

MAIA

TIPPLER

MARCH 2024

Step 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3 Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

Concept 3 To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.

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“So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible.”

-Big Book, page 62

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

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

MARCH 2024

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

DISTRICT & COMMITTEE MEETINGS

March 2 @ 9:00 am - 10:30 am
District 24 Hybrid (ID 9186700041)
p/w welcome
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016
March 2 @ 12:00 pm - 1:00 pm
District 22
Area 51
3563 Thomas St
Memphis, TN 38127

March 4 @ 6:45 pm - 7:45 pm
Memphis Treatment
Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

March 4 @ 8:00 pm - 9:00 pm
District 21 Committee
Meeting
Crosstown Concourse
1350 Concourse Ave #1072
Memphis, TN 38104

March 5 @ 6:45 pm - 7:45 pm
Memphis Area Correctional Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

March 10 @ 11:00 am - 12:00 pm
District 23
Zoom password 847990

March 12 @ 6:00 pm - 7:00 pm
Memphis Area
Grapevine Committee
White Station Church of Christ
1106 Colonial Rd

March 13 @ 6:00 pm - 7:00 pm
District 25
Germantown United Methodist Church
2324 Germantown Road
Germantown, TN 38138

March 15 @ 6:45 pm - 7:45 pm
Accessibility Committee
2865 Walnut Grove
Memphis, TN 38111

March 18 @ 6:45 pm - 7:45 pm
CPC/PI Committee
The Way House
1203 Peabody Ave
Memphis, TN 38104

March 31 @ 3:45 pm - 5:00 pm
Memphis Area Archives Committee
Two Doors Down
1578 Yorkshire



MAIA

3540 Summer Avenue
Suite 104
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Monday - Friday: 8 am - 4 pm Closed
for lunch daily from 1 pm - 2 pm

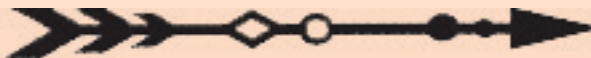
The MAIA Intergroup Representatives business meeting is held on the second Sunday of every month at 1:00 p.m. Please join us on March 10, 2024 at Leawood Baptist Church, 3638 Macon Road, Memphis, TN 38122, or join online (ID 835 9750 2608 passcode 76237.)

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.



Hollywood

Eddie V. 35yrs
Teresa E. 15yrs
Bill M. 31yrs
Henry M. 36yrs

Traditions

Joe W. 49yrs
John M. 34yrs
Mark W. 22yrs
Denise L. 13yrs
Loretta C. 8yrs

Downtown Thursday

Dale S. 51yrs

Rule 62

Charley M. 18yrs

SWEET SURRENDER

BY: JEFF B. | NASHVILLE, TENNESSEE

He stopped swimming upstream and dove into Step three to find a peace and purpose he never knew

The first time I got drunk I remember thinking that I was going to make feeling that way my No. 1 priority until the day I died. For the next 13 years I kept my word, minimally engaging in the real world while surrounding myself with people who liked to escape reality as much as I did.

On days when I didn't alter the way I felt, I was miserable and angry. I was constantly obsessing about alcohol, feeling that drinking was the only way to deal with a life that seemed not only indifferent to my needs, but outright hostile.

As my disease progressed, I lost interest in my family, my passions and the beauty of the world. The mere mention of the word "God" while I was intoxicated would send me into an alcoholic rage, because I was convinced that others didn't understand the futility of faith the way I did.

By the time I was 24, my list of accomplishments included two DUIs, two near-fatal car wrecks, an assault charge, a criminal mischief complaint and a trail of hurt and angry women who were unfortunate enough to cross paths with a narcissistic alcoholic who was entering the chronic stage of his disease.

At that time I was suicidal on the days I didn't drink, knowing in the back of my mind that death by my own hand would indeed be my fate. The only question was how many years I would be able to enjoy a good drunk until the consequences became so unbearable that I finally gave up.

One morning in 1998, my brother called to check on me, rousing me from a fitful, alcoholic sleep saturated with hazy nightmares. For some reason the suffering of that morning was so intense that I begged him for help.

"I'm going to die," I whispered. Together with my parents they found a treatment center outside of Nashville, where I was living at the time, and my journey toward sobriety began.

I can still recall the day I arrived at the treatment center, especially seeing the Twelve Steps on the wall for the first time. I scanned them for their philosophical merit, quickly determining that I had made a huge mistake. I found a counselor nearby and informed him that I might have to find another place to go for treatment. A drinking problem was one thing, but the answer to that problem being belief in a Higher Power was quite another. The counselor nodded his head at me knowingly, assuring me that nobody was going to force religion down my throat. "Have an open mind," he said. "That's all you need right now." But despite the sad state of my life, a truly open mind was not available to me back then.

I managed to stay in the treatment center for 21 days, attending groups and listening to what the medical staff and Big Book had to say about the disease of alcoholism. The concept that I had an allergy to alcohol and drugs seemed intuitive to me, especially the phenomenon of craving. I knew that once I started, I couldn't stop, regardless of my overvalued willpower and intelligence. That was as far as I got regarding the Twelve Steps—one half of Step One. I truly believed that would be enough.

After my stint in rehab, I didn't drink alcohol for two years. I stayed abstinent, going to meetings, working a lot, and using women as my Higher Power. It would be dishonest to say that I was miserable every day during those two years, but I was miserable most of the time. Finally, I couldn't take the emotional or spiritual strain anymore. I woke up one Saturday morning and walked to a bar near my home, coolly telling the bartender to pour me a draft beer. I had to drink.

After five months of hellish drinking and drug use, two friends I'd made in AA took pity on me, pulling me out of my filthy apartment and taking me back to the treatment

“SWEET SURRENDER” Continued...

center. Tortured by anxiety, existential angst and racing thoughts, I wandered the grounds like a zombie for two days, until I finally decided to try something that I had always refused to do. I went back to my room, closed the door, knelt beside my bed, clasped my hands in prayer and surrendered.

It’s always been difficult to express what happened to me that day, but I haven’t taken a drink or contemplated suicide since I experienced the power of Step Three. Nor have I ever questioned the existence of a Divine Power that cares for and loves me the way a good father and mother cares for their children. It also became crystal clear to me that it was no longer my job to try to make myself happy.

From that day forward, I’ve tried to help other people, practice spiritual principles and stop trying to control the uncontrollable. If I follow those directions, God will take care of the happiness. And that’s the way it’s been ever since.

My last drink was October 3, 2000. I became spiritually and emotionally sober five days later when I placed myself unreservedly under the care of the God of my understanding. For the last 20-something years, not playing God has been the keystone to my physical and emotional sobriety. As the Big Book promises, when I’m established on such footing, I’m less interested in myself and more interested in what I can contribute to life. I enjoy peace of mind; I can face life successfully; I’m conscious of his presence; and I lose my fear of today, tomorrow and the hereafter.

Over the years I have witnessed the collapse of the Twin Towers, the premature death of my father, my wife’s battle with ovarian cancer, the death of many friends from addiction and the pandemic. Each of these challenging events have driven me back to the safety and hope of Step Three. I can lean into Step Three on a daily basis if I so choose. For me, it’s the challenge of day-to-day living that has always been most difficult.

Every year, when my wife and I take our annual vacation to a gorgeous beach of our choosing, I swim out as far as I can into the salty ocean, close my eyes and reaffirm my commitment to Step Three with these words:

“God, I offer myself to thee—to build with me and to do with me as thou wilt. Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties, that victory over them may bear witness to those I would help of thy power, thy love, and thy way of life. May I do thy will always!”

REPRINTED FROM AA GRAPEVINE, MARCH 2024

“To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.””

Principle of the Concept:
TRUST

One Thing You Need To Know:
Trusted Servants Have a Right of Decision

Simplify

Trusted Servants Have a Right of Decision

There will be times where we’ll need to trust our trusted servants to make decisions without a group or service entities approval. Concept 1 & Concept 2 by themselves cannot ensure smooth operation of A.A. business. There will be times that full facts (additional background information) and debate not available to groups, will help further inform our trusted servants and their decisions (and their votes on our behalf).

Those decisions may ultimately differ from original consciences’s given to them when we ask them to vote on our behalf – but those differently made decisions are vital in allowing them to be more than mere messengers. They have a brain, let’s let them use it.

no one will know

BY: MATT M. | OAK PARK, IL

While working on a construction site with some AA buddies, he had a close call he won't soon forget

A few years back, my 10-year AA anniversary was approaching. At that time, I was working a good program, going to my regular meetings and my home group. I touched base with my sponsor and worked with a few new guys. I was even chairing a weekly meeting.

Things were going well for me financially. I was working full-time as a carpenter and doing jobs on the side for cash. My personal life was AOK on all fronts. I had a good relationship with my wife. All three children were doing well. Life was good and sobriety was easy.

At a Saturday meeting a few days before my actual anniversary, my sponsor tried to give me my 10-year coin. I joked that I hadn't earned it yet. "I feel strong, but you never know," I said. We agreed to wait until the Tuesday night meeting for the coin ceremony.

I left the meeting and headed to a jobsite. I was being paid as a journeyman carpenter, but they just wanted me to help clear out a second floor room and remove the windows. I was working for a friend who's in AA and three men on the four-man crew were all in the program as well. Great! What could go wrong?

I was in the second-floor bedroom tossing the debris onto a tarp below. The guys were then loading it into a truck to haul away. The previous resident of the room had died of cancer a few months earlier. A lot of her stuff was still there and the family just wanted it gone.

As I was about to complete the work, I picked up a sewing box and it made a funny rattle. Curious, I opened the box. There were about a dozen pill bottles inside. The first one I looked at was hydrocodone. It was nearly full. The next one I looked at was oxycodone, also nearly full.

I instantly thought about my sore back and my bad knees. If I went to my doctor, she would doubtlessly prescribe just this sort of medication. These pills were pain medications, not drugs, I thought. I dropped the bottle of oxycodone into my front pocket. Right as I looked back into the sewing box, I was startled by a shout.

"How much more?" Danny yelled. He was getting impatient. That was enough to bring me back to myself. "I'm about done," I yelled back. "Just one more bag. I'll carry it down."

I put the pills from my pocket back into the sewing box. I put the sewing box, along with all its pills, into a black garbage bag. I gathered up a few old cardboard game boxes and some abandoned shirts and several old packs of playing cards and threw them into the bag. I tied the top of the bag, carried it down the ladder and threw it onto the truck. I watched the truck go down the alley and turn left, out of sight.

I don't know why I chose to put the pills into my pocket. And I don't know why I changed my mind and threw them out. I guess the only thing I really know is that this is a disease—and it's unpredictable. So glad I'm in AA. I made it through that day and every day since. Now I just need to focus on today.

REPRINTED FROM AA GRAPEVINE, OCTOBER 2022

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AND
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Share as you would in a meeting—
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HOW TO PARTICIPATE

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*long distance charges may apply

The Third Step Prayer Explained

The third step of the 12 Steps program is important because it involves action. While in Step Two, participants are asked to recognize that a power greater than themselves could help them in recovery, in Step Three, they are making the conscious decision to let this greater power guide them.

“God, I offer myself to Thee”

The AA Third Step Prayer is the embodiment of this decision as the prayer’s opening line is the person openly offering their life over to God for guidance.

“To build with me and to do with me as Thou wilt”

The second line is the person acknowledging that they are no longer in control of their own life. At this point, they have let God take the reins.

“Relieve me of the bondage of self, that I may better do Thy will.”

At this point, the person in prayer is admitting to a selfish past where their bondage to their own selfish desires has blinded them to a way to live a life that can also help others. Instead of continuing down this path, the person is relinquishing this control to God so they can do better.

“Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.”

Here, the person in prayer once again asks God to take control but also vows to help others in recovery reach this same kind of realization and way of life. Keeping others in mind, the struggles to lasting recovery can be used to help others in similar situations find lasting sobriety as well.

The Third Step Prayer is recited at the start of the Third Step, but many people choose to repeat it throughout their recovery to remind themselves of its lessons.

MONTHLY FOCUS: TRADITION 3 CHECKLIST

Tradition Three: *The only requirement for AA membership is a desire to stop drinking.*

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can’t ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

MAIA Group Contribution

February 2024

| | Feb 24 | Feb 23 | Jan - Feb 24 |
|------------------------|------------------------|------------------------|------------------------|
| Any Length Group | 35.00 | 57.00 | 35.00 |
| Bluff City Group | 0.00 | 19.00 | 0.37 |
| Came to Believe Group | 0.00 | 0.00 | 150.00 |
| Central Gardens Group | 50.00 | 50.00 | 100.00 |
| Central Group | 0.00 | 50.00 | 0.00 |
| Collierville Group | 0.00 | 269.08 | 459.00 |
| Covington | 0.00 | 0.00 | 25.00 |
| Earlybird | 0.00 | 566.48 | 0.00 |
| Friends of Bill W | 0.00 | 0.00 | 200.00 |
| Germantown Noon | 180.00 | 0.00 | 360.29 |
| Horn Lake | 0.00 | 10.00 | 0.00 |
| Lakeland | 0.00 | 0.00 | 112.50 |
| Morning Glories | 0.00 | 0.00 | 43.00 |
| Neshoba Awakening | 0.00 | 10.00 | 10.00 |
| New Start | 25.00 | 50.00 | 25.00 |
| Pleasant Hill | 302.15 | 0.00 | 302.15 |
| Primary Purpose | 50.00 | 25.00 | 100.00 |
| Real Deal | 5.00 | 0.00 | 5.00 |
| Rule-62 | 162.50 | 0.00 | 162.50 |
| Second Chance | 50.00 | 0.00 | 100.00 |
| SERCYPAA | 2,995.41 | 0.00 | 2,995.41 |
| Serenity | 0.00 | 500.00 | 0.00 |
| Seriously Sober | 0.00 | 6.16 | 11.22 |
| Shady Ladies | 300.00 | 200.00 | 300.00 |
| Sober Journey | 0.00 | 140.00 | 0.00 |
| South Memphis | 10.00 | 0.00 | 20.00 |
| Straight Outta Bondage | 0.00 | 287.00 | 0.00 |
| The Nooner | 119.75 | 0.00 | 251.89 |
| Three Legged Stool | 50.00 | 0.00 | 50.00 |
| Traditions | 0.00 | 50.00 | 0.00 |
| Two Doors Down | 300.00 | 300.00 | 600.00 |
| Unity Group | 147.47 | 0.00 | 317.10 |
| WAAGL | 100.00 | 100.00 | 200.00 |
| Winchester | 0.00 | 0.00 | 167.50 |
| wordly indeed | 0.00 | 1.36 | 0.00 |
| TOTAL | <u>4,882.28</u> | <u>2,691.08</u> | <u>7,102.93</u> |



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“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 _____

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Address _____

City _____ State _____

Zip Code _____

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