



MAIA

TIPPLER

AUGUST 2026

Step 8 Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8 Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics.

Concept 8 The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

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Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.

-AA Big Book, pg 76

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

DISTRICT & COMMITTEE MEETINGS

August 1 @ 9:00 am - 10:30 am
District 24
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016

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

August 3 @ 6:45 pm - 7:45 pm
Memphis Treatment
Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

August 3 @ 8:00 pm - 9:00 pm
District 21 Committee
Meeting
Crosstown Concourse
1350 Concourse Ave #1072
Memphis, TN 38104

August 4 @ 6:45 pm - 7:45 pm
Memphis Area Correctional Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

August 9 @ 11:00 am - 12:00 pm
District 23
Zoom password 847990

August 11 @ 6:00 pm - 7:00 pm
Memphis Area
Grapevine Committee
White Station Church of Christ
1106 Colonial Rd

August 12 @ 6:00 pm - 7:00 pm
District 25
Germantown United Methodist Church
2324 Germantown Road
Germantown, TN 38138

August 17 @ 6:45 pm - 7:45 pm
CPC/PI Committee
Shady Grove Presbyterian Ch
5530 Shady Grove
Memphis, TN 38120

August 21 @ 6:45 pm - 7:45 pm
Accessibility Committee
2865 Walnut Grove
Memphis, TN 38111

August 30 @ 3:45 pm - 5:00 pm
Memphis Area Archives Committee
5530 Shady Grove
Memphis, TN 38120



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Monday/Friday: 8 am - 4 pm
Closed 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 August 9, 2023 at Leawood Baptist Church, 3638 Macon Road, Memphis, TN 38122, or join on Zoom. Please call or email the office for the meeting passcode. Meeting ID#835 975 02 608

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.



AUGUST

Two Doors Down

Central Gardens

Joe B. 37 yrs
Janet McD. 36 yrs
Jack R. 22 yrs
Lewis S. 11 yrs

Downtown Nooners

Floyd C. 33yrs

Hollywood

Ann S. 20yrs

Out of Towners

Roy H. 54yrs
Lisa C. 38yrs
David G. 19yrs
Glenda C. 1yr

Seriously Sober

Tony G. 31yrs
Fred Be. 26yrs
Fred Bo. 24yrs

SOS

Anthony R. 7yrs

Traditions

Carole M. 27yrs

Ron L. 39yr
Reese 38yrs
Carlton G. 32yrs
Larry P. 22yrs
Joyce J. 9yrs
Justin H. 7yrs
James 6yr
Mike M. 5yrs
James B. 5yrs
Zac D. 4yrs
Corey W. 3yrs
Cathy B. 3yrs
Karen D. 2yrs
Gabriel B. 2yrs
Chris K. 1yr
Vincent D. 1yr

Three Legged Stool

Craig H. 44yrs
Ken R. 13yrs
Scott S. 1yr

Unity

Mary R. 20yrs
Karen S. 18yrs
Vel J. 13yrs
Holly H. 13yrs
Brandy P. 6yrs
Harley E. 2yrs
Anna S. 1yr

Winchester

Gail M. 35yrs
James C. 17yrs

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.



Highlighting the 8th Promise of Alcoholics Anonymous

Alcoholics often find themselves trapped in a cycle of selfishness and isolation. Before recovery, we often lived our lives driven by self-centered fears and desires. We sought to satisfy our cravings and fill a void within, yet we only grew emptier. Sobriety through Alcoholics Anonymous offers a remarkable shift: our self-centeredness begins to fade, and genuine concern for others emerges.

Promise Eight reminds us that as we grow spiritually, our obsessive focus on self slips away naturally. As we embrace the Twelve Steps and work to clear away the wreckage of our past, a new way of living unfolds. Instead of thinking only of ourselves, we begin to think of others first. Instead of chasing after personal desires, we learn to serve and help those around us. Service in AA—whether making coffee, sharing our experience, or sponsoring others—gradually replaces selfish habits with compassion and generosity.

In this process, we discover a beautiful paradox: the less we concentrate on ourselves, the more content and fulfilled we become. The feeling of inner emptiness is replaced by the joy of contributing to others' sobriety and well-being. This shift from self-seeking to service transforms our lives, bringing serenity and happiness that once seemed impossible. Promise Eight is fulfilled not because we strive to be selfless, but because we allow the principles of recovery to work through us, naturally lifting the burden of selfishness from our shoulders.

Spirituality

SPIRITUALITY. For someone like me, who came to this program saying that there was no God, the word was one I withdrew from and did not want to consider. Over a long period of time, the word "spiritual" ceased to make me want to shy away. At the Thursday night meeting, we discussed Appendix II of the Big Book about spiritual experience along with the last paragraph on page 64. I had heard for many long years that the body begins to heal, then we begin to get well emotionally and mentally, then we heal spiritually.

A sentence on page 64 had me and others puzzled. It says, "When the spiritual malady is overcome, we straighten out mentally and physically." In our group discussion, we heard many views of what that statement meant. We hear in meetings, "Bring the body and the mind will follow." Just bringing the body, or calling the AA phone number, or opening the Big Book is a spiritual act.

FROM GRAPEVINE, MAY 1985
BY: A. F. | BLOOMINGTON, ILLINOIS

Thoughts on Step Eight

I've been to a lot of AA meetings in which people go through all the hell that they lived through. It's wonderful. It's a great thing to reflect on the pain that alcoholism brought to you. Ladies and Gentlemen, I am utterly convinced that meditation about pain is most valuable when we meditate not so much on the pain that we suffered as on the pain that we caused. And if we had taken an inventory as it should be made, we will have a list of those we had harmed, and we have to become willing to make amends because some amends are almost impossible to make.

Spotlight on Tradition 8: Service, Not Salary, And Knowing the Difference

Tradition Eight is often misunderstood. Some believe it means no one in AA should ever be paid to help alcoholics. But that's not what the Tradition says, or means. At its heart, this Tradition draws a clear line between carrying the message of AA through Twelfth Step work, which is always voluntary and unpaid, and the legitimate, paid roles in service centers or the treatment field, which are separate and distinct from AA's recovery work.

The *Twelve Steps and Twelve Traditions* clarifies this well. It reminds us that our Twelfth Step work must remain an act of love, not a profession. We sponsor others because it keeps us sober, not because it pays the bills. But the Tradition also acknowledges that certain tasks—staffing intergroup offices, answering phones, processing literature, bookkeeping—require paid workers. These are “special workers,” not professionals in recovery. Their paid work supports the Fellowship's function but is not Twelfth Step work itself.

So where does that leave the many AA members who also work in the treatment or recovery services field?

It's important to understand: being paid to work in a treatment center does not violate this Tradition, as long as it's not being done in the name of Alcoholics Anonymous. Many in recovery become counselors, techs, or peer specialists in treatment programs, and that work can be an honorable career.

The key distinction is this: when we're doing Twelfth Step work, we do that as AA members, freely, with no compensation. When we are on the job in a treatment center, we are acting in a professional capacity, under different responsibilities and expectations.

The Tradition doesn't condemn professionalism, it simply keeps it out of AA's spiritual work. Our message is not for sale, and our Fellowship isn't staffed with therapists or experts. It is maintained by recovered alcoholics helping one another, on equal footing, freely giving what was freely given to them.

This Tradition invites us to check our motives. Are we offering help in the spirit of service or in a role tied to a paycheck? Are we clear when we are acting as members of AA, and when we are acting as professionals?

When we honor this line, we preserve the spiritual integrity of AA, while also respecting the value of professional treatment especially when it's offered by people who've walked the path themselves.

Grapevine: Tradition 8

Once again the two opposites that make a composite bob up. This time it's ideals and money . . . the spiritual and the material. But let us lend a sympathetic, humble, and indeed willing attitude of mind when reconciling spiritual values with the use of paid workers. Any contentious AA member may not pause to realize that the ideals of a special worker are no doubt as sincere and pure as his own. All over the world it's been my personal experience that these workers are people dedicated to their indispensable positions throughout AA . . . Not only with money should they be paid . . . but with our heartfelt gratitude as well. Bill W. sums everything up neatly, "Professional workers are not professional AAs . . ." To this, sez I, amen! There is no argument if we really understand Tradition Eight.

FEBRUARY 1959
TRADITION EIGHT
COLIN R. | SYDNEY
AA GRAPEVINE

Grapevine: Step 8

Repressive techniques, most of us have found, don't work. I have never been able permanently to get rid of an uneasy conscience by telling it to go away, or by getting busy with other things and trying to forget it, or by pretending it wasn't there. The only things that have worked for me, in more than fifteen years of trying to live by the program, are admitting I've got it, asking forgiveness of God and man, and making amends as suggested in Steps Eight and Nine. Eight is the "on your marks, get set," Nine is "go!" Right now we're on Eight.

To get into a frame of mind to make amends is a hard thing for an alcoholic—at least, this alcoholic—to do. It brings to mind times when, as a child, I was made to say "I'm sorry" for some unintentional mistake. I wasn't really sorry because I hadn't intended to do wrong. I resented being rammed into the guilty seat, and wound up at the end of the scene with a worse conscience than I'd had at the beginning.

THE TWELVE STEPS REVISITED / STEP 8
BY: J. E. | GUILFORD, CONNECTICUT
FROM THE JUNE 1962 GRAPEVINE

Thank you AA

By Lara R.

39 YEARS AGO TODAY, as I write this, I was living in a Motel on MLK with my Mom, her boyfriend and my married boyfriend. I was a home wrecker. Everyone thought I was a prostitute, because I looked like one. I had a job at a local restaurant as a busser, which worked out for me, because even though I was underage, the bartender would feed us drinks after the restaurant closed-every budding alcoholic's dream. I had tried to get sober before by going to another 12 step program and I managed to stay sober for a number of months, but ultimately drank again. I had gone to treatment, got kicked out and ultimately drank again. I had tried a number of ways to control my drinking, which, all ultimately failed, because controlling my drinking wasn't really something I was too interested in. I thought I was very clever when I said, "I can quit whenever I want to, I just don't want to."

But things were getting bleak. We were essentially homeless due to our unmanageable, chaotic lifestyle, my emotional status was infantile and I walked around ashamed, feeling like a victim most of the time. I felt so tired. Tired of the life I had been living. I was raised in alcoholism-my parents' alcoholism first and then my own. It really was the only way I knew how to exist. I was only 17 years old but I felt like I was 117. I had seen and experienced things that a child should not have to see or experience. I've had therapists tell me about how my childhood was taken away from me and all of that. I'm not so sure about that now, it was what it was. The adults in my life were basically children themselves. If my childhood was taken from me, I certainly wasn't the only one, and besides, self-pity, I have come to realize, is just an excuse to stay sick and stuck.

Alcoholics Anonymous has given me a path out from my feelings of being stuck, a discipline where I once had none, a joy in life that is indeed indescribably more wonderful as time passes. The prophetic words of the Big Book ring truer and truer the longer I stay sober, the essays on the Traditions mean more to me with every passing day. From someone who couldn't sit still through an entire hour and a half meeting, to someone who thirsts for the knowledge that comes from listening to my fellow alcoholics, to my sponsor and to my sponsees, this is truly an example of the miracles that happen everyday in AA.

For many years into my sobriety I thought for sure that the promise "We will not regret the past, nor wish to shut the door on it" could not possibly come true for me. I had made such a grave mistake that I thought I could never forgive myself for. I had a sponsor tell me that God alone can judge me and that I was not qualified to do the job of God. The ego can manifest itself in so many ways. Alcohol is not the only power that is

cunning and baffling. The ego is so clever in its techniques at keeping us separated from God, but those words of my former sponsor started a shift in perception, which has ultimately turned into the necessary psychic change I needed to free myself from my shame.

Where would I be without AA? I shudder to think of it. I am so grateful everyday when I wake up with another opportunity to be a better person than I was yesterday. Yes, I fail, almost daily in one way or another, but I have hope today and I have so many people that know my dilemma. They, too, have a way out that they remind me of. It is a constant vigilance that I

must maintain, but I am happy to serve

AA, happy to be in the middle, happy

to know that this is a way of life that

has given me more than

I could have ever

dreamed. I am

rich beyond

measure.



Thank
you
AA.
△

Tradition 8: “Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.”

Walking the Line: Professional Help, Fellowship Heart

By Peter J.

AT 18 MONTHS SOBER, I found myself volunteering on multiple committees at the Intergroup office, working alongside both volunteers like myself and a few paid employees. Most days, the distinction felt natural enough. As volunteers we shared our experience, strength, and hope freely, while the paid staff handled the phones, managed the bookkeeping, and kept the lights on. But the boundaries weren't always as clean as I'd expected.

I watched our paid office workers, also in recovery, field calls from newcomers with the same care and wisdom any of us volunteers might offer. I saw volunteer committee chairs making decisions about budgets and policies that felt

The outside professionals, bound by different training and liability concerns, couldn't enter into the spiritual relationship which defines AA recovery work, and they shouldn't.

I began to see the wisdom in this tradition's flexibility. AA needs specialists: accountants, lawyers, event planners, office administrators... people who can handle the business side professionally and reliably. Some of these professionals happen to be in recovery, others aren't. What matters isn't their personal relationship to the program, but that they understand supporting, not replacing, the heart of what we do.



distinctly administrative. The lines blurred in daily practice, yet somehow it still worked, until I tried to bring my step work to a therapist outside of AA...

“We don't do that, we can't do that,” was the response, with little explanation. That's when Tradition 8 began to crystallize for me, not as a rigid boundary, but as a guiding principle navigating complex terrain.

The contrast was illuminating. In our AA office, even when roles overlapped, there was an understood priority: our primary purpose came first. The paid workers, whether they were in recovery or not, understood they were facilitating something larger than their job descriptions. They showed up reliably and kept things running in ways that volunteer committees sometimes couldn't, but they never confused their professional competence with spiritual authority.

The tradition protects something essential; the moment we start paying people to carry the message itself, we risk transforming the very nature of what makes AA work, one alcoholic helping another, not because it's their job, but because their own sobriety depends on it. Yet it also acknowledges that good intentions and volunteer availability alone can't sustain an organization.

It's a living balance, one that requires ongoing discernment rather than rigid rules. The tradition keeps our primary purpose clear while recognizing that the practical and the spiritual don't always fall into neat categories. △

“Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated.”

- Tradition 8, page 166, Alcoholics Anonymous

GROUP CONTRIBUTIONS
JULY 2026

	JUL 2026	JUL 2025 (PY)	JAN - JUL, 2026 (YTD)
26-On Awakening	0.00	0.00	660.00
Any Length Group	40.00	20.00	155.80
Came to Believe Group	0.00	0.00	300.00
Central Gardens Group	0.00	0.00	350.00
Cherokee Group	100.00	0.00	100.00
Collierville Group	487.56	891.61	1,284.82
Downtown Nooners N/S	0.00	0.00	50.00
Downtown Thursday Night Group	53.60	0.00	1,094.11
Earlybird	0.00	0.00	771.88
Everyday People	10.00	0.00	20.00
Friends of Bill W	225.00	0.00	227.44
Germantown Happy	0.00	0.00	1,200.00
Germantown Noon	0.00	0.00	1,650.00
Holly Springs Group	100.00	0.00	400.00
Hollywood	95.00	0.00	95.00
Horn Lake	10.00	0.00	10.00
How It Works	0.00	0.00	0.05
Lakeland	0.00	0.00	141.23
Men of Recovery	0.49	0.00	9.59
Mustard Seed	0.00	0.00	20.00
New Start	25.00	100.00	125.00
Oakland Always Open	0.00	50.00	95.00
Out-of-Towners Fellowship Group	0.00	0.00	0.08
Pleasant Hill	0.00	309.33	863.32
Primary Purpose	0.00	0.00	50.00
Queer Bees and Wanna Bes	0.00	0.00	193.50
Rule-62	0.00	0.00	175.00
S.O.S.	17.80	100.00	17.80
Serenity	0.00	0.00	150.00
Seriously Sober	0.00	1,051.00	0.00
Shady Ladies	220.00	300.00	720.00
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	476.25	1,214.45
Traditions	50.00	50.00	150.00
Triangle Group - Somerville	0.00	0.00	61.50
Two Doors Down	300.00	300.00	1,800.00
Unity Group	0.00	0.00	1,044.42
WAAGL	75.00	75.00	450.00
West Memphis Group	0.00	0.00	20.00

GROUP CONTRIBUTIONS
JULY 2026

	JUL 2026	JUL 2025 (PY)	JAN - JUL, 2026 (YTD)
Whitehaven Morning Sunrisers-	0.00	0.00	200.00
Winchester	0.00	0.00	350.00
TOTAL	\$1,809.45	\$3,743.19	\$17,850.37

OVERHEARD IN A MEETING...

"I finally quit trying to explain myself to people who weren't asking."

"I don't need a better excuse. I need a better response."

"My ego can turn a speed bump into a mountain."

"Recovery didn't change my past. It changed my relationship with it."

"I've never regretted calling my sponsor. I've regretted not calling him."

"My disease hates interruptions. Meetings interrupt it."

"I can be right, or I can be useful."

"Every resentment starts with a story I'm telling myself."

"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
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*If you are looking for a new location for meeting space
you may contact your Intergroup office for details*

