



MAIA

TIPPLER

APRIL 2025

Step 4 Made a searching and fearless moral inventory of ourselves.

Tradition 4 With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the Trustees of the General Service Board. On such issues our common welfare is paramount.

Concept 4 Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

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If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people. We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.

-AA Big Book, Page 70

Memphis Area Intergroup Association
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memphis-aa.org



April 2025



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		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	7 6:45 - 7:45 pm Treatment Committee 8:00 - 9:00 pm District 21 Committee	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			

DISTRICT & COMMITTEE MEETINGS

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

April 5 @ 9:00 am - 10:30 am
District 24
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016

April 5 @ 12:00 pm - 1:00 pm
District 22
Olympia Steak House
3563 Thomas St
Millington, TN 38053

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

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

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

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

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

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

April 21 @ 6:00 pm - 7:00 pm
CPC/PI Committee
Shady Grove Presbyterian
5530 Shady Grove
Memphis, TN 38104

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



MAIA

3540 Summer Avenue
Suite 104
Memphis, TN 38122
901-454-1414

memphisarea@bellsouth.net



Monday - 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 April 13, 2025 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.

Central Gardens

Betty G. 45 yrs
Caroline N. 37 yrs
Margaret B. 18 yrs

Three Legged Stool

Don A. 36 yrs
Lee R. 7 yrs

Traditions

Paulette O. 30 yrs
Stacie B. 14 yrs
Debbie C. 12 yrs
Victoria G. 9 yrs

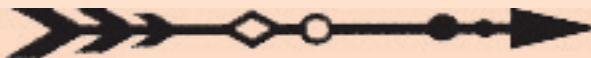
Unity

Ben D. 16 yrs
Lindsey J. 6 yrs
Jincy S. 6 yrs
Sean R. 2 yrs
Annie M. 2 yrs
Jeni C. 1 yr
Carla T. 1 yr

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.



Spring Cleaning for the Soul: A Step 4 Reflection

April is a month of renewal. The cold grip of winter begins to loosen, and the world starts to thaw. We open windows, let in fresh air, and clear out what's been gathering dust. It's a time when many of us take part in that long-standing tradition of spring cleaning—sorting, scrubbing, tossing out what no longer serves us.

In many ways, Step 4 is a kind of spiritual spring cleaning. “Made a searching and fearless moral inventory of ourselves.” It's the step where we open the closets of our minds and hearts, places where we've stuffed resentments, fears, guilt, and shame. We shine a light into those dark corners and begin sorting through the mess we've tried to ignore.

And just like with spring cleaning, it's not always easy.

Facing the Clutter

When I first looked at Step 4, I felt like I was standing in the middle of a room overflowing with junk. Years of hurt feelings, bad decisions, and selfish behaviors were packed away in boxes labeled “not my fault” or “better left forgotten.” I thought, If I open that door, I might not survive what comes tumbling out.

But ignoring the mess didn't make it go away. It just kept growing. The longer I let it pile up, the more it weighed me down. I drank to block it out, to pretend it wasn't there. But it was. It always was.

Taking inventory was the first real step toward freedom. I had to face my clutter, piece by piece. I had to ask, What am I holding on to, and why?

Sorting Through the Past

Some things were easy to toss. Lies I told, excuses I made—they weren't hard to admit. But deeper things, like resentments I carried for years, were harder to confront. I didn't want to let them go. In some strange way, they had become part of my identity. If I wasn't angry at my father, who would I be? If I wasn't blaming my ex, how could I justify the way I treated others?

But Step 4 isn't about blaming others. It's about owning my part. And when I was honest, I found patterns I couldn't ignore—ways I'd manipulated people, shut myself off, and justified my bad behavior. That kind of

self-searching wasn't fun. It didn't feel good. But it felt real, and real was something I hadn't felt in a long time.

What to Keep, What to Let Go

Spring cleaning isn't just about throwing things away. Sometimes it's about finding things worth saving—things that were buried under the mess. That's what happened with Step 4. I didn't just find my flaws. I found my strengths. I found memories that weren't all bad, relationships that could be repaired, and hope I didn't know I still had.

Step 4 wasn't about tearing myself down. It was about clearing space for something better. It was about deciding what I wanted to keep and what I needed to release.

I kept my honesty. My willingness to keep showing up. My desire to be a better friend, a better sibling, a better person. I let go of the resentments that were rotting inside me. I let go of the stories I told myself about being a victim. I let go of the fear that if people knew the truth about me, they wouldn't stick around.

And with that, I made space for growth.

The Freedom of a Clean Room

There's nothing like standing in a freshly cleaned room, sunlight pouring through the windows, breathing air that feels light and new. That's how I felt after finishing my Fourth Step. It wasn't perfect—there were still things I missed, things I'd have to go back and deal with later. But it was better. It was cleaner.

And it was enough to move forward.

Keeping It Clean

Like spring cleaning, Step 4 isn't a one-time deal. Clutter will start creeping back in if I don't stay aware. That's why the Tenth Step is there—to keep things from piling up again. But Step 4 gave me the courage to begin. It taught me that facing the mess is less painful than living under it.

So if you're looking at Step 4 and feeling overwhelmed, know this: you're not alone. We've all stood at that door, wondering if we're ready to face what's inside. But if you open it, and you do the work, what's waiting on the other side is freedom.

And when it's done, you'll have cleared enough space to breathe again. Enough space to grow. Enough space for the life sobriety has been offering all along.

A Voice That Mattered

“How Finding My Voice in
AA Helped Me Find My Place
in Life”

I used to think my opinion didn't matter. Not just in AA—everywhere. I was always the quiet one, the guy who never made waves. As a kid, I learned that speaking up usually led to trouble, so I stopped trying. At home, my father's voice was the only one that counted, and at school, I just blended in. Somewhere along the way, I started believing that staying quiet was safer than being heard.

Then I found alcohol.

With a drink in my hand, I had opinions. I had confidence. I had something to say, and I didn't care who was listening. At least, that's what I told myself. In reality, I was still just a guy desperate to fit in, willing to morph into whoever I thought people wanted me to be. I'd sit in bars and talk big about things I didn't understand, acting like I had all the answers. But underneath it all, I was terrified that if people really knew me, they wouldn't want me around. The only time I felt like I had a voice was when I was drowning in whiskey.

By the time I got to AA, I was just as silent as I'd been as a kid. I barely spoke in meetings. I nodded along when people shared, laughed when I was supposed to, and kept my head down. I figured the old-timers knew what they were talking about, and I was just lucky they let me sit in the room.

I had no idea that AA wasn't just about sitting in the back and staying quiet.

Then one night, a guy in my home group asked me to chair a meeting. I thought he was joking.

“Me?” I said. “I don't even talk in meetings.”

“That's why I'm asking,” he said. “Maybe it's time to start.”

I wanted to say no. I wanted to run. But something in me—maybe the same thing that had dragged me into AA in the first place—made me say yes.

I sat up there with my sweaty palms and my racing heart and did my best. I stumbled over my words. I lost my train of thought. But the meeting still happened. People still shared. And for the first time, I felt like I belonged—not just as someone sitting in the back, but as a real part of the group.

That night, someone mentioned Concept Four during a discussion. I had no idea what that was, so afterward, I looked it up. “Right of Participation,” it said. It means that every AA member has a voice. Not just the old-timers, not just the sponsors, not just the people who know all the Traditions by heart. Everyone. That means me. That means the guy who's been here 30 years and the guy who just walked in the door.

I started paying attention to the way our group made decisions. I noticed that when something needed to be voted on, some people didn't raise their hands—just like I hadn't before. Maybe they felt the same way I did, like they weren't “qualified” to have an opinion. Like their voice didn't count.

But it did.

AA isn't run by a few people at the top handing down decisions. There is no top. It's built on shared responsibility—on the idea that no one's voice is more important than anyone else's. That's why the newest member's vote counts just as much as the person with decades of sobriety. We all have a right to be here, and we all have a right to participate.

Slowly, I started sharing more in meetings. I started speaking up in business meetings, too, voting on group decisions instead of assuming I didn't have the right. I even became a General Service Representative, something I never thought I'd do. The guy who used to sit in the back, trying not to be noticed, was now bringing his group's voice to the district. Turns out, AA doesn't just teach me how to stay sober—it teaches me how to show up in my own life.

I used to think my voice didn't matter. AA taught me it does. And now that I've found it, I don't plan on losing it again.

-Kyle B.

TRADITION 4 AND THE ART OF LETTING GO

A group is a group is a group. Or so I thought. I figured if you'd been to one meeting, you'd been to them all. A script, a coffee pot, some folding chairs. Readings, shares, and someone reminding us to pick up after ourselves. That's what AA was, right?

Then I found the backyard meeting. No walls, no podium, just a fire pit and a circle of people passing around a dog-eared Big Book. Someone's kid played in the grass. A guy in a cowboy hat roasted a marshmallow while sharing his experience with Step Three. The only thing structured about it was the closing prayer, and even that felt optional. I wanted to bolt. I stayed. I didn't know why.

Then there was the group with the talking stick—an actual stick, carved with the words keep it simple. No one spoke unless they had it in their hands. No interruptions, no cross-talk, just one voice at a time. “You don't have to fix anybody,” an old-timer told me, seeing my discomfort. “Just listen.”

And the women's meeting where nobody said the Serenity Prayer out loud. Instead, they paused. Silence. A full thirty seconds of it. The first time, I almost laughed. The second time, I almost cried.

Tradition 4: Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

I used to think “autonomy” meant anarchy. That if there weren't rules, everything would fall apart. But the longer I stayed sober, the more I saw it in action. A group is a living thing. It finds its shape, its rhythm, its heartbeat. Not because someone dictates it, but because the people in it create it together.

Some meetings are tight ships—chairperson at the helm, clocks on the walls, every share under three minutes. Others are loose, meandering, full of laughter and stories that take a scenic route before landing on a point. Some groups keep it old-school: no crosstalk, no outside literature. Others embrace new ways, incorporating meditation, poetry, even music. I've been in meetings where the speaker is invited to share uninterrupted for 45 minutes and meetings where no one speaks at all until the spirit moves them.

None of them are wrong. None of them are right. They just are.

Years later, my home group had a debate. Someone wanted to add a meditation to the beginning of the meeting. Someone else said it would “turn people off.” Voices got tense. Someone left. “This is why I hate business meetings,” a friend whispered. But we sat through it. Listened. Voted. The meditation stayed. The person who had walked out? They came back the next week.

That was when I realized something: this thing only works because we let it. Nobody forces us to show up, no one enforces attendance. We just come back, again and again, and somehow it keeps working. Tradition 4 is part of that mystery. It allows us to experiment, to find out what fits, to make mistakes, to build something new. It's what keeps AA alive and growing, instead of fossilized in the past.

But I had to let go of control to see it. I had to let go of my need for things to be the way I thought they should be. Early on, I judged meetings harshly. If they didn't feel like what I was used to, I dismissed them. “That's not real AA,” I'd mutter. But what did I know? A guy roasting a marshmallow in a backyard helped me understand Step Three. A stick carved with keep it simple reminded me to shut up and listen. A long, awkward silence showed me the power of a prayer that didn't need to be spoken out loud.

The thing about Tradition 4 is that it requires trust—trust that a group will find what works for its members, and trust that if it doesn't work for me, I can simply go somewhere else. AA is wide and varied. One meeting's style might rub me the wrong way, but that same meeting might be the exact thing that keeps someone else sober. If I don't like it, I don't have to fix it—I can just keep looking until I find a place that fits.

I don't have to control AA. That was never my job. My job is to keep showing up. My job is to find the meetings where I feel at home, to contribute where I can, and to let others do the same. My job is to stay sober and help the next person do the same, however that looks.

I used to think AA had to look a certain way. Now I see it for what it is—a collection of people trying their best, in whatever way makes sense to them. And for that, I am endlessly grateful.

- Barb B.

TRADITION 4 CHECKLIST

“Independence with Responsibility”

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

This Tradition reminds us that each AA group is free to run its meetings as it sees fit—choosing formats, literature, and service roles—so long as those decisions don’t harm AA as a whole. With autonomy comes responsibility, ensuring that what we do in our group doesn’t disrupt the unity of the fellowship.

For the Group

Are we making decisions that benefit our members while keeping in mind AA’s overall purpose?

Do we respect other groups’ autonomy, even if they run things differently?

When making changes, do we consider how they might affect AA beyond our meeting?

Are we using AA-approved literature and maintaining the AA message, rather than outside influences?

Do we encourage participation in AA as a whole, including intergroup and service events?

For the Individual

Do I respect my group’s decisions, even if I don’t always agree?

Am I open-minded about how other AA groups operate?

Do I speak up when I see something that could harm AA’s unity?

Do I contribute to my group’s autonomy by participating in group conscience decisions?

Am I remembering that AA unity comes before personal preferences?

Tradition 4 gives us the freedom to shape our meetings in a way that serves our members, while reminding us that with freedom comes the responsibility to uphold AA’s message of recovery.

Significant April Milestones in AA History

April 2, 1840

The Washingtonian movement, a 19th-century temperance fellowship, is founded in Baltimore, Maryland, by six alcoholics seeking mutual support for sobriety. This movement precedes AA by nearly a century and emphasizes the power of shared experiences in achieving abstinence.

April 29, 1896

Ebby Thacher is born in Albany, New York. Thacher would later play a pivotal role in AA history as the person who introduced co-founder Bill Wilson to the principles that led to the formation of Alcoholics Anonymous.

April 1946

The AA Grapevine first published the Twelve Traditions as “Twelve Points to Assure Our Future.” These guidelines, derived from group letters to AA headquarters, addressed disputes over issues like finance, publicity, and outside affiliations, aiming to guide group conduct and maintain unity.

April 26, 1936

Richard R. Peabody, author of “The Common Sense of Drinking,” passed away. His work influenced early approaches to alcoholism treatment and shared concepts later adopted by AA.

April 1953

Bill Wilson’s book, “Twelve Steps and Twelve Traditions,” is published, providing deeper insights into AA’s guiding principles and serving as a foundational text for members worldwide.

March 2025 Group Contributions

	TOTAL		
	MAR 2025	MAR 2024 (PY)	JAN - MAR, 2025 (YTD)
Any Length Group	110.00	0.00	110.00
Came to Believe Group	0.00	0.00	300.00
Central Gardens Group	0.00	50.00	100.00
Collierville Group	0.00	0.00	399.39
Committee - Archives	0.00	50.00	0.00
Downtown Nooners N/S	0.00	100.00	0.00
Downtown Thursday Night Group	520.00	637.27	520.00
Earlybird	0.00	0.00	480.00
Eudora	0.00	50.00	0.00
Friends of Bill W	0.00	0.00	200.00
Germantown Happy	0.00	0.00	1,500.00
Germantown Noon	0.00	269.25	325.05
Grace in the Grove	0.00	0.00	194.47
Horn Lake	0.00	5.00	5.00
Men of Recovery	0.00	0.00	0.54
New Start	25.00	0.00	75.00
Out-of-Towners Fellowship Group	0.00	0.00	135.00
Pleasant Hill	0.00	0.00	293.02
Pride and Principles	0.00	125.00	0.00
Primary Purpose	0.00	50.00	0.00
Rule-62	100.00	0.00	100.00
Second Chance	50.00	50.00	150.00
Seriously Sober	226.50	0.00	242.11
Shady Ladies	300.00	300.00	600.00
Sober Journey	0.00	300.00	100.00
Solutions Group	0.00	0.00	840.00
South Memphis	91.35	0.00	91.35
The Nooner	190.09	0.00	700.34
The Wynne Group	0.00	0.00	5.74
Traditions	50.00	0.00	100.00
Two Doors Down	0.00	300.00	600.00
Unity Group	0.00	0.00	145.84
WAAGL	50.00	100.00	150.00
West Memphis Group	40.00	100.00	120.00
Whitehaven Morning Sunrisers- Winchester	50.00 0.00	50.00 0.00	50.00 194.06
TOTAL	\$UE12.94	\$2,536.52	\$8,126.91

OVERHEARD IN A MEETING

“I didn’t get sober to have a better past.”

“My first sponsor told me, ‘You’re not a bad person trying to be good. You’re a sick person trying to get well.’”

“I was willing to go to any length for a drink. Now I have to be willing to go to any length for sobriety.”

“I tried to control my drinking, and then I tried to control my sobriety. Neither worked.”

“An expectation is just a resentment waiting to happen.”

“The Steps keep me from killing myself. The Traditions keep me from killing you.”

“I used to pray for things. Now I pray for peace.”

“Alcohol gave me a lot of things, but it never gave me freedom.”

“If I don’t take Step One every morning, I’ll be taking a drink by nightfall.”



“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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