

MAIA

TIPPLER

JANUARY 25

Step 1 We admitted we were powerless over alcohol — that our lives had become unmanageable.

Tradition 1 Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

Concept 1 The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

CONTENTS

Page 2. Calendar

Page 3. Birthdays

Page 4. Step One

Page 5. A New Year,
A New Life

Page 6. A Lesson in Unity

Page 7. Leadership
Starts With Us

Page 8. Group
Contributions

Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For practicing A.A.'s remaining eleven Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking. Who wishes to be rigorously honest and tolerant? Who wants to confess his faults to another and make restitution for harm done? Who cares anything about a Higher Power, let alone meditation and prayer? Who wants to sacrifice time and energy in trying to carry A.A.'s message to the next sufferer? No, the average alcoholic, self-centered in the extreme, doesn't care for this prospect—unless he has to do these things in order to stay alive himself.

-Twelve Steps and Twelve Traditions, page 24

Memphis Area Intergroup Association
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Memphis, TN 38122

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JANUARY 2025

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

DISTRICT & COMMITTEE MEETINGS

January 4 @ 9:00 am - 10:30 am
District 24-Hybrid ID:9186700041
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016

January 4 @ 12:00 pm - 1:00 pm
District 22
Olympia Steak House
8500 Wilkinsville Road
Millington, TN 38053

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

January 6 @ 8:00 pm - 9:00 pm
District 21 Committee Meeting
Crosstown Concourse
1350 Concourse Ave #1072
Memphis, TN 38104

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

January 8 @ 6:00 pm - 7:00 pm
District 25
Germantown United Methodist Church
2324 Germantown Road
Germantown, TN 38138

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

January 13 @ 6:00 pm - 7:00 pm
CPC/PI Committee
The Way House
1203 Peabody Ave
Memphis, TN 38104

January 14 @ 6:00 pm - 7:00 pm
Memphis Area
Grapevine Committee
White Station Church of Christ
1106 Colonial Rd

January 15 @ 1:00 pm
MAIA Phone Watch
3540 Summer Ave, ste 104
Memphis, TN 38122

January 17 @ 6:45 pm - 7:45 pm
Accessibility Committee
2865 Walnut Grove
Memphis, TN 38111

January 26 @ 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: 8:00am-4:00pm
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 January 12, 2025 at Leawood Baptist Church, 3638 Macon Road, Memphis, TN 38122, or join online credentials: 835 975 026 08. Please call or email the office for the meeting 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 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.



Downtown Thursday

Courtney 2 yrs

S.O.S.

Stephanie S. 30 yrs

Traditions

Bruce G. 34 yrs

Unity

Sherrie S. 35 yrs
Anna B. 17 yrs
Ann P. 17 yrs
Kristin N. 8 yrs
Stephanie 6 yrs
Jazmyn C. 6 yrs
Lisa A 4 yrs
Linda B. 1 yr
Kizzie R. 1 yr

(Oops! November:) Mustard Seed Group

Hank 40 yrs
Pat 30 yrs

Step 1: The Foundation of Freedom

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

Step 1 of Alcoholics Anonymous is often described as the foundation upon which the rest of the program is built. It's a simple yet profound admission that opens the door to recovery. But for many of us, it's the hardest step to take. Why? Because admitting powerlessness goes against every instinct we have as human beings.

For years, I told myself I was in control. No matter how much alcohol had wrecked my relationships, my health, or my finances, I clung to the illusion that I could stop anytime I wanted. I just didn't want to stop—at least that's what I told myself. It wasn't until I hit rock bottom that I realized I wasn't running the show anymore. Alcohol was.

That moment of realization was both terrifying and liberating. Terrifying because I had to confront the wreckage of my life and liberating because, for the first time, I saw the truth: I didn't have to fight this battle alone anymore.

What Does "Powerless" Really Mean?

Admitting powerlessness doesn't mean admitting defeat. It doesn't mean we're weak or incapable of making changes. Instead, it means acknowledging that alcohol has taken control in ways we cannot manage on our own. This step is about honesty—finally looking at the chaos and destruction alcohol has caused without sugarcoating or denying it.

Powerlessness also doesn't mean hopelessness. In fact, it's the opposite. When we admit we are powerless over alcohol, we stop wasting energy trying to fix something that can't be fixed through willpower alone. We let go of the need to control what has already proven uncontrollable, and we make room for a new way of living.

"Unmanageable Lives"

Step 1 also asks us to admit that our lives have become unmanageable. For me, that part hit harder than admitting powerlessness. I could justify my drinking for years, convincing myself that it wasn't that bad. But when I looked honestly at my life, I couldn't deny the truth. My finances were a mess, my health was deteriorating, and my relationships were in ruins. I was living a double life—pre-

tending everything was fine on the surface while spiraling out of control underneath.

The word "unmanageable" can mean different things for each of us. Maybe it's the legal trouble, the failed relationships, or the mornings waking up and not remembering how we got home. Maybe it's the constant anxiety or the overwhelming shame. Whatever it looks like, admitting the unmanageability of our lives is a necessary step toward change.

A Step Toward Hope

Step 1 isn't about beating ourselves up or dwelling on past mistakes. It's about taking an honest inventory of where we are so we can begin to move forward. In admitting our powerlessness, we take the first courageous step toward reclaiming our lives. We open ourselves to the possibility of hope, healing, and transformation.

The beauty of Step 1 is that we don't have to do it perfectly. For many of us, it's a gradual process. We might take this step with reluctance or resistance, but as long as we're willing to admit even a small measure of truth, the journey begins.

As the Big Book says: *"Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us."*

But in that defeat, we find freedom. By admitting we can't do it alone, we make room for a solution greater than ourselves.

One Day at a Time

Step 1 reminds us that recovery isn't about sheer willpower or fixing everything overnight. It's about taking life one day at a time, starting with the decision to admit the truth.

If you're struggling with Step 1, know that you're not alone. Everyone in these rooms has been where you are. Share honestly in meetings, talk with your sponsor, and remember: admitting powerlessness is the first step toward a life that's manageable, joyful, and free.

Step 1 is where the miracle begins. Are you ready to take it?

A New Year, a New Life

From Isolation to Renewal: How Sobriety Transformed My New Year's Traditions

The last time I spent New Year's Eve sober was when I was 13 years old. Back then, I thought sobriety was boring. My parents were "old-fashioned," celebrating the holiday with sparkling grape juice while I secretly rolled my eyes. I couldn't wait to grow up and have real fun—like the glamorous party scenes in the movies. By the time I turned 21, I'd already had years of practice chasing that ideal.

But it wasn't glamorous. Not for me, anyway.

By my late 30s, the people who used to toast with me at midnight were long gone. I started spending New Year's Eve alone because I'd burned too many bridges. Friends had stopped inviting me out after I ruined too many evenings with drunken arguments or disappearing acts. My family had set boundaries I refused to respect. But instead of seeing their hurt, I leaned harder into the bottle.

I told myself I didn't need anyone. The liquor store clerk became my only "holiday companion." I'd plan for weeks, ensuring I had enough booze to ring in the New Year with my only constant friend: alcohol. Every year, I'd wake up on January 1st feeling worse than the last, vowing to do better, but by the end of that same day, I'd already be back at it.

One New Year's Eve stands out. It was five years ago, just before I walked into my first AA meeting. My body had started giving up. I had gout so bad I could barely stand, my bank account was drained, and my car—my last real possession—was in the impound lot. I drank

that night in a broken chair with my dog at my feet, wondering if it was the last time I'd see a new year at all.

When the countdown started on TV, I remember raising my glass but not making it to "one." I passed out before midnight, alone as usual.

The next morning, I woke up to a miracle I almost didn't deserve. My dog, Sam, nudged me awake, her big brown eyes looking straight into mine. Something clicked. She deserved better. I deserved better. I'd been hearing about a local AA meeting from a coworker, and for the first time, I thought, Why not?

I walked into that meeting feeling like I didn't belong. I didn't believe in God, I wasn't good at talking about my feelings, and I was sure the people in the room would judge me. But something happened when I sat down and listened.

A woman spoke about her first New Year's Eve sober. She said it wasn't what she expected, but it was the most peaceful she'd ever felt. I couldn't imagine peace. My life had been chaos for so long that the idea felt foreign—impossible.

But I kept coming back.

That first sober New Year's was quiet. I drank coffee instead of champagne and journaled about the person I wanted to become. The promises felt like a fairy tale back then, but something in me whispered, Keep going.

This January 1st, I'll celebrate five years of sobriety. My life isn't perfect, but it's full. I've rebuilt relationships with my family. I have a new job that I love. And Sam is still by my side, tail wagging as if she always knew I'd find my way.

AA didn't just save my life—it gave me one worth living. This program taught me how to show up for myself and others, one day at a time.

So, if you're reading this and wondering if you belong in these rooms, let me tell you what was told to me: You don't have to do this alone.

Today, I don't dread New Year's. I welcome it. It's another chance to start again.

—Jo P.

A Lesson in Unity

When I first got sober, I thought AA was just about me. I'd sit in meetings, share my struggles, and expect the group to give me all the answers. For a while, that worked. People were kind and patient, and I felt supported in ways I never had before. But as I kept coming back, I started to notice something: recovery wasn't just about what I could get from the group—it was about what I could give.

I learned that lesson the hard way one Wednesday night at my home group.

It was a speaker meeting, and the room was packed. Our usual chairperson couldn't make it, so a newer member volunteered to lead. He was nervous but willing, and we all appreciated his courage. But when he called on the speaker to start, something went wrong—the speaker didn't show up.

The chairperson panicked. He fumbled with the meeting format, his voice shaky as he asked if anyone wanted to share. The room grew tense, and I could feel the frustration building. People whispered to each other, and a few even got up to leave. I sat there stewing in my own irritation, thinking, Why didn't he have a backup plan?

Finally, an old-timer spoke up. "Let's take a moment to remember why we're here," she said, her voice calm and steady. "We're not here to judge or criticize. We're here to stay sober and support one another. Let's keep the focus on unity and make the most of this meeting."

Her words hit me like a ton of bricks. I realized that my frustration wasn't helping anyone—not the chairperson, not the group, and certainly not me. I was so caught up in what I thought the meeting should be that I'd forgotten why we gather in the first place.

I raised my hand and shared about a difficult day I'd had, how close I'd come to picking up a drink, and how grateful I was to have a place to go. Slowly, others started sharing, too. The energy in the room shifted from tense to supportive. By the end of the meeting, the chairperson was smiling, and so was I.

Afterward, I approached the old-timer and thanked her for reminding us of Tradition 1. "Our common welfare should come first," she said, smiling. "That means we all have a part to play in keeping this program alive and welcoming."

That night, I learned that unity isn't just a concept—it's an action. It's choosing to support the group even when things don't go as planned. It's setting aside judgment and showing up with kindness and humility. And

it's remembering that AA isn't about me—it's about us.

Now, when I walk into a meeting, I try to keep Tradition 1 in mind. I ask myself, What can I do to contribute to the unity of this group? Sometimes it's as simple as offering to make coffee, staying late to clean up, or welcoming a newcomer. Other times, it's just keeping my ego in check and focusing on the bigger picture.

AA taught me that personal recovery depends on unity. That meeting taught me how to practice it. Together, we recover, one meeting, one moment, one tradition at a time.

—Jill E.

Tradition One Checklist

Use these questions to reflect on how you contribute to the unity of your group:

1. Am I putting the group's welfare above my own desires?

Do I prioritize the needs of the group over personal preferences or opinions?

2. Do I approach disagreements with humility and kindness?

How do I handle conflicts in meetings? Am I fostering solutions or creating division?

3. Am I welcoming to newcomers?

Do I make an effort to greet newcomers and ensure they feel included in the group?

4. Do I respect the group conscience?

Am I willing to accept decisions made by the group, even if I disagree?

5. Am I showing up consistently?

Do I attend meetings regularly and fulfill my commitments to the group?

6. Am I practicing unity outside the meeting?

Do I carry the spirit of Tradition 1 into my relationships with others in and outside of AA?

Unity starts with each of us. How are you contributing to your group's common welfare?

Concept 1: Leadership Starts with Us

"Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."

Concept 1 might sound like a mouthful, but at its heart, it's about something we all value: shared responsibility and trust. While it's one of the principles that guides A.A. at the organizational level, it also offers lessons for our home groups—and even our everyday lives.

Let's break it down in a way that's easy to relate to.

A Fellowship of Equals

Imagine if A.A. were run by a single person—a "CEO of Sobriety." Would it work? Probably not. That's why Concept 1 reminds us that no one person or group has all the power. Instead, the responsibility for keeping A.A. alive and well belongs to all of us, collectively.

This collective approach means every member has a voice. Whether you've been in the program for 30 days or 30 years, your input matters. That's why we hold group consciences and why decisions are made democratically. It's a reminder that, in A.A., we're all in this together.

Leadership in Action

Now, let's get real. Have you ever been in a meeting where nobody wanted to step up to chair? Maybe people were staring at the floor, hoping someone else would volunteer. That's where Concept 1 kicks in. The meeting doesn't run itself—someone has to take responsibility.

But here's the beauty: A.A. leadership isn't about being "in charge." It's about being of service. Chairing a meeting, making coffee, or even setting up chairs are all acts of leadership that keep the Fellowship going.

I'll never forget the first time I chaired a meeting. I was nervous—I didn't think I was "qualified." But an old-tim-

er told me, "If you can read and you're willing, you're qualified." That experience taught me that leadership in A.A. isn't about having all the answers. It's about showing up and being willing to help.

Lessons Beyond the Meeting Room

Concept 1 doesn't just apply to how A.A. is structured—it's also a great principle to carry into our personal lives. Think about your relationships. How often do we try to take control, thinking we know what's best? Concept 1 reminds us that shared responsibility works better.

In my family, I used to be the "fixer." I wanted to control every situation, especially in early sobriety. But over time, I've learned to trust the collective wisdom of those around me. When we work together and listen to each other, things go more smoothly.

Keeping It Fun

If all this talk of responsibility feels heavy, remember: Concept 1 is about shared responsibility. That means we're never in this alone. Whether it's a meeting, an event, or a service position, we're part of a team. And let's be honest—working together can be a lot of fun.

I'll always remember a group picnic we planned a few years ago. No one person was "in charge," but everyone pitched in. One member brought burgers, another handled decorations, and someone else organized games for the kids. It wasn't perfect (we forgot the ketchup!), but it was a great example of how shared responsibility brings people together.

Why It Matters

Concept 1 ensures that A.A. stays strong and united, not just for us but for the newcomer walking through the door next week—or next year. It's a reminder that the Fellowship isn't just something we benefit from; it's something we're all responsible for.

So, the next time you're at a group conscience or considering a service position, think about Concept 1. It's not about perfection or having all the answers. It's about stepping up, working together, and trusting in the collective wisdom of the group.

Because in A.A., we're all leaders—and that's what makes our Fellowship work.

2024 GROUP CONTRIBUTIONS

	JAN - DEC 2024	JAN - DEC 2023 (PY)	JAN - DEC 2024 (YTD)
AMAA	0.00	11.36	0.00
Any Length Group	151.86	357.00	151.86
Ave Fenix	6.83	0.00	6.83
Back to Basic	0.00	5.01	0.00
Bluff City Fellowship	1.96	0.00	1.96
Bluff City Group	460.96	270.80	460.96
Bozos on the Bus	24.00	250.00	24.00
Came to Believe Group	150.00	1,360.00	150.00
Central Gardens Group	650.00	500.00	650.00
Central Group	0.00	50.00	0.00
Cherokee Group	50.00	0.00	50.00
Collierville Group	2,137.44	2,324.31	2,137.44
Committee - Archives	50.00	50.00	50.00
Common Solution	0.00	200.00	0.00
Covington	100.00	125.00	100.00
Crosstown Group	0.61	0.00	0.61
Design For Living	0.00	94.09	0.00
Downtown Nooners N/S	408.00	550.00	408.00
Downtown Thursday Night Group	1,304.96	1,589.31	1,304.96
Earlybird	3,600.00	2,274.87	3,600.00
Eudora	50.00	0.00	50.00
Frayser Group	0.00	345.00	0.00
Freedon Road Recovery	0.00	40.00	0.00
Fresh Start AA Group	0.00	2.50	0.00
Friends of Bill W	400.00	600.00	400.00
Germantown Happy	3,300.00	0.00	3,300.00
Germantown Noon	1,768.79	2,444.23	1,768.79
Grace in the Grove	248.56	233.87	248.56
Great Reality	0.00	38.91	0.00
Growing Flowers	0.41	0.00	0.41
Hickory Hill	0.00	50.00	0.00
Holly Springs Group	48.51	100.00	48.51
Hollywood	0.62	100.00	0.62
Horn Lake	40.00	65.00	40.00
How It Works	0.00	72.00	0.00
IG Monthly Reps Meeting	0.00	34.00	0.00
Lakeland	997.03	1,007.75	997.03
Love and Tolerance	50.00	54.49	50.00
MAIA	0.00	15.00	0.00
Men of Recovery	0.07	0.00	0.07
Midtown Group	0.00	11.22	0.00
Morning Glories	43.00	61.00	43.00

2024 GROUP CONTRIBUTIONS

	JAN - DEC 2024	JAN - DEC 2023 (PY)	JAN - DEC 2024 (YTD)
Neshoba Awakening	10.00	110.00	10.00
New Start	53.74	100.00	53.74
Oakland Always Open	40.00	0.00	40.00
Out-of-Towners Fellowship Group	45.00	45.00	45.00
Overton Park	0.00	715.00	0.00
Personal Adventure	0.00	239.63	0.00
Pleasant Hill	1,266.74	928.02	1,266.74
Pride and Principles	125.00	480.81	125.00
Primary Purpose	300.88	425.00	300.88
Real Deal	5.00	41.00	5.00
Rule-62	387.50	157.00	387.50
S.O.S.	38.71	0.00	38.71
Second Chance	550.00	0.00	550.00
SERCYPAA	2,995.41	0.00	2,995.41
Serenity	700.00	701.22	700.00
Seriously Sober	690.83	859.70	690.83
Shady Ladies	2,601.41	1,850.00	2,601.41
Sober Journey	902.00	862.00	902.00
Solutions Group	840.00	840.00	840.00
Sommerville Triangle	150.00	0.00	150.00
South Memphis	40.00	60.00	40.00
Straight Outta Bondage	471.00	1,026.00	471.00
The Nooner	2,273.39	1,724.69	2,273.39
Three Legged Stool	300.00	97.52	300.00
Traditions	500.00	650.00	500.00
Two Doors Down	2,403.00	11,005.85	2,403.00
Unity Group	1,911.66	817.13	1,911.66
WAAGL	1,100.61	1,200.00	1,100.61
West Memphis Group	740.00	95.72	740.00
Whitehaven Morning Sunrisers-	50.00	25.00	50.00
Winchester	298.34	765.50	298.34
Worldly Indeed	0.00	741.26	0.00
TOTAL	\$37,868.83	\$41,906.13	\$37,868.83

Overheard in a Meeting...

"You're not alone, even when you feel like it."

"We're not bad people trying to get good; we're sick people trying to get well."

"One day at a time doesn't mean I have to live my whole life today."

"I didn't get sober to have a perfect life—I got sober to have a real one."

"Resentment is like drinking poison and expecting someone else to die."

"You can't think your way into better living, but you can live your way into better thinking."

"Let go or be dragged."

"It's progress, not perfection."

"We came for our drinking but stayed for our thinking."

"If nothing changes, nothing changes."



"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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