

MAIA

TIPPLER

AUGUST 2024

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."

-Big Book, pg 76

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

901 454-1414 office
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memphis-aa.org



AUGUST 2024

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

DISTRICT & COMMITTEE MEETINGS

August 3 @ 9:00 am - 10:30 am
District 24
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016

August 3 @ 12:00 pm - 1:00 pm
District 22
Area 51
3563 Thomas St
Memphis, TN 3812

August 5 @ 6:45 pm - 7:45 pm
Memphis Treatment
Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

August 5 @ 8:00 pm - 9:00 pm
District 21 Committee
Meeting
Crosstown Concourse
1350 Concourse Ave #1072
Memphis, TN 38104

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

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

August 13 @ 6:00 pm - 7:00 pm
Memphis Area
Grapevine Committee
White Station Church of Christ
1106 Colonial Rd

August 14 @ 6:00 pm - 7:00 pm
District 25
Germantown United Methodist Church
2324 Germantown Road
Germantown, TN 38138

August 16 @ 6:45 pm - 7:45 pm
Accessibility Committee
2865 Walnut Grove
Memphis, TN 38111

August 19 @ 6:45 pm - 7:45 pm
CPC/PI Committee
The Way House
1203 Peabody Ave
Memphis, TN 38104

August 25 @ 3:45 pm - 5:00 pm
Memphis Area Archives Committee
Two Doors Down
1578 Yorkshire



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Suite 104
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Monday/Wednesday/Friday: 8 am - 4 pm
Closed for 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 August 11, 2024 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.

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

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.

Downtown Nooners

Floyd C. 31 yrs

Hollywood

Ann S. 18 yrs

Traditions

Jack W. 28 yrs
Carole M. 27 yrs

Winchester

George H. 25 yrs
Gail M. 32 yrs

Central Garden Group

Lewis S. 9 yrs
Joe B. 35 yrs
Janet McD. 34 yrs

OOPS! – JULY birthdays that were over looked:

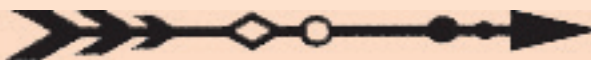
Hollywood

Bobby E. 33 yrs
Dannis O. 16 yrs
Dennis S. 24 yrs

Traditions

Wayne W. 30 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.



Recovery



Step 8

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

Step Eight is the beginning of the process of making amends, forgiving others and possibly being forgiven by them, in addition to forgiving ourselves.

By making a list of the people we harmed and becoming willing to make amends, we take action toward healing the past with others and learning how to live in the world with our head held high, looking people right in the eye.

Before you can rebuild relationships, we need to identify the relationships that were damaged. That's why we are making a Step Eight list. We get to take responsibility for our own part, not someone else's, and to clean up our side of the street.

This is not a list for us to keep in our head; it's the kind that we need to put down on paper. Putting names on paper takes the ideas out of our heads, where they may have grown to massive proportions, and right-sizes them. We have already catalogued our character defects and moral inventory, and now we're going to examine some of the same situations from another angle and perspective.

Is your list thorough? Break it down into 4 categories with your sponsor:

- People to make amends to now. Once on a good sober footing.
- People to make partial amends to in order to not injure them.
- People to make amends to later.
- People we "may" never be able to make direct personal contact.



Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

The concept of AA remaining nonprofessional stems, in part, from the same reasoning given for Tradition Seven. When maintaining early AA groups, Bill learned quickly that money interferes with spirituality. Doctors and religious leaders may play their part in the lives of many alcoholics, but AA could not employ such people to stand among their ranks.

Sponsors and other individuals who help their fellow sufferers in AA must do so out of compassion; not for the sake of lining their pocketbooks. Moreover, they help because they find that doing so tends to help them in return.

Those who tell their stories must also do so for the sake of reaching others. Without the Eighth Tradition, some may be inclined to misrepresent themselves just to make a few bucks. This helps no one.

Concept 8

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active Services, exercising this through their ability to elect all the directors of these entities.

Long experience has proven that the board "must devote itself almost exclusively to the larger questions of policy, finance, group relations and leadership...In these matters, it must act with great care and skill to plan, manage and execute."

Bill draws from earlier mistakes, warns against "too much concentration of money and authority."

Virtue 8

Love

Unselfish concern that freely accepts another in loyalty and seeks his good to hold dear.

Wisdom is knowing the right thing to do, virtue is doing it.

8th Step Prayer

Higher Power, I ask Your help in making my list of all those I have harmed.

I will take responsibility for my mistakes and be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution.

This I pray.

A Moving and Fascinating Adventure

Our Newfound Knowledge of Ourselves

By Rick R.

As we approach step eight in the (12&12) it describes the AA journey as a "Moving and Fascinating Adventure". In step nine we start, or continue the process of making amends, and by then we realize that the promises are already starting to materialize. It would have been easy to rest on my laurels at that time, but I have been attending weekly step study meetings since I first got sober in 1969 and I couldn't get away from the sage advice that kept repeating itself over and over. In step ten it says "Our first objective will be the development of self-restraint. This carries a top priority rating". Some examples I read are as follows: *Restraint of tongue and pen, drop the word "blame" from our speech and thought (step 4) Quick-temper criticism, Sulking and silent scorn etc. etc.* These are just a few, but you get the picture. With these things revisited, three or four times a year, as we cycle through the step studies, it kept acting like a rock tumbler and slowly but surely, I adopted new habits which eventually become second nature, and develop into virtues. This helped me to rein in many of those old behaviors that got between me and my peers. I never stop learning these new ideas.

Another one of the things that caught my attention in step ten was the quote "Pain is the touchstone of all spiritual progress" then it finishes off the paragraph with, "How heartily we AA's can agree with him, for we know that the pain of drinking had to come before sobriety, and emotional turmoil before serenity". Can this mean that we can have no spiritual progress without suffering pain? It didn't seem to make sense to me, so I looked up the word "Touchstone" in the dictionary and

discovered that a Touchstone is a mineral that assayers used to test the purity of gold. Prior to that, I thought that it was synonymous with *steppingstone*. Now I understand it as, *to measure how spiritual we are when the going gets rough*. Do we revert to our old habits, or do we stick to the principles we have learned in the program?

The next Quote I kept seeing, that piqued my curiosity, was on Pg.90, 12&12, "It is a spiritual axiom that every time we are *disturbed, no matter what the cause*, there is something wrong *with us*". The "no matter what the cause" part seemed to throw me a curve ball. I questioned the idea that, if a mother saw her child running into traffic and she wasn't *disturbed*, I would think that there must be something wrong with her. I don't think anyone could argue that point, so I believe that the spiritual axiom quote relates to the way we interface with other people and I find it to be a tremendous template to improving our relations with them. In it we question what drives us when we start to get a little out of sorts and we can apply the pre-mentioned self-restraint.

As in all the steps as, I continue to attend those weekly step study meetings these things get clearer each time I go through them and most of my issues are well under control as long as I don't assume that I can let down my guard, as my EGO is always ready to fill in the empty spaces in my program. The maintenance part of the tenth step is easy for me these days. I just get up in the morning and say, "God, please show me what to do, and please give me the strength to do it; I don't do too well on my own." I'm not sure that He hears me, but I know that I HEAR ME, and it arms me with the best possible attitude I can have for that day. It usually works. I let the rock tumbler keep me on my toes, and I hope that I always pass the assayer's test.

Questions for Tradition 8:

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition—How It Developed?

Why we were chosen

God in his wisdom selected this group of men and women to be purveyors of his goodness. In selecting them through whom to bring about this phenomenon he went not to the proud, the mighty the famous or the brilliant. He went instead to the humble, to the sick, to the unfortunate He went right to the drunkard, the so called weakling of the world . Well might he have said the following words to us: "unto your weak and feeble hands I have entrusted a power beyond estimate. To you has been given that which has been denied the most learned of your fellows Not scientist or statesmen, not to wives or mothers, not even to my priests or ministers have I given this gift of healing other alcoholics which I entrust to you. "It must be used unselfishly; it carries with it grave responsibility. No day can be too long; no demands upon your time can be too urgent; no case can be too pitiful; no task too hard; no effort too great. It must be used with tolerance for I have restricted its application to no race no creed, and no denomination. Personal criticism you must expect; lack of appreciation will be common; ridicule will be your lot. Your motives will be misjudged. You must be prepared for adversity, for what men call adversity is the ladder you must use to accent the rungs toward spiritual perfection, and remember, in the exercise of this power I shall not exact from you beyond your capabilities.

"You are not selected because of exceptional talents, and be careful always, if success attends your efforts not to ascribe to personal superiority that to which you can lay claim only by virtue of my gift. If I had wanted learned men to accomplish this mission, his power would have been entrusted to the physician and the scientist. If I had wanted eloquent men, there would have been many anxious for the assignment, for talk is the easiest used of all talents with which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified men than you who would be available. You were selected because you have been the outcasts of the world and your long experiences as drunkards has made or should make you humbly alert to the cries of distress that come from the lonely hearts of alcoholics everywhere. "Keep ever in mind the admissions you made on the day of your profession in AA--namely that you are powerless and that was only with your willingness to turn your life and will unto my keeping that relief came to you.

This piece of AA literature is a small pamphlet called "Why we were chosen." The source of this pamphlet is a speech given by Judge John t. on the 4h anniversary of the Chicago Group in 1943.

My Bottom

Down and out and looking downer,
The pulse of my waning life beat fainter.

This self-imposed crisis,
This ripely obvious alcoholism,
Gripped me with its tentacles
Of denial, egoism and fear.

Barely alive,
At the eleventh hour,
Standing on the cliff of despair
A small ray of light, of hope, of courage
Shone through.

And my feet took me
One more time
Off the cliff
And into a feeble willingness.

Alas, did I not realize then,
That the construct of my sobriety date had
been set.

Much work lay ahead,
Much shedding of denial
And close-mindedness,

But at that point,
The mighty Hand of God,
Through the gift of recovery,
Had plucked me out of that life of misery,
And into this new life
Of gratitude, hope and unity.

-Tom R

Save the Date!

AA.org/International-Convention

2025 AA International Convention

July 3-6, 2025

VANCOUVER 2025

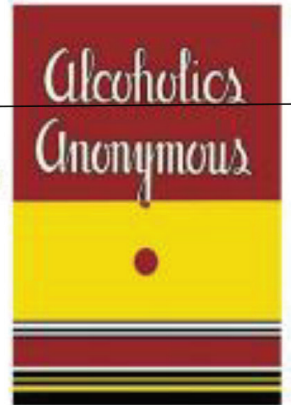
Language of the Heart
Lenguaje del corazón
Le langage du cœur

Scan here!

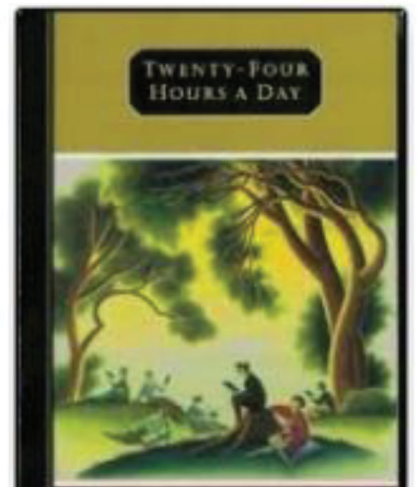
THIS MONTH IN A.A. HISTORY

*** AUGUST ***

- August 3, 1954 — Brinkley S. gets sober at Towns Hospital after 50th detox, proving that no one's situation is hopeless.
- August 8, 1879—Dr. Bob, co-founder of A.A., was born in St. Johnsbury, Vermont.
- August 11, 1938—Members of the first two A.A. groups in Akron, Ohio and New York, New York begin writing stories for the first edition of *Alcoholics Anonymous*.
- August 16, 1939—Dr. Bob and Sister Ignatia admit first the alcoholic to St. Thomas Hospital in Akron, Ohio, the first hospital-based unit in the country dedicated to the treatment of alcoholism.
- August 26, 1941—Bill W. writes Dr. Bob to tell him that Works Publishing, which had been founded to finance the publishing of *Alcoholics Anonymous*, by selling stock, has been incorporated.
- August 28, 1954—*24 Hours a Day* is published by Richmond W. It contains daily thoughts, meditations, and prayers for living a clean and sober life. (Available from Hazelden publications.)
- August 29, 1954—Under strict medical supervision, Bill W. tries what was then considered a potential new treatment for alcoholism—LSD. He was hoping it would help A.A. members achieve a vital spiritual experience. Though the experiment went well, he eventually agreed with other A.A. members who said that this wouldn't work for the program of A.A.
- August 1934—(exact date not known) Rowland H. and Cebra persuade court to parole Ebby T. to them, setting Ebby on the path to sobriety via the Oxford Group. Ebby would go on to carry the message to Bill W. as part of his recovery.
- August 1981—Sales of the Big Book pass 3 million copies.



Sister Ignatia



Jun-24

GROUP CONTRIBUTIONS

	Jun 24	Jun 23	Jan - Jun 24
Any Length Group	75.00	25.00	150.00
Ave Fenix	0.00	0.00	6.83
Bluff City Fellowship	0.00	0.00	1.96
Bluff City Group	0.96	50.00	60.96
Came to Believe Group	0.00	0.00	150.00
Central Gardens Group	0.00	50.00	300.00
Collierville Group	0.00	0.00	948.23
Committee - Archives	0.00	0.00	50.00
Covington	25.00	0.00	75.00
Crosstown Group	0.00	0.00	0.61
Downtown Nooners N/S	0.00	0.00	108.00
Downtown Thursday Night Group	100.00	0.00	834.17
Earlybird	1,200.00	0.00	2,400.00
Eudora	0.00	0.00	50.00
Friends of Bill W	0.00	0.00	200.00
Germantown Noon	289.00	181.16	1,204.29
Grace in the Grove	248.56	0.00	248.56
Hollywood	0.00	0.00	0.62
Horn Lake	0.00	5.00	15.00
Lakeland	0.00	374.36	379.84
Love and Tolerance	50.00	0.00	50.00
Morning Glories	0.00	0.00	43.00
Neshoba Awakening	0.00	10.00	10.00
New Start	0.00	0.00	25.00
Out-of-Towners Fellowship Group	0.00	0.00	45.00
Personal Adventure	0.00	126.92	0.00
Pleasant Hill	0.00	0.00	626.16
Pride and Principles	0.00	40.00	125.00
Primary Purpose	50.00	75.00	300.05
Real Deal	0.00	0.00	5.00
Rule-62	0.00	0.00	162.50
Second Chance	50.00	0.00	250.00
SERCYPAA	0.00	0.00	2,995.41
Serenity	0.00	0.00	300.00
Seriously Sober	11.77	0.00	161.21
Shady Ladies	600.00	100.00	1,500.00
Sober Journey	0.00	102.00	300.00
Solutions Group	0.00	0.00	420.00
Sommerville Triangle	0.00	0.00	150.00
South Memphis	0.00	0.00	20.00
Straight Outta Bondage	0.00	218.00	221.00
The Nooner	227.00	166.44	1,194.64
Three Legged Stool	0.00	0.00	50.00
Traditions	50.00	100.00	150.00
Two Doors Down	300.00	300.00	1,500.00
Unity Group	0.00	0.00	622.26
WAAGL	100.00	100.00	600.00
West Memphis Group	0.00	0.00	300.00
Whitehaven Morning Sunrisers-	0.00	0.00	50.00
Winchester	0.00	0.00	167.50
Worldly Indeed	0.00	248.26	0.00
TOTAL	3,377.29	2,272.14	19,527.80

Heard In Meetings

"I have found that the process of discovering who I really am begins with knowing who I really don't want to be."

"When I stopped living in the problem and began living in the answer, the problem went away."

"It will take time to clear away the wreck. Though old buildings will eventually be replaced by finer ones, the new structures will take years to complete."

"First of all, we had to quit playing God. It didn't work."

"We sometimes hurt those we love because they need to be "taught a lesson," when we really want to punish. We were depressed and complained we felt bad, when in fact we were mainly asking for sympathy and attention. This odd trait of mind and emotion, this perverse wish to hide a bad motive underneath a good one, permeates human affairs from top to bottom. This subtle and elusive kind of self-righteousness can underlie the smallest act or thought. Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living. An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek."

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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 _____

Email _____

Address _____

City _____ State _____

Zip Code _____