



MAIA

TIPPLER

OCTOBER 2024

Step 10 Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10 No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Concept 10 Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

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“We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We donot tire so easily, for we are not burning up energy foolishly as wedid when we were trying to arrange life to suit ourselves.”

~Alcoholics Anonymous, 4th Edition, Into Action, pg. 87

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

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



OCTOBER 2024

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

DISTRICT & COMMITTEE MEETINGS

October 1 @ 6:45 pm - 7:45 pm
Memphis Area Correctional Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

October 5 @ 9:00 am - 10:30 am
District 24
Hybrid (ID 9186700041) p/w welcome
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016

October 5 @ 12:00 pm - 1:00 pm
District 22
Olympia Steak & Pizza
8500 Wilkinsville Rd
Millington, TN 38053

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

October 7 @ 8:00 pm - 9:00 pm
District 21 Committee
Meeting
Crosstown Concourse
1350 Concourse Ave #1072
Memphis, TN 38104

October 8 @ 6:00 pm - 7:00 pm
Memphis Area
Grapevine Committee
White Station Church of Christ
1106 Colonial Rd

October 9 @ 6:00 pm - 7:00 pm
District 25
Germantown United Methodist Church
2324 Germantown Road
Germantown, TN 38138

October 13 @ 11:00 am - 12:00 pm
District 23
Zoom password 847990

October 18 @ 6:45 pm - 7:45 pm
Accessibility Committee
2865 Walnut Grove
Memphis, TN 38111

October 21 @ 6:45 pm - 7:45 pm
CPC/PI Committee
Shady Grove Presbyterian
Church
5530 Walnut Grove Road
Memphis, TN 38120

October 27 @ 3:45 pm - 5:00
pm Memphis Area Archives
Committee Two Doors Down
1578 Yorkshire



MAIA

3540 Summer Avenue
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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 July 9, 2023 at Leawood Baptist Church, 3638 Macon Road, Memphis, TN 38122, or join online. Please call or email the office for the meeting ID & passcode.

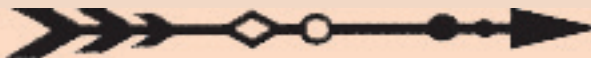
If you are looking for a new location for meeting space you may contact your Intergroup office for details

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.

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.



Holly Springs

Dennis L. 38 yrs
Sherri H. 4 yrs

Hollywood

Glenn W. 11 yrs

Serious Sober

Perry P. 35 yrs

Traditions

Ferrol 35 yrs
Skip B. 20 yrs
Tim R. 11 yrs

Everyday People

Madeline 36 yrs

Clearing the Path: How Defining Authority Helps Homegroups Thrive

Concept 10 of Alcoholics Anonymous (AA) states: “Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.”

In simple terms, this concept emphasizes the importance of balancing responsibility and authority in AA’s service structure. It ensures that those who take on roles within AA are given the necessary authority to carry out their duties, and that this authority is clearly defined to avoid confusion or overreach.

Real-Life Example:

Imagine a situation at a local AA group where a treasurer was appointed to manage the group’s funds, but no one gave them clear instructions on what they could or couldn’t do with the money. As a result, the treasurer felt uncomfortable making decisions about group expenses and hesitated to pay for needed supplies, leading to a shortage of materials for meetings.

Recognizing the problem, the group had a discussion and decided to clarify the treasurer’s role, giving them explicit authority to handle routine expenses like rent and literature purchases without needing to consult the entire group each time. Once the treasurer had clear guidelines, they were able to manage the funds effectively, and the group’s meetings ran smoothly again.

This is a great example of Concept 10 in action—matching responsibility with clearly defined authority to ensure that AA’s service work runs efficiently and harmoniously.

The Serenity Prayer's Origin and Role in AA: The Serenity Prayer is one of the most well-known elements of Alcoholics Anonymous, often recited at the beginning and end of meetings. Interestingly, this prayer was not originally written for AA. It was penned by theologian Reinhold Niebuhr in the 1930s. It wasn't until the early 1940s that the prayer became widely associated with AA after it was printed in an early AA bulletin.

The prayer—"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference"—speaks to the heart of recovery, encouraging acceptance, courage, and discernment. Its message resonates with many in AA, making it a powerful tool for maintaining sobriety and serenity in everyday life.

MAIA PRESENTS:
Gratitude Dinner
LIVE MUSIC | DELICIOUS FOOD |
LIVE CAKE AUCTION | SILENT ART & BASKET AUCTION
PERFORMANCE BY RECOVERY REPERTORY THEATER

\$10 Suggested Donation

November 9, 2024
Featured Speaker:
Jimmy W., Chattanooga, TN
TN Delegate for Area 64
Home Group: Young at Heart

11:30am - 3:30pm **White Station Church of Christ**
1106 Colonial Road, Memphis, TN 38117

For more information contact: Stacy W. (901-488-9528)


Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

Finding Peace in Progress:

How Step 10 Changed

My Sobriety

I used to think that once I got sober, life would automatically fall into place. I believed that all the chaos would disappear, and I'd finally feel at peace. But what I found was that sobriety was just the beginning of the work I needed to do. My drinking was only a symptom of something deeper—a storm of resentments, fears, and old habits that didn't magically go away when I put down the bottle. That's where Step 10 came in and really changed things for me.

Step 10 says, "Continued to take personal inventory and when we were wrong promptly admitted it." Simple enough, right? But I learned quickly that it was anything but easy. It meant I had to keep looking at myself honestly—every day. This wasn't a one-time deal like the Fourth Step where I listed out all my old harms and moved on. Step 10 is a daily practice, and for me, it became the key to maintaining peace in my life and my sobriety.

Let me tell you about a moment when I first realized the power of Step 10. I was a few years sober, working a decent job, and thought I had everything under control. But I still had a problem with my temper. I'm not proud of it, but I used to snap at people for the smallest things, especially when I felt insecure or stressed. And I always justified it in my head. "If they hadn't said that, I wouldn't have blown up," or "I'm just having a bad day, it's no big deal."

One morning, I was running late for work, and as I pulled into the parking lot, another driver cut me off and took the spot I was aiming for. That was it—I lost it. I leaned on the horn, rolled down my window, and let out a string of curses that would've shocked even my old drinking buddies. The driver, a coworker, just looked at me with wide eyes and hurried into the building. I sat there, seething for a few minutes, telling myself I had every right to be angry.

But as I walked inside, something gnawed at me. This wasn't who I wanted to be anymore. That's when I remembered Step 10. I'd been practicing it here and there, but in that moment, I knew I had to take a personal inventory right then and there. I sat down at my desk, took a few deep breaths, and looked at what had just happened.

Why had I reacted that way? Sure, the guy cut me off, but my reaction was way out of proportion. As I looked deeper, I realized it had nothing to do with him. I was stressed about a project at work, I was running late, and my old habit of lashing out when I felt overwhelmed had kicked in. I saw how quickly I had let my emotions control me.

The next part of Step 10 is where the real work comes in—promptly admitting when we're wrong. This was tough. My pride told me to just move on and forget about it, but I knew that wasn't what this step was about. So, after sitting with it for a while, I walked over to my coworker's office. I felt my heart pounding in my chest, but I knocked on the door and asked if I could talk to him for a minute.

I apologized for losing my temper. I didn't make excuses or try to justify it—I just said I was sorry. He looked surprised at first but then smiled and said, "No problem, I've had days like that too." It wasn't a big scene, no dramatic forgiveness moment, but I walked away feeling lighter, like a weight had been lifted.

That's the beauty of Step 10. It's about clearing away the debris before it builds up into something bigger. In the past, I would've let a moment like that fester. I would've justified my behavior, built up a resentment, and then found a way to escape from those feelings—probably by drinking. But Step 10 helped me catch it before it got to that point.

Now, Step 10 has become a daily part of my life. Every night before I go to bed, I ask myself if there's anything I need to clean up from the day. Did I hurt anyone? Was I selfish, dishonest, or fearful? If I find something, I make a plan to set it right as soon as possible. It's not about being perfect—it's about progress and learning from my mistakes.

I've come to see Step 10 as a way of staying connected to the present. When I'm taking daily inventory, I'm not dwelling on the past or worrying about the future. I'm dealing with what's in front of me right now. And in doing that, I've found a sense of peace I never thought possible. It's helped me stay sober, sure, but more than that, it's helped me become the person I always wanted to be—someone who can admit when they're wrong and make it right. And for that, I'm grateful.

-Steven R.

THIS MONTH IN AA HISTORY

October 1938: Bill Wilson began writing the first draft of what would become the "Big Book," titled *Alcoholics Anonymous*. This book would lay the foundation for the AA program and its Twelve Steps.

October 1941: The first Alcoholics Anonymous group was established in Chicago, Illinois. Chicago quickly became one of the most important centers for AA's growth in the Midwest.

October 1950: The First General Service Conference was held in New York City. This conference marked a turning point in AA's organizational structure, as the fellowship began to be governed by its members rather than by its co-founders.

October 1955: Bill Wilson announced at the 20th Anniversary International Convention in St. Louis, Missouri, that AA had "come of age." At this event, responsibility for the fellowship was transferred from the co-founders to the AA membership as a whole.

October 1959: The AA Grapevine magazine, the international journal of Alcoholics Anonymous, published its 15th anniversary issue, marking a decade and a half of carrying the AA message to members and newcomers alike.

October 1970: The AA General Service Office in New York City published the first edition of "Living Sober," a practical guide for maintaining sobriety without reliance on alcohol. This book became a key resource for members seeking practical advice on staying sober.

October 1988: The AA Archives Workshop was held in GSO (General Service Office) in New York. This workshop focused on preserving AA's history and sharing archival practices, helping to maintain the fellowship's historical records.

H A L T

H.A.L.T. stands for Hungry, Angry, Lonely, and Tired. These are considered common triggers that can lead to a relapse or increase the risk of craving alcohol. The idea is that when someone is experiencing any of these feelings, they may be more vulnerable to relapse, so it serves as a reminder to check in with oneself and address these needs.

Hungry: Physical hunger can be a distraction or a stressor, making it harder to resist cravings.

Angry: Unresolved anger can lead to impulsive decisions, including the temptation to drink.

Lonely: Isolation can be dangerous for those in recovery, as support systems are vital.

Tired: Being physically or mentally exhausted can weaken resolve and lead to poor decision-making.

By staying mindful of these states, people in recovery can take steps to prevent themselves from reaching a vulnerable point.

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!

Staying the Course

I learned the importance of Tradition 10 in maintaining unity and focus in my AA group, which helped me stay sober and rebuild my life.

I'm from a small town where everyone knows everyone. Growing up, it felt like the whole town had its eyes on me, and I couldn't wait to escape. Drinking was my way out, or so I thought. By the time I hit my twenties, I was drinking daily, and by thirty, I was lost. My world shrank to just a few bars, my house, and the bottle. My relationships with family and friends disintegrated. It wasn't that they didn't care; it was that I had shut everyone out.

I found myself one night, sitting on the front porch of my rundown house, staring into the dark woods behind my property. I'd just had another argument with my sister, who had tried to stage a sort of one-person intervention. She left in tears, and I was left with a bottle of whiskey that, for the first time, didn't seem to do the job. The alcohol didn't numb the pain; it magnified it. I sat there, feeling the weight of my isolation and the depth of my failure.

The next morning, I did something I never thought I'd do—I walked into a church basement where I knew an AA meeting was held. I remember how uncomfortable I felt, how much I wanted to turn around and walk out. But I stayed. I listened. I heard people talk about things I'd never talked about, at least not openly. They spoke of pain, of loss, of regret, but also of hope and change.

I started coming back, and over time, I began working the Steps. It wasn't easy, and there were days when I wanted to give up, but something kept me coming back. It was the people, the stories, and the sense of belonging that I hadn't felt in years.

As I progressed in my recovery, I began to pay attention not just to the Steps, but also to the Traditions. Tradition 10 struck a chord with me: "Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy." At first, I didn't fully understand its importance. But then, as I became more involved in the

local AA community, I saw how easily divisions could form over things that had nothing to do with sobriety.

Our small town is a place where opinions run deep, especially about politics, religion, and all those topics that seem to divide people. I realized that if we let those outside issues into our meetings, they could tear us apart, just like they had torn apart other parts of my life. The beauty of AA, I learned, is that it's a place where none of that matters. In those rooms, we are all just alcoholics trying to stay sober, one day at a time.

There was a time when a heated discussion arose in one of our meetings about some political issue that was all over the news. The tension in the room was palpable, and I could feel the group splintering. I spoke up, reminded everyone of Tradition 10, and suggested we focus on what brought us together—our shared struggle with alcoholism. It wasn't about ignoring the world outside; it was about keeping our space safe and supportive for everyone, regardless of their personal views.

That day, I saw firsthand the wisdom of Tradition 10. By keeping the focus on our primary purpose—staying sober and helping others achieve sobriety—we preserved the unity of our group. We were able to steer the conversation back to what mattered, and in doing so, we all walked out of that meeting a little stronger in our resolve to stay sober.

Now, as I sit here writing this, I'm several years sober. I still live in the same town, and I still attend meetings in that same church basement. My sister and I are closer than we've ever been, and I'm rebuilding relationships I thought were lost forever. I'm grateful for the Steps, the fellowship, and the Traditions that guide us.

Tradition 10 isn't just about keeping peace in the rooms; it's about keeping the focus where it belongs—on our recovery. In a world that's often chaotic and divided, AA remains a place where we come together, not to debate or argue, but to support each other in our journey to sobriety. And that's a tradition worth upholding.

-Sean M.

STAYING FOCUSED

How the 10th Tradition Protects AA's Unity and Purpose

The 10th Tradition of Alcoholics Anonymous (AA) states: "Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy." This tradition plays a vital role in preserving the unity and primary purpose of AA, which is to help alcoholics recover. By staying neutral on matters unrelated to sobriety, AA ensures that its meetings remain welcoming, inclusive, and focused on recovery.

Why the 10th Tradition Matters

Addiction affects all aspects of life, and AA provides a safe, nonjudgmental space where people can focus solely on recovery. The 10th Tradition ensures that AA doesn't become divided by outside issues like politics, religion, or social causes. If AA were to take positions on controversial topics, it could alienate members, distracting them from the primary goal of staying sober.

Alcoholism doesn't discriminate based on beliefs or affiliations. AA follows the same principle—everyone who wants to stop drinking is welcome, regardless of their opinions or positions on outside issues. This tradition preserves the unity and inclusiveness that are key to recovery.

Practical Applications of the 10th Tradition

1. During Meetings

It's easy for conversations during meetings to veer off into political or social debates. The 10th Tradition helps keep discussions focused on sobriety and recovery.

If a meeting strays into outside issues, members can gently remind the group to stay on topic, ensuring the meeting remains a supportive environment for all.

2. Service Committees

When organizing events or managing group funds, the 10th Tradition is a reminder that AA doesn't support or endorse outside causes. This keeps the group from becoming divided over issues unrelated to recovery, helping avoid unnecessary conflict.

3. Media and Public Representation

When AA members speak to the media, the 10th Tradition advises them to focus on recovery rather than personal opinions on political or social matters. This prevents any misunderstandings or misrepresentation of AA's mission, keeping the organization neutral and focused on helping alcoholics.

4. In Sponsorship

Sponsors can help their sponsees navigate challenges by keeping conversations focused on sobriety. If a sponsee wants to discuss outside issues, a sponsor can gently redirect the conversation back to recovery, ensuring they stay grounded in the principles of AA.

Unity and Focus

The 10th Tradition preserves AA's unity by keeping the organization free from outside controversy. Recovery from alcoholism is a life-or-death issue, and AA's effectiveness depends on maintaining a safe, focused space for alcoholics. By avoiding divisive topics, AA protects its mission and ensures that meetings remain open to all, regardless of outside beliefs.

In Conclusion

The 10th Tradition is crucial to AA's success. By staying neutral on outside issues, AA ensures that its meetings remain inclusive, focused, and free from distractions. This tradition safeguards the unity of the group, allowing AA to fulfill its primary purpose: helping alcoholics recover.

HEARD IN A MEETING

"The only way out is through."

"One day at a time. One step at a time. One breath at a time."

"Your worst day sober is better than your best day drunk."

"It's not about being perfect; it's about making progress."

"You don't have to be great to start, but you have to start to be great."

"Recovery is an ongoing process. It's about learning to live in the moment and embracing each day with hope."

"Surrender is not giving up; it's giving in to the power of change."

"The strength of the group is in each individual member. The strength of each member is in the group."

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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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City _____ State _____

Zip Code _____