoholic. "Potential". Yes. I admitted that. So I learned as much as I could about alcoholism, which I thought was fascinating. But I could not identify, and I did not understand the 12 steps and the 12 traditions. My closed mind took in what it wanted, and to hell with the rest of it...

The next night, I got completely bombed. The next morning, I was hung over. Little did I know that was my day of reckoning, the day my alcoholic world exploded.

If I had not gone back to AA with an open mind and started to live the 12 steps and the 12 traditions, I'd be either 6 feet under or in a mental institution. My wife has not taken me back but I have hope. I just say, “Thy will be done”. I live 24 hours a day without a drink and thank God for it.

Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Our definition of autonomy is “self-governance”. Control over one’s direction or goal. All of the traditions seem to give us and our groups good orderly direction. But then tradition four seems to throw a wrench in the works and tells us that we can direct ourselves. It seems contrary or absurd. If we are to stick to other principles and traditions, how is that we can, as a group, be truly autonomous? How often have you heard someone say, “I don’t like that group” or “You’re going to love this meeting”? Groups have personalities. Part of what makes us attractive to those in need of us is that group individuality. Bright ideas are a dime a dozen, and if you put a bunch of imaginative alcoholics in a room, there will be no shortage of suggestions as to how to make a group’s practices more attractive to the newcomer.

Autonomy promises variance, variety, individuality and uniqueness of our groups. How boring would A.A. be if every single group were exactly the same? How attractive would that be? Not at all, if you ask me. Even though it seems paradoxical at first, groups can be very, very different and still experience unity.

We didn’t come here to be boring. God forbid.

Tradition 4 Checklist

- Do I insist that there are only a few right ways of doing things in AA?
- Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
- Do I put down other members’ behavior when it is different from mine, or do I learn from it?
- Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
- Am I willing to help a newcomer go to any lengths – his lengths, not mine – to stay sober?
- Do I share my knowledge of AA tools with other members who may not have heard of them?

Concept 4

At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

All of us have a desire to belong. In AA, no member is less than anyone else. We are all equal. The “Right of Participation” reinforces Tradition Two, that no member is placed in ‘ultimate authority’ over another. The principle of “Right of Participation” is built into the General Service Conference through the Conference Charter. Voting members include not only delegates but also trustees, and the directors and staff members of AA World Services and AA Grapevine. The chairperson of the General Service Board appoints non-trustee members to the standing committees to have the advantage of their expertise, and staff members serve as committee secretaries. “There are no ‘superiors’ or ‘inferiors’ and no ‘advisors.’

Finally, there is a spiritual reason for the “Right of Participation.” We tend to perform our service tasks better when we are sure we belong – when our participation assures us, we are truly the ‘trusted servants’ described in Tradition Two.

Concept 4 Checklist

- Do we understand the spiritual principles underlying the “Right of Participation”?
- What does ‘reasonable proportion’ mean? Do we understand when it is appropriate for AA paid staff to have a vote at the General Service Conference or in our local service structure?
- Do we expect that, because we are AA members, we should be allowed to vote in any group, even if we are not active members of that group?

The Peace Process

BY: BRUCE T. | GOLD RIVER, CALIFORNIA

When I was drinking, I thought I was the most patient and tolerant person in the world.

And I was--as long as things went my way. Today, after nearly twenty years in AA, I know that my impatience and intolerance are symptoms of my self-will. The question is how not to get trapped in the compelling pull of anger-based impatience and intolerance?

The Tenth Step offers immediate release from the bondage of self. Merely wanting to be patient and tolerant isn't enough. I have to develop the skill of the Tenth Step.

For me, asking God to remove the ill-feeling works pretty well. But if my anger persists, I need to do more. A quick, written inventory, using the approach taught in the Big Book, allows me to focus on the problem: me. Many times, I discover that the problem is mine, not the other person's. At this point, I'm often cleared of the angry feeling. But unless I do more, there's a strong chance it will return. What then?

Step Ten instructs me to share my self-investigation with another alcoholic-- immediately. This prevents me from rationalizing the problem and talking myself out of the next part of the Step--the amends.

I have found that this angry feeling persists until I make amends. Then and only then am I free. Once the entire Tenth Step process is completed, I am at peace--and guess what? I'm very patient and tolerant.

FEARLESS MORAL INVENTORY

Taking a fearless moral inventory is probably the most powerful thing we can do in our recovery. It forces us to look at how our way of thinking has historically been, in essence, flawed. And while there are always exceptions to the rule, most of us in recovery have a lot of introspective work to do in order to unpack why our instincts have gone so astray.

Usually, this involves looking at how our childhoods and our past experiences have shaped our thought patterns. This tends to reveal the truth behind our addiction.

One thing that tends to be common among those of us who struggle with addiction is a propensity toward blaming other people and circumstances for the things that trouble us in our lives. It almost always feels easier to shift the blame and not take responsibility for our own thoughts and actions. The problem with this mindset, however, is that it keeps us shackled. If we can't admit the flaws in our own thinking, we're never going to feel empowered to make positive changes in our lives because we're always letting others pull the proverbial strings.

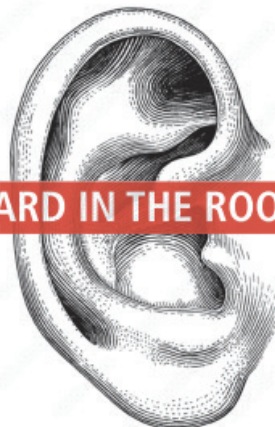
We take a good, hard look at ourselves, what causes us emotional pain and discomfort and why, and in what ways we are responsible. We find that putting a pen to paper is a great way to start.

Make a list of people, places and things that you resent (i.e., "my wife", "my co-worker", "tax collectors", etc.) This gives you a good jumping-off point so you can eventually move forward and determine why these things have troubled you in the past.

The idea is that once you face these resentments head-on, you'll be able to uncover what's causing the underlying fears in the first place so that, ultimately, you can release them. It's important to look at what our own part is in all of it. While our negative thought patterns aren't necessarily going to disappear, gaining the self awareness that comes with an inventory can help us to monitor our thinking better.

This way, when we react in a certain way to certain situations, we can recognize where that thought pattern stems from and we're not as likely to be triggered. We can also make a conscious effort to keep our side of the street clean by being open and honest in our relationships, and setting healthy boundaries. This can help us avoid resentments down the track. Last, we always remember that feelings aren't facts. We may not be responsible for that very first thought that enters our minds, but once we've done the self-reflective work, we are responsible for that second thought. In other words, we can choose how to respond.

- Anonymous



HEARD IN THE ROOMS

Serenity is saying "yes" without resentment and saying "no" without guilt.

A Grateful Alcoholic Doesn't Drink



When I think back to the years before I came to AA, I realize gratitude was a foreign concept to me. Sure, I said thank you to my family for birthday gifts and presents at Christmas, but the actual concept of gratitude, for me today, goes so much deeper. I smile sometimes when the 9th Step Promises are read. "Sometimes quickly, sometimes slowly"—well, I am the poster child for slowly. I first came to this program in 1990 and yet will celebrate (me and God willing) 15 years this December. There is a day that stands out in my mind when I think of gratitude. And this happened about 5 years ago.

I was at a beach meeting, and my share was nothing but complaining about the woes of my life. This had been a pattern of mine for years. After I was done vomiting up all my "poor mes," another man shared that his sponsor had required him to make a gratitude list every day. He had to list five things he was grateful for each day for two weeks. And nothing in the previous lists could be repeated. Well, that got my attention. I had reached a point where I was sick of being so whiny and not really gaining anything from recovery, so I tried it. I'll admit, there were days when finding all five things to be grateful for was not an easy task, but I persevered.

I am grateful to that gentleman for his words, and for my own willingness to try something new. I learned how to dig deep within myself and pay attention to life and the gifts I had been given and continue to receive. There is ALWAYS something to be grateful for—my cozy apartment (some folks have no place to hang their hat); my car that gets me where I need to go (many folks have to walk or take a bus). I could go on and on. I have learned to focus on what I have rather than what I don't have. I am not wealthy, but I have people in my life whom I love and who love me back, so I am very rich indeed.

Linda F.

Frequently Asked Questions About A.A.



Several million people have probably heard or read about Alcoholics Anonymous since its beginnings in 1935. Some are relatively familiar with the program of recovery from alcoholism that has helped more than two million problem drinkers. Others have only a vague impression that A.A. is an organization that somehow helps drunks stop drinking.

This pamphlet is designed for those who are interested in A.A. for themselves, for a friend or relative, or simply because they wish to be better informed about this unusual Fellowship. Included are answers to many of the specific questions that have been asked about A.A. in the past. They add up to the story of a loosely knit society of people who have one great interest in common: the desire to stay sober themselves and to help other alcoholics who seek help for their drinking problem.

A.A. is a program for a new way of life without alcohol, a program that

is working successfully for millions of people who approach it and apply it with honesty and sincerity. It is working through out the world and for those in all stations and walks of life.

Alcoholics Anonymous® is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.

A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**MARCH 2026
GROUP CONTRIBUTION**

	TOTAL		
	MAR 2026	MAR 2025 (PY)	JAN - MAR, 2026 (YTD)
Any Length Group	0.00	110.00	75.80
Came to Believe Group	0.00	0.00	300.00
Central Gardens Group	0.00	0.00	100.00
Collierville Group	0.00	0.00	398.44
Downtown Thursday Night Group	1,016.68	520.00	1,016.68
Earlybird	0.00	0.00	771.88
Germantown Noon	0.00	0.00	675.00
Holly Springs Group	300.00	0.00	300.00
How It Works	0.00	0.00	0.05
Lakeland	0.00	0.00	141.23
Men of Recovery	0.00	0.00	0.05
Mustard Seed	0.00	0.00	20.00
New Start	0.00	25.00	25.00
Oakland Always Open	95.00	0.00	95.00
Out-of-Towners Fellowship Group	0.08	0.00	0.08
Pleasant Hill	0.00	0.00	359.28
Primary Purpose	50.00	0.00	50.00
Queer Bees and Wanna Bes	0.00	0.00	85.00
Rule-62	0.00	100.00	100.00
Second Chance	0.00	50.00	0.00
Seriously Sober	0.00	226.50	0.00
Shady Ladies	500.00	300.00	500.00
Sober Journey	0.00	0.00	200.00
Solutions Group	0.00	0.00	840.38
South Memphis	0.00	91.35	40.00
Straight Outta Bondage	0.00	0.00	300.00
The Nooner	0.00	190.09	761.45
Traditions	0.00	50.00	0.00
Triangle Group - Somerville	61.50	0.00	61.50
Two Doors Down	300.00	0.00	900.00
Unity Group	0.00	0.00	144.59
WAAGL	75.00	50.00	150.00
West Memphis Group	0.00	40.00	0.00
Whitehaven Morning Sunrisers-	0.00	50.00	0.00
TOTAL	\$2,398.26	\$1,802.94	\$8,411.41

OVERHEARD IN A MEETING

“I didn’t think AA would work for me.
Turns out, I had to work for it.”

| “My drinking career ended when the
consequences finally got louder than my excuses.”

“I didn’t come here because life was going great.”

“My problem wasn’t alcohol. Alcohol was
my solution. The problem was me.”

“AA didn’t give me a new life. It gave me
the courage to live the one I already had.”

“I spent years trying to control everything.
Turns out I can barely control my coffee intake.”

“When I first got here I thought everyone else
was the problem. That theory didn’t hold up.”

“Sobriety didn’t make my life perfect.
It just made it manageable.”

“My sponsor says my best thinking got me here.
So now I try someone else’s thinking.”



“The Tippler” is a free monthly publication, and will be emailed to anyone interested. However, if you’d like to receive a copy via USPS, a contribution of \$5 monthly, or \$60 annually, helps defray the costs involved. Fill out the form below and , along with your contribution, mail to the above address. We thank you!

Name _____

Email _____

Address _____

City _____ State _____

Zip Code _____



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