



MAIA

TIPPLER

JULY 2026

Step 7 Humbly asked Him to remove our shortcomings.

Tradition 7 Every A.A. group ought to be fully self-supporting, declining outside contributions.

Concept 7 The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

CONTENTS

Page 2. Calendar

Page 3. Birthdays

Page 4. AA Promise
Spotlight

Page 5. Step Seven/
AA History

Page 6. Tradition 7

Page 7. Gift of
Desperation

Page 8. Group
Contributions

“Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—every one? If we still cling to something we will not let go, we ask God to help us be willing.

When ready, we say something like this: ‘My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.’ We have then completed Step Seven.”

-AA BIG BOOK, P.76

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

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

JULY 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

28

29

30

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

6:45 - 7:45 pm
Memphis Area
Correctional
Committee

7

6:00 - 7:00 pm
District 25

8

9

10

11

12

11:00 am -
12:00 pm
District 23

13

14

6:00 - 7:00 pm
Memphis Area
Grapevine
Committee

15

16

17

6:45 - 7:45 pm
Memphis Area
Accessibility
Committee

18

19

20

6:45 pm - 7:45 pm
CPC/PI Committee

21

22

23

24

25

26

3:45 - 5:00 pm
Memphis Area
Archives
Committee

27

28

29

30

31

1

DISTRICT & COMMITTEE MEETINGS

July 4 @ 9:00 am - 10:30 am District
24-Hybrid #ID867000041
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016

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

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

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

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

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

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

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

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

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

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



MAIA

3540 Summer Avenue
Suite 104
Memphis, TN 38122
901-454-1414
memphisarea@bellsouth.net

Monday/Friday: 8 am
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 July 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 acknowledgement 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.



Central Gardens

Gene P. 34 yrs
Bill A. 26 yrs

Traditions

Wayne W. 31 yrs

Three Legged Stool

Mike S. 23 yrs
Mark C. 13 yrs
Freddy H. 6 yrs
Lauren B. 3 yrs

Early Birds

Patrick O 19 yrs
Jordan G. 14 yrs
Nanette B. 13 yrs
John F. 9 yrs
Lorrie W. 7 yrs
Amy S. 7 yrs
Jeri F. 5 yrs
Gena M. 4 yrs

Unity

New Start

Mike S. 55 yrs

Sherry D. 33 yrs
Ruthie M. 17 yrs
Justin C. 15 yrs
Diana M. 7 yrs
Brittany B. 2 yrs
Jennifer B. 1 yr
Jessica J. 1 yr

Seriously Sober

Don A. 35 yrs
Ken N. 31 yrs

SOS

Rachel C. 9 yrs

Winchester

Ric H. 36 yrs

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.



AA Promise Spotlight

The 7th Promise of Alcoholics Anonymous beautifully describes one of the greatest transformations we experience in recovery: “We will lose interest in selfish things and gain interest in our fellows.”

Active alcoholism isolates us in self-centeredness. Our world shrinks to the size of a bottle, and we become consumed with our own desires, pain, and needs. Sobriety, through the Twelve Steps, offers a profound shift in perspective. We begin to step away from this painful self-obsession and find genuine interest in the lives and well-being of others.

Through working the Steps, especially by honestly facing our faults and seeking to make amends, we discover empathy, compassion, and understanding. We start genuinely caring about how our actions affect those around us. In meetings, sponsorship, and service, we learn to reach beyond ourselves, building relationships and connections founded on mutual support.

When we help another alcoholic, volunteer to make coffee, or simply listen to a fellow member’s struggles, we discover the joy and fulfillment that come from giving without expectation. The shift away from selfishness is a spiritual awakening—a powerful sign that recovery is taking root in our lives.

Promise Seven reassures us that our journey in AA leads to meaningful, lasting relationships, turning us outward toward the needs and concerns of others. Through these connections, we find purpose and fulfillment far greater than anything we ever sought in the self-centered pursuit of alcohol.

Today, let us embrace this promise, grateful for the gift of connection, community, and genuine care that AA offers each of us.

SUGGESTED READING: ALCOHOLICS ANONYMOUS
BIG BOOK, PP. 83-84 (“INTO ACTION”)

AA Seventh Step Prayer

*My Creator,
I am now willing that you should have all
of me, good & bad. I pray that you now
remove from me every single defect of
character Which stands in the way of my
usefulness to you & my fellows. Grant me
strength, as I go out from here to do your
bidding.*

Another prayer for Step Seven ...

*God, please remove anything in me that
stands between me and You, and between
me and another person. Help me become
useful.*

Thoughts on Step Seven

We become ready to have God remove our defects, and then we ask him to do it. The way normal, normal people function that's the way we learn to function, and then we get well.

To become ready to have God remove our defects of character. Do you know why we have to become ready? Most of us are too attached to our defects of character. We love them. I love to nag. I love to take people's inventories. I love to hear the worst about people. I love to make quick judgements, especially when they nail somebody. These are the things we fight against (having removed), and if they have become ingrained in a lifetime, we have to get ready to have them removed.

-Father Joseph C. Martin,
12 Steps of AA with Fr. Martin



AA History in July

July 2:

- 1965 – Best of Bill and Pocket-Sized 12 and 12 1st sold
- 1965 – 1st La Vigne, Canadian Grapevine Published
- 1993 – 50 years of AA celebrated in Canada
- 2000 – 20 Millionth Big Book given to Al-Anon in Minneapolis

July 4:

- 1939 – 1st AA meeting started in Flatbush, NY
- 1970 – 10,900 attend 35th Anniversary of AA in Miami.
- 1975 – 19,800 attend 40th Anniversary of AA in Denver

July 8:

- 1940 – 1st AA Group formed in Dayton, Ohio

July 10:

- 1941 – Texas newspaper publishes anonymous letter from founding member of Texas AA Group

July 14:

- 1939 – Blythewood Sanitarium Dr Harry Tiebout gives Big Book to Marty M. who promptly throws it back at him

July 16:

- 1965 – Frank Amos AA Trustee dies

July 20:

- 1941 – First AA group formed in Seattle, Washington

July 22:

- 1877 – Willian Silkworth born in Brooklyn, NY
- 1980 – Marty M. early AA woman and founder of NCADD dies

July 23:

- 1940 – Philly AA's send 10% of kitty to Alcoholic Foundation, sets precedent
- 1943 – New Haven Register CT reports arrival of AA's to study with E. M. Jellinek
- 1943 – Esther C., passed Jan 15, 2005, sober since July 23, 1943

Step Seven: A Lifetime Supply

During a discussion of Step Seven, I made the statement, “If my shortcomings and character defects are removed, there will be nothing left!” I need not have feared. What I’ve learned since then is that I have more than a lifetime’s supply of character defects. My Higher Power and I can’t get rid of them all in my allotted time on this earth.

More importantly, I’ve learned that if I simply let go of a character defect--release it--my Higher Power will replace it with a character asset. As I release anger, I find that I am friendlier. As I release hate, I become more loving. As I release fear, I become more secure. I don’t have to go out looking for friendliness, love, security, or any other trait that I desire. I just have to give up the feelings that are manifestations of my character defects and the good automatically flows into my life.... And I used to think that I would become hollow without my character defects!

Spotlight on Tradition Seven

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

— Tradition Seven, Alcoholics Anonymous

At first glance, Tradition Seven might seem like a financial guideline. But at its heart, it's a spiritual principle of great depth. It reminds us that true freedom, individually and collectively, requires responsibility. In Alcoholics Anonymous, we are not dependent on outside money, institutions, or benefactors. We carry our message by the strength of our own commitment, and we support that mission not by fundraising but by freely giving what we can; be it time, service, or a few dollars in the basket.

This Tradition protects us. By declining outside contributions, we shield our groups from undue influence, hidden strings, or obligations to non-A.A. entities. It also preserves the dignity of our Fellowship. When a group pays rent, buys coffee, prints literature, or supports service work with its own contributions, it stands on its own two feet. Just as recovering alcoholics are learning to do in their personal lives.

This principle extends beyond the group. As members, we are invited to reflect on what self-support means in our own lives. Are we contributing what we can? Not what we “should” or “must,” but what we can, to help keep the doors open for the next suffering alcoholic? Are we doing our part to ensure A.A. is here tomorrow, just as it was for us?

Ultimately, Tradition Seven isn't about money, it's about commitment, gratitude, and spiritual integrity. We give not out of obligation, but out of joy that we have something to give.

We no longer take from life, we contribute to it. As Bill W. once said, “When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we refuse to accept even small gifts that carry obligation, we are being spiritual.”

Tradition Seven Checklist

Tradition Seven: “Every A.A. group ought to be fully self-supporting, declining outside contributions.”

- Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
- Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
- If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
- Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
- Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
- How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

Gratitude

Gratitude, I have often heard, is the most important word in the AA lexicon. Without gratitude we cannot hope either to give or receive the healing love without which we alcoholics cannot live. As a woman who had lived a long time without either, this fact was so evident in the early days of my AA indoctrination that I took its presence for granted as just one of the many miraculous gifts I knew I had not earned. I assumed also that, like these other glories, my gratitude had become a permanent part of my equipment and that, like breath, I would never lose it or fail to use it while I lived. It never occurred to me that of all gifts I had been given, this one--the most precious of all--was the most illusive, the least understood and the easiest lost.

The Gift of Desperation

By Toby E.

I HEARD SOMEONE ONCE TELL ME, “It’s suggested when jumping out of an airplane 10,000 feet in the air that you pull the parachute cord in order to land safely.

In AA, I had to learn the hard way that the suggestions I was getting were a matter of life-and-death type of suggestions.

First problem I faced was I did not trust a soul. I was a victim in life. In my eyes, everyone around me, as far as I was concerned, could not be trusted.

Second problem, I was not an honest person. I learned to lie to get what I want. I used lying in every aspect of my life.

Third problem, I was not as willing as I thought. When life got difficult, I would always take my will back, becoming a victim, lying and manipulating my way through life.

And the fourth and last problem, I was selfish and self-seeking. What Toby wanted, Toby got, no matter the cost. I would hurt everyone in my life to make myself feel good. I would justify my actions by trying to get others to understand me. The sad reality is that I just continued to look like a fool over and over again.

Seeing my problems, admitting I was powerless over my thinking and behavior, I must confess my life is unmanageable. I have two years sober and I am sitting in jail about to go to prison, my kids without a father, and all my relationships are in shambles. I thank my Higher Power for the past two years, but I am still a fool. The good news is the more I work my Program, the more I continue to submit and turn my will and life over to the hand of AA, the more willing to continue to submit my whole life over to the 12 Steps and this Program.

Acceptance is to surrender, it’s letting me get myself out go the way so God can work His perfect plan in my life. I am a complete dumbass. I sit in jail in awe of how stupid I am. Today I am grateful that the love of AA has not given up on me, it has given me a spiritual experience that helps me humbly submit to the program with complete Faith.

... progress not perfection. △

Your Alcoholism

Drip, more like chug your alcoholism.

Wish-wash the pain with skepticism in your alcoholism.

Powerless, but don’t undress your helplessness.

It’s a mess for fetishism in your alcoholism.

*Brown water and brown liquor don’t mesh,
no room for racism in your alcoholism.*

*Coffee is the Jack of all trades,
can’t fathom the sexism in your alcoholism.*

*Stigmatize your puke while you realize the truth,
underpasses don’t have opportunism in your alcoholism.*

*Mom, I’m sorry, and I will be better,
true peace of mind, your activism, in my alcoholism.*



JUNE 2026
GROUP CONTRIBUTIONS

	JUN 2026	JUN 2025 (PY)	JAN - JUN, 2026 (YTD)
26-On Awakening	0.00	0.00	660.00
Any Length Group	0.00	20.00	115.80
Bluff City Group	0.00	28.05	0.00
Came to Believe Group	0.00	0.00	300.00
Central Gardens Group	100.00	100.00	350.00
Collierville Group	0.00	0.00	797.26
Downtown Nooners N/S	0.00	0.00	50.00
Downtown Thursday Night Group	23.83	0.00	1,040.51
Earlybird	0.00	900.00	771.88
Everyday People	10.00	0.00	10.00
Friends of Bill W	2.44	0.00	2.44
Germantown Happy	0.00	1,475.00	1,200.00
Germantown Noon	0.00	0.00	1,650.00
Holly Springs Group	0.00	0.00	300.00
How It Works	0.00	0.00	0.05
ICU-	0.00	450.00	0.00
Lakeland	0.00	0.00	141.23
Men of Recovery	9.05	0.00	9.10
Mustard Seed	0.00	0.00	20.00
New Start	25.00	0.00	100.00
Oakland Always Open	0.00	135.00	95.00
Out-of-Towners Fellowship Group	0.00	0.00	0.08
Pleasant Hill	0.00	0.00	863.32
Primary Purpose	0.00	0.00	50.00
Queer Bees and Wanna Bes	108.50	216.00	193.50
Rule-62	75.00	0.00	175.00
Second Chance	0.00	50.00	0.00
Serenity	0.00	0.00	150.00
Shady Ladies	0.00	300.00	500.00
Shipwreck	0.00	0.00	50.00
Sober Journey	0.00	0.00	400.00
Solutions Group	0.00	0.00	840.38
South Memphis	0.00	20.00	40.00
Straight Outta Bondage	0.00	0.00	300.00
The Nooner	0.00	0.00	1,214.45
Traditions	50.00	50.00	100.00
Triangle Group - Somerville	0.00	0.00	61.50
Two Doors Down	300.00	300.00	1,500.00
Unity Group	173.00	78.83	1,044.42
WAAGL	75.00	50.00	375.00
West Memphis Group	0.00	30.62	20.00
Whitehaven Morning Sunrisers-	0.00	0.00	200.00
Winchester	0.00	0.00	350.00

JUNE 2026
GROUP CONTRIBUTIONS

	JUN 2026	JUN 2025 (PY)	JAN - JUN, 2026 (YTD)
TOTAL	\$951.82	\$4,203.50	\$16,040.92

Humor Corner

My buddy said he was cutting back on drinking—only having one beer a day.

I was impressed... until I saw the beer. It was in a 64-ounce gas station mug labeled “Emergency Use Only.”

He said, “Technically, it’s one beer.” I said, “Technically, you’re hydrating your liver with regret.”

He said, “Exactly. Doctor’s orders... Dr. Jack Daniels.”

“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 _____

Memphis Area Intergroup Association
3540 Summer Ave., Suite 104
Memphis, TN 38122
901 454-1414 office
memphisarea@bellsouth.net
memphis-aa.org

