

MAIA

TIPPLER

NOV 2024

Step 11 Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11 Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Concept 11 While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

CONTENTS

Page 2. Calendar

Page 3. Birthdays

Page 4. Seeking
Serenity

Page 5. Spotlight on
Gratitude

Page 6. A Grateful
November

Page 7. AA History

Page 8. Group
Contributions

Now, what of prayer? Prayer is the raising of the heart and mind to God—and in this sense it includes meditation. How may we go about it? And how does it fit in with meditation? Prayer, as commonly understood, is a petition to God. Having opened our channel as best we can, we try to ask for those right things of which we and others are in the greatest need. And we think that the whole range of our needs is well defined by that part of Step Eleven which says: "... knowledge of His will for us and the power to carry that out." A request for this fits in any part of our day.

-12x12 p. 102

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

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



NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
27	28	29	30	31	1	2 9:00 am - 10:30 am District 24 12:00 pm - 1:00 pm District 22		
3	6:45 - 7:45 pm Treatment Committee 8:00 - 9:00 pm District 21 Committee	4 6:45 - 7:45 pm Memphis Area Correctional Committee	5	6	7	8	9	
11:00 am - 12:00 pm District 23	10	11	6:00 - 7:00 pm Memphis Area Grapevine Committee	12	13 6:00 - 7:00 pm District 25	14	15 6:45 - 7:45 pm Memphis Area Accessibility Committee AREA 64 ASSEMBLY-->	16
17 ←--AREA 64 ASSEMBLY	18 6:45 pm - 7:45 pm CPC/PI Committee	19	20	21	22	23		
3:45 - 5:00 pm Memphis Area Archives Committee	24	25	26	27	28	29	30	

Holidays and Observances: 5: Election Day, 11: Veterans Day, 28: Thanksgiving Day, 29: Black Friday

DISTRICT & COMMITTEE MEETINGS

November 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
November 2 @ 12:00 pm - 1:00 pm
District 22
Olympia Steak & Pizza
8500 Wilkinsville Road
Millington, TN 38053

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

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

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

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

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

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

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

November 15-17
Area 64 Assembly
Holiday Inn & Suites Memphis SE
7730 Centennial Drive
Memphis, TN 38125

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

November 24 @ 3:45 pm - 5:00 pm
Memphis Area Archives Committee
Two Doors Down
1578 Yorkshire



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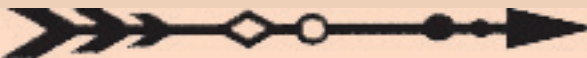
Monday/Friday: 8 am - 4 pm Closed
daily from 1 pm - 2 pm

The MAIA Intergroup Representatives business meeting is held on the second Sunday of every month at 1:00 p.m. Please join us on November 10, 2024 at Leawood Baptist Church, 3638 Macon Road, Memphis, TN 38122, or join Online ID 83597502608. Please call or email the office for the passcode.

BECOME A HIGH FIVER

Memphis Area Intergroup has been the link between the A.A. recovery community and the newcomer and, even as importantly, with one another since 1960. Many of us are grateful to the office for its helping hand, but have either not known that Intergroup needs our support, or our contributions have been put off due to our new busy and happy lives. "High Fivers" is a way we have found to allow members to show their gratitude by making sure the services provided by the office continues. High Fivers is a program of commitment; we commit to a \$5.00 contribution per month, either monthly, quarterly, or annually. Contact our office with details on the ways with which you can submit your monetary contributions. Intergroup, in return, will send an 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.



CENTRAL GARDENS

Laura L. 32 yrs
Ruth M. 37 yrs
Shirley F. 53 yrs

HOLLYWOOD

Luke N. 36 yrs
Anthony J. 35 yrs
Luresia S. 2 yrs

SERIOUSLY SOBER

John T. 7 yrs

TRADITIONS

Jerry W. 33 yrs

UNITY

Rufes J. 33 yrs
Sally I. 26 yrs
Raphael B. 19 yrs
Jill D. 9 yrs
Laura V. 3 yrs
Janis T. 2 yrs
Alyssa H. 1 yr

Seeking Serenity

The Everyday Practice of Step 11

Integrating Meditation into Daily Life

“When I first heard about Step 11, the idea of prayer and meditation felt foreign to me. I didn’t have much of a spiritual life before AA, and honestly, I wasn’t sure where to begin. My sponsor suggested I start with something simple—five minutes of quiet time each morning. At first, I just sat there, feeling awkward. But over time, that quiet time became something I looked forward to. I began meditating on gratitude, focusing on what I was thankful for each day, and it really shifted my perspective. When I meditate now, it’s like I’m re-centering myself, reminding myself that I’m not in control of everything—and that’s okay.”

-Stefan M.

Finding a Personal Understanding of Prayer

“I struggled with prayer when I first came into the program. I didn’t really believe in God, and I wasn’t sure how to make this step work for me. But my sponsor told me that Step 11 wasn’t about adopting anyone else’s belief system—it was about finding my own connection with a higher power, whatever that looked like for me. So, I started by praying for clarity and guidance each morning, even if I wasn’t sure who or what I was praying to. Over time, I found that prayer gave me a sense of calm. It didn’t solve my problems, but it helped me stop, breathe, and reflect. Now, I see prayer as a way to check in with myself and with something bigger than me.”

-Marty S.

Spiritual Growth through Action

“Step 11 isn’t just about sitting still and waiting for inspiration to hit. For me, it’s about taking spiritual principles into action. When I pray for knowledge of God’s will, I don’t always expect some kind of lightning-bolt revelation. Instead, I look for guidance in how I interact with others—whether that’s showing

up for my family, being kind to the new guy at the meeting, or just practicing patience in everyday situations. In those moments, I feel a sense of connection to something greater than myself. The more I practice this, the more I feel like I’m living in alignment with a higher purpose, even when life gets tough.”

-Quentin H.

Learning to Let Go of Control

“Early in recovery, I was obsessed with controlling everything in my life—my job, my relationships, even my sobriety. Step 11 taught me that I don’t have to have all the answers. Through prayer and meditation, I learned to ask for guidance instead of trying to force outcomes. I remember one specific day when I was overwhelmed at work, and everything felt like it was falling apart. I took a break, closed my eyes, and prayed, ‘Just show me the next right thing to do.’ And that was it. I didn’t need to solve everything at once—just focus on the next step. It was a simple practice, but it helped me let go of the panic and keep moving forward.”

-Tammy N.

The Importance of Consistency

“At first, I thought Step 11 was something I could just do when I felt like it—like when I needed something or was having a hard day. But what I’ve learned is that consistency is key. I now make it a point to pray and meditate every morning before I do anything else. It sets the tone for my day and reminds me that I’m not in this alone. Even on days when I don’t feel like it, I stick to the routine, and it’s made a huge difference. My sponsor always says, ‘Pray even when you don’t want to,’ and that’s been one of the best pieces of advice I’ve received.”

-Mike D.

Connection through Nature

“For me, prayer and meditation often happen when I’m outside. I live in a rural area, and I started taking morning walks as part of my meditation practice. There’s something about being in nature that quiets my mind and helps me feel more connected to my higher power. Some days, my prayers are just silent reflections while I walk, feeling the wind and listening to the birds. Other days, I’ll speak out loud to God as I understand Him. It’s become a time where I can reflect, release stress, and prepare myself for the day ahead. Nature has become a big part of my conscious contact with a higher power.”

-Flora E.

Spotlight on Gratitude in the Steps

Step 1 *Acknowledging Our Gratitude for Powerlessness*

At first glance, powerlessness might not seem like something to be grateful for. But when we truly accept Step 1, we recognize the freedom that comes from admitting we are powerless over alcohol. No longer do we have to carry the impossible burden of trying to control our drinking. This surrender opens the door to a new way of life, and we can feel grateful for the release from that relentless struggle. By accepting our powerlessness, we begin to see that there is hope for recovery.

Step 2 *Gratitude for Restoration*

In Step 2, we come to believe that a power greater than ourselves can restore us to sanity. For many of us, this is a profound moment of hope. We express gratitude not only for the possibility of sanity but also for the fellowship of A.A. that shows us this is achievable. Seeing others who have been restored gives us faith, and we feel grateful to be part of a community where healing is possible. Step 2 reminds us that we don't have to do this alone, and that in itself is something to be grateful for.

Step 3 *Turning It Over with Gratitude*

When we make the decision to turn our will and our lives over to the care of a Higher Power in Step 3, we are practicing trust and faith. This step often brings a deep sense of gratitude for the relief of no longer being in charge of our lives. By placing our trust in something greater, we let go of the stress and anxiety that came with trying to control everything. Gratitude flows naturally when we begin to live in alignment with our Higher Power's will, knowing that we are being guided toward a better life.

Steps 4 and 5 *Gratitude Through Self-Honesty and Healing*

In Steps 4 and 5, we conduct a fearless moral inventory and share it with our Higher Power and another person. Though this process can be challenging, it ultimately leads to a sense of freedom and relief. Gratitude arises as we clear away the wreckage of our past and make space for a new beginning. By being honest about our shortcomings, we open ourselves to healing and growth. We can be thankful for the courage to face our past and for the grace of being accepted, flaws and all.

Steps 6 and 7 *Gratitude for Transformation*

Steps 6 and 7 focus on becoming ready to have our defects of character removed and humbly asking for that removal. These steps teach us humility and the power of letting go. Gratitude comes from knowing that we are not alone in this process—our Higher Power is doing for us

what we cannot do for ourselves. As our defects begin to lift, we experience positive changes in our relationships and outlook. We are grateful for the transformation that these steps bring to our lives, one day at a time.

Steps 8 and 9 *Gratitude for Healing and Reconciliation*

In Steps 8 and 9, we make a list of those we have harmed, become willing to make amends, and then take action to repair the damage. These steps are challenging but deeply rewarding, as they offer us the chance to heal relationships and find freedom from guilt and shame. Gratitude comes from the willingness to right our wrongs and from the healing that occurs as we make amends. Even when outcomes aren't perfect, we can be thankful for the courage to face our past and the relief that comes from doing the next right thing. These steps allow us to transform our mistakes into opportunities for growth, creating a sense of gratitude for the reconciliation we experience both with others and within ourselves.

Step 10 *Daily Gratitude for Progress*

In Step 10, we continue to take personal inventory and promptly admit when we're wrong. This step is where gratitude truly becomes a daily practice. By regularly reflecting on our behavior and growth, we stay connected to our progress. We can express gratitude for the awareness that Step 10 provides—it keeps us accountable and mindful of our actions. Through this ongoing self-reflection, we remain grateful for the gifts of sobriety and the progress we've made on our journey.

Step 11 *Gratitude in Prayer and Meditation*

Step 11 encourages us to improve our conscious contact with our Higher Power through prayer and meditation. This is where gratitude becomes a spiritual practice. We begin each day with a heart full of thanks for the opportunity to live another day sober. As we seek guidance and strength, we recognize the many blessings in our lives—our sobriety, our fellowship, our newfound purpose. Gratitude deepens our connection to our Higher Power, fostering a sense of peace and serenity.

Step 12 *Gratitude in Action*

The essence of Step 12 is carrying the message to others and practicing these principles in all our affairs. Gratitude is the driving force behind this step. We are so thankful for the gift of sobriety that we feel compelled to give back and help others. By sharing our experience, strength, and hope, we express gratitude for the life we've been given. Step 12 is where gratitude truly comes full circle, as we pay it forward and keep the cycle of recovery going.

A Grateful November

It was early November when my sponsor first asked me to start a gratitude list. At the time, I thought it was a bit cliché. I was about six months sober, and while I wasn't white-knuckling it as badly as in the beginning, I still didn't see what I had to be grateful for. My life was in pieces. My relationships were strained, I was swimming in debt, and the fog of early sobriety still hung over me. But my sponsor, calm and patient as always, said, "Just try it. Write down three things every day."

I resisted at first, but one night, after a particularly tough day, I sat down and scribbled out the basics: I was grateful for a roof over my head, for being sober that day, and for the coffee at my home group's meeting. It didn't feel like much, but it was something. The next day, I wrote down three more things. And then three more the day after that.

As the days passed, something strange began to happen. My lists started to grow. It wasn't just the coffee or my sobriety anymore. I found myself being thankful for little moments—a stranger holding the door open for me, the way the leaves were changing colors, the sound of rain in the morning. Slowly, the things I wrote about gratitude became less forced and more real.

That November, I realized something powerful. Gratitude wasn't about having everything figured out or having a perfect life. It was about appreciating the small things, even in the midst of struggle. My life was still messy, and I still had plenty of work to do, but each day that I wrote down those three things, I found a little more peace. Gratitude shifted my focus from what was missing to what I already had.

Today, I still keep that list. It's become a kind of ritual. And as I prepare for another sober holiday season, I'm reminded of how much I've gained through the simple act of gratitude. It's not that my problems have disappeared—they haven't. But I've learned to face them with a sense of hope, knowing that, no matter what, there is always something to be thankful for. That's the gift sobriety has given me.

-Donna L., Kingsport, TN

The holidays can be challenging, especially if you're in early sobriety. Here are some practical tips to help you navigate Thanksgiving while staying strong in your recovery:

Have a Plan

Talk to your sponsor or sober friends about how you'll handle the day. Know your triggers, and have a plan in place if you feel uncomfortable or tempted. Having someone to check in with can make all the difference.

Attend a Meeting

Start your day with a meeting if possible. Many groups host special holiday meetings, and it's a great way to remind yourself of your commitment to sobriety. If you're traveling, find a local meeting in the area or join an online one.

Bring Your Own Drinks

Bring non-alcoholic beverages you enjoy so you're not tempted by what's being served. It helps to have something in hand, and no one will ask questions if you're drinking your own sparkling water or soda.

Keep Your Exit Strategy Ready

It's okay to leave early if you're feeling uneasy. Drive yourself or have a sober friend who can pick you up if needed. Your sobriety is more important than staying in an uncomfortable situation.

Stay Connected

Reach out to your sober network throughout the day. Text or call someone if you're feeling stressed. Staying in contact with others who understand your journey can help you stay grounded.

Remember Why You're Sober

Reflect on the progress you've made and the reasons why you're staying sober. Gratitude is a powerful tool—focus on the things you're thankful for this holiday season.

Take Care of Yourself

Make sure to eat well, rest, and take time for yourself. Stress can be a trigger, so focus on self-care to stay balanced. It's okay to set boundaries and take a moment to breathe if you need it.

Here's a list of notable events in Alcoholics Anonymous history that occurred in November:

November 11, 1934: Bill Wilson, one of AA's co-founders, was admitted to "Town's Hospital" in New York for the fourth and final time. During this stay, Bill had his spiritual experience, which became the catalyst for his sobriety and the development of Alcoholics Anonymous.

November 1939: The "Cleveland AA group" experienced rapid growth, becoming one of the first cities to have significant success in spreading AA after the publication of the Big Book earlier that year. Cleveland's success is often seen as a model for how AA could grow through sponsorship and local outreach.

November 1949: The "first Canadian AA group" was established in Quebec, marking the start of AA's expansion into Canada. This international growth would continue as AA spread to other countries.

November 1950: The first issue of the "AA Grapevine" was published as the official international journal of Alcoholics Anonymous. Though it had been in circulation since 1944, this was when it was formally recognized as AA's official publication, ensuring wider distribution.

November 1956: AA published the second edition of the "Big Book" of Alcoholics Anonymous. This edition included stories of members from diverse backgrounds, showing how AA could work for people from different walks of life, and solidifying the fellowship's principles.

November 1986: The AA fellowship celebrated the "50th anniversary" of the first meeting between Bill W. and Dr. Bob in Akron, Ohio. This milestone reflected the continued success and growth of the AA movement.

These November events highlight key moments in AA's expansion and solidification as a global fellowship.

OVERHEARD IN A MEETING

"I didn't get sober to be miserable, I got sober to have a life worth living."

"I may not have what I want today, but I definitely don't have what I used to have, and that's a blessing."

"The program works if you work it, but you've got to be willing to show up."

"I can't change the past, but I can make better choices today."

"One drink is too many, and a thousand is never enough."

"I came for the drinking, but I stayed for the thinking."

"When I stopped trying to fix everyone else, I realized I was the one who needed fixing."

"Progress, not perfection—it's about taking baby steps."

"Resentment is like drinking poison and expecting the other person to die."

"I never have to be alone with my disease if I reach out to my higher power and this group."

	Sep 24	Sep 23	Jan - Sep 24
AMAA	0.00	11.36	0.00
Any Length Group	0.00	25.00	151.86
Ave Fenix	0.00	0.00	6.83
Bluff City Fellowship	0.00	0.00	1.96
Bluff City Group	0.00	0.00	260.96
Bozos on the Bus	0.00	0.00	24.00
Came to Believe Group	0.00	0.00	150.00
Central Gardens Group	100.00	50.00	450.00
Cherokee Group	50.00	0.00	50.00
Collierville Group	0.00	0.00	1,707.15
Committee - Archives	0.00	0.00	50.00
Common Solution	0.00	200.00	0.00
Covington	0.00	0.00	100.00
Crosstown Group	0.00	0.00	0.61
Downtown Nooners N/S	0.00	0.00	108.00
Downtown Thursday Night Group	0.00	0.00	834.97
Earlybird	1,200.00	900.00	3,600.00
Eudora	0.00	0.00	50.00
Fresh Start AA Group	0.00	2.50	0.00
Friends of Bill W	0.00	0.00	400.00
Germantown Happy	3,300.00	0.00	3,300.00
Germantown Noon	65.00	0.00	1,657.79
Grace in the Grove	0.00	0.00	248.56
Growing Flowers	0.00	0.00	0.41
Hollywood	0.00	0.00	0.62
Horn Lake	0.00	10.00	35.00
How It Works	0.00	32.00	0.00
Lakeland	0.00	0.00	379.84
Love and Tolerance	0.00	4.49	50.00
Men of Recovery	0.00	0.00	0.07
Morning Glories	0.00	61.00	43.00
Neshoba Awakening	0.00	10.00	10.00
New Start	28.74	0.00	53.74
Out-of-Towners Fellowship Group	0.00	0.00	45.00
Overton Park	0.00	625.00	0.00
Pleasant Hill	0.00	0.00	941.23
Pride and Principles	0.00	30.00	125.00
Primary Purpose	0.00	50.00	300.88
Real Deal	0.00	0.00	5.00
Rule-62	0.00	0.00	387.50
Second Chance	100.00	0.00	400.00
SERCYPAA	0.00	0.00	2,995.41

	<u>Sep 24</u>	<u>Sep 23</u>	<u>Jan - Sep 24</u>
Serenity	0.00	200.00	300.00
Seriously Sober	11.77	0.00	480.98
Shady Ladies	300.00	300.00	2,100.41
Sober Journey	200.00	0.00	702.00
Solutions Group	0.00	0.00	840.00
Sommerville Triangle	0.00	0.00	150.00
South Memphis	0.00	0.00	20.00
Stone Carolyn	0.00	0.00	35.00
Straight Outta Bondage	0.00	218.00	471.00
The Nooner	0.00	0.00	1,562.64
Three Legged Stool	0.00	0.00	300.00
Traditions	50.00	50.00	300.00
Two Doors Down	300.00	305.85	2,100.00
Unity Group	42.04	0.00	1,131.56
WAAGL	100.00	100.00	900.00
West Memphis Group	80.00	0.00	620.00
Whitehaven Morning Sunrisers-	0.00	0.00	50.00
Winchester	130.84	0.00	298.34
TOTAL	<u>6,058.39</u>	<u>3,185.20</u>	<u>31,287.32</u>

"In practicing Concept 11 of Alcoholics Anonymous, which emphasizes responsible leadership by delegating authority to trusted servants, I've learned to let go of control and trust others in my group to carry out essential tasks. When I first got involved in service work, I had this instinct to micromanage, to make sure everything was done 'my way.'

But over time, I realized that AA's strength comes from its collective responsibility. By allowing others to step into roles, trusting their judgment, and not feeling the need to control every detail, I've not only lightened my own load but also fostered an environment of shared trust and collaboration. This has helped me grow in my own recovery, as I've learned to apply the same principles of trust and letting go in my personal life."

-Susan K.



"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 _____



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