



MAIA

TIPPLER

OCTOBER 2025

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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“The alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead. Affections have been uprooted. Selfish and inconsiderate habits have kept the home in turmoil. We feel a man is unthinking when he says that sobriety is enough. He is like the farmer who came up out of his cyclone cellar to find his home ruined. To his wife, he remarked, “Don’t see anything the matter here, Ma. Ain’t it grand the wind stopped blowin’?”

~Alcoholics Anonymous, 4th Edition, Into Action, pg. 82

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

901 454-1414 office
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memphis-aa.org



OCTOBER 2025

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

DISTRICT & COMMITTEE MEETINGS

October 4 @ 9:00 am - 10:30 am
District 24-Hybrid ID#86700041
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016

October 4 @ 12:00 pm - 1:00 pm
District 22
Olympia Steak House
85 Wilkinsville Rd.
Millington, TN 38053

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

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

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

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

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

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

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

October 20 @ 6:45 pm - 7:45 pm
CPC/PI Committee
Shady Grove Presbyterian
Church
5530 Shady Grove
Memphis, TN 38120
October 26 @ 3:45 pm - 5:00 pm
Memphis Area Archives Committee
Shady Grove Presbyterian Church
5530 Shady Grove



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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 October 12, 2025 at Leawood Baptist Church, 3638 Macon Road, Memphis, TN 38122, or join via online ID#835 975 026 08. Please call or email the office for the meeting 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 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.

Central Gardens

Anita F. 41 yrs
Terri M. 12 yrs

Hollywood

Glenn W. 12 yrs

Seriously Sober

Perry P. 36 yrs

Traditions

Tim 12 yrs
Skip 21 yrs
Ferrol J. 36 yrs

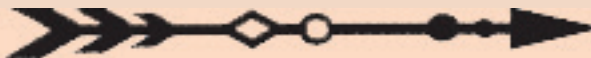
Unity

Laura H. 1 yr

Winchester

Pam S. 22 yrs
Courtney S. 19 yrs
Elizabeth S. 6 yrs
Beth F. 4 yrs

SCAN TO CONTRIBUTE TO MAIA



The Seventh Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions." While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. In keeping with A.A.'s Seventh Tradition of self-support, we accept contributions only from A.A. members.



Step 10: Daily Inventory and Spot Check Guide

“Continued to take personal inventory and when we were wrong promptly admitted it.” — Big Book, Into Action

Step 10 is about practicing vigilance in recovery. It reminds us that recovery is not just about amends for the past (Steps 4–9), but about living in the present with awareness, honesty, and humility. Through nightly review and spot checks during the day, we learn to keep our side of the street clean.

Why Step 10 Matters

- Keeps resentments and fears from festering.
- Builds honesty and humility in real time.
- Protects spiritual progress from “drift.”
- Provides immediate course correction when emotions or behavior go off track.

The Nightly Inventory

At the end of the day, take 10–15 minutes to reflect and write. This isn’t about self-condemnation, it’s about awareness and growth.

Suggested questions (adapted from the Big Book):

- Was I resentful, selfish, dishonest, or afraid today?
- Do I owe an apology?
- Did I keep something to myself which should be discussed with another person?
- Was I kind and loving toward all?
- What could I have done better?
- Was I thinking of myself most of the time, or was I thinking of what I could do for others?
- Did I seek God’s will for me, and did I pause when agitated or doubtful?

Tip: Many members find it useful to keep a journal or checklist format so they can see progress over time.

The Spot Check Inventory

The Big Book suggests not waiting until night to review wrongs. When we notice selfishness, dishonesty, resentment, or fear during the day, we can stop immediately.

How to do it in the moment:

1. Pause — Take a breath and break the cycle of reaction.
2. Ask — “Am I being selfish, dishonest, resentful, or afraid?”
3. Turn it Over — Ask God (as you understand Him) for help to remove the defect.
4. Discuss — If needed, talk with a sponsor or trusted AA friend.
5. Amend — Promptly correct any wrong with another person if you can.
6. Re-focus — Shift your attention to how you can be helpful to others.

Tip: Even a 30-second pause can turn a potential resentment into an opportunity for humility and growth.

Bringing It Together

The nightly inventory clears the slate each day. The spot check inventory prevents problems from piling up during the day. Practiced together, they create a rhythm of self-honesty and spiritual maintenance that keeps us in fit spiritual condition.

“Love and tolerance of others is our code.”

— Big Book, p.84

Try This for October: Keep a small notebook or use a notes app to jot quick spot checks during the day. Review them at night and see patterns emerge. Share your experience with your sponsor or group.



WHAT'S IT WORTH?

BY: SCOTT S. | BURLINGTON, WISCONSIN

As I write in my journal, the television has to be on. I'm a "Law & Order: Criminal Intent" fanatic now that I'm not a whiskey fanatic. But mostly, I need the TV on for a little white noise in the background.

In an odd turn of events, one day I happened to find the only hour of the month that my TV show isn't on one of the 1,000 cable channels. So I scanned up and down and landed on a questionable piece of mind-candy about people who make some sort of career bidding on storage units abandoned by their owners. It failed to become my white noise: I was pulled into the drama of the junk we keep.

These men and women spent a considerable amount of currency on some assortment of broken toys and old heirlooms hidden in shadows under the dust of years of storage.

The moment of discovery is captured as the fortunate winner starts to inventory the possessions and assign them value. It's an at best arbitrary and certainly dubious mission of fact-finding.

"A box of 45 rpm records! Jackpot! \$1,000 easily."

"A broken 1950s tennis racket? I can get \$50 for that."

"A rusted bike wheel ... hmm ... I think it's worth \$100."

At various times, I've looked at the process of my own Fourth Step inventory as being akin to emptying a clown car at the circus, a more traditional business inventory, or something in between. Now, I also see some similarities to this oddly fascinating storage unit TV show.

Each of us has an investment of emotional currency we put into all the items archived in the storage locker between the left ear and the right. Some of the merchandise we discover among our list of resentments, guilt and anger are the obvious ones. Others are long-buried pieces we discover after fearlessly and thoroughly digging into the storage. What's revealing most of all is the value we place on each item. It must have meant something or else we wouldn't still carry it around, right?

In reality, when we look at the inventory and the things we discovered, most of it falls into the category of the broken tennis racket. We hung onto it, hung onto a resentment or an idea that hanging onto it somehow made it worth something. But it wasn't worth hanging onto after all, wasting all that space and emotional currency. The guilt and long-held feuds were not the box of records of some value. We drank over life's junky, busted sports equipment and rusty bike wheels, unworthy of a penny or a minute of our time.



CORRECTION

Some of the dates in last month's issue were incorrect. We apologize. Here is a corrected version:

November 1934: Bill Wilson was visited by Ebby Thacher, an old drinking buddy who had found sobriety through the Oxford Group. This visit was pivotal as Ebby introduced Bill to the concept of a spiritual solution to alcoholism, which would later become a cornerstone of AA's philosophy.

Oct - Nov 1939: The first review of the book "Alcoholics Anonymous," commonly known as the Big Book, appeared in the Cleveland Plain Dealer. This review helped bring early public attention to the book and the AA movement.

October 3, 1945: The AA Grapevine magazine, often referred to as the "meeting in print," became the official journal of Alcoholics Anonymous. This helped spread the AA message more widely.

November 16, 1950: Dr. Bob Smith, co-founder of AA, passed away in Akron, Ohio. His death marked the end of the co-founders' direct involvement in AA, but his legacy continued through the fellowship.

July 1950: The Twelve Traditions were formally adopted at AA's first International Convention in Cleveland in July 1950. These traditions became the foundation for how AA groups operate and maintain unity.

October 1969: The first World Service Meeting (WSM) of AA was held in New York City. This event marked the beginning of AA's international cooperation and growth, expanding its reach beyond the United States.

STEP TEN QUICK GUIDE

Nightly Inventory (End of Day)

- Was I resentful, selfish, dishonest, or afraid?
- Do I owe an apology?
- Did I hide something that should be discussed?
- Was I kind and loving?
- What could I have done better?
- Was I focused on self, or on being helpful?
- Did I seek God's will and pause when agitated?

Spot Check Inventory (During the Day)

1. Pause — Take a breath.
2. Ask — Am I selfish, dishonest, resentful, or afraid?
3. Turn it Over — Ask God for help.
4. Discuss — Share with sponsor/friend if needed.
5. Amend — Correct any wrong promptly.
6. Re-focus — Think of how to help others.

- ✓ Keep a small notebook or phone note for spot checks.
- ✓ Review at night to see patterns and progress.
- ✓ Share insights with your sponsor or group.



CONCEPT TEN:

EVERY SERVICE RESPONSIBILITY SHOULD BE MATCHED BY AN EQUAL SERVICE AUTHORITY, WITH THE SCOPE OF SUCH AUTHORITY WELL DEFINED.



BALANCE = UNITY IN ACTION

CONCEPT 10 REMINDS US THAT RESPONSIBILITY AND AUTHORITY MUST GO HAND-IN-HAND.

TRADITION TEN

No Opinion on Outside Issues

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

Why This Tradition Exists

When AA began, the co-founders had already seen how divisions over politics, religion, and other controversies could tear groups apart. Tradition Ten shields AA from being distracted or divided by outside debates. It allows us to stay focused on one thing only: carrying the message of recovery to the alcoholic who still suffers.

What It Means in Practice

AA doesn't endorse causes or candidates. We don't take sides in elections, laws, or policies.

AA doesn't engage in religious debates. While members are free to have any beliefs, AA as a whole remains neutral.

AA avoids public controversy. The fellowship's reputation is protected by steering clear of outside fights.

This doesn't mean we don't care about the world. It simply means AA's role is specific and narrow, to help alcoholics recover.

Common Misunderstandings

“Does Tradition Ten mean I can't have opinions?”
No. Members are free to speak, vote, advocate, or believe as they choose, but we don't attach the AA name to those opinions.

“What if AA stays silent when the world is in turmoil?”
Tradition Ten reminds us: AA is not a social reform movement. Its strength is in staying focused on recovery, which in turn allows members to be stronger citizens, family members, and neighbors.

Personal Reflection

Many members find Tradition Ten useful in daily life. Just as AA avoids outside controversy, we too can pause before wading into arguments that drain our serenity. Tradition Ten invites us to ask: Is this my business? Will my involvement help or harm?

In Simple Terms

Tradition Ten is about keeping AA's purpose clear and uncluttered. By not taking sides, AA remains a safe and welcoming place for anyone, no matter their background, beliefs, or opinions.

Try This for October: In your next group discussion, share an example of how Tradition Ten protects AA, or how practicing neutrality has helped you personally.



THE POWER OF AGREEMENT

Concept 10: How AA Maintains Unity and Resolves Conflict

Concept 10 of Alcoholics Anonymous (AA) is about how the group handles disputes. It states that every service responsibility should have enough authority to carry it out, and that all disputes should be resolved through discussion, conference, and appeal to the proper boards, rather than through direct actions. In simple terms, it's a principle that guides AA in maintaining unity and order.

The Problem of Disunity

AA's founders learned early on that disunity could cripple the organization. Without a central authority, AA is a collection of autonomous groups and service entities. This decentralized structure, while essential for the group's spiritual health, can also lead to disagreements. For example, a group might disagree with a service committee over how funds are spent, or a region might have a different view on an issue than the General Service Office (GSO). If these disputes aren't handled properly, they can escalate, leading to groups breaking away or service entities becoming ineffective.

The Solution: Discussion and Appeal

Concept 10 provides a framework for resolving these conflicts. The key isn't to create a powerful governing body that can dictate solutions. Instead, it's to ensure that disagreements are handled through a process of discussion, conference, and appeal. This process is built on the principle of respectful communication and mutual understanding. * Discussion: At the local level, groups are encouraged to talk through their problems. This can happen during a business meeting or a special session. The goal is to hear all sides of an issue and find a solution that the majority can agree on.



Conference

If a local group can't resolve an issue, it can be brought to a higher level, such as the district or area committee. This is where the concept of the General Service Conference comes into play. The Conference is a gathering of delegates from all over the world. It is the spiritual and practical heart of AA's service structure.

Appeal

If a service entity makes a decision that a group or individual disagrees with, they have the right to appeal that decision to the Conference or another appropriate board. This ensures that no single person or group has absolute authority.

Empowering Service Positions

Concept 10 also emphasizes that every service responsibility should have enough authority to carry it out. This means that a person serving as a treasurer should have the authority to manage the group's funds. A person serving as a GSR (General Service Representative) should have the authority to represent their group at the district level. This is crucial because it prevents service positions from being powerless and ineffective. Without this authority, people would be reluctant to serve, and the entire service structure would collapse.

Why This Concept is so Important

Concept 10 is more than just a rule for handling disagreements. It is a reflection of AA's core principles: humility, unity, and a higher power. By encouraging discussion and appeal, AA avoids the trap of authoritarianism. It allows the collective conscience of the group to guide decisions, rather than the will of a few powerful individuals. This approach helps AA remain true to its spiritual mission: to help alcoholics recover from alcoholism.

In a world full of conflict and division, AA's approach to resolving disputes is a testament to the power of shared purpose and mutual respect. It's a reminder that even when we disagree, we can find a way to work together. And that, in the end, is what makes AA's message of hope so powerful.



**SEPTEMBER 2025
GROUP CONTRIBUTIONS**

	TOTAL		
	SEP 2025	SEP 2024 (PY)	JAN - SEP, 2025 (YTD)
Any Length Group	0.00	0.00	190.00
Bluff City Group	0.00	0.00	228.05
Came to Believe Group	0.00	0.00	300.00
Central Gardens Group	0.00	100.00	400.00
Cherokee Group	0.00	50.00	100.00
Collierville Group	0.00	0.00	1,906.42
Downtown Nooners N/S	0.00	0.00	100.00
Downtown Thursday Night Group	0.00	0.00	603.11
Earlybird	0.00	1,200.00	1,380.00
Friends of Bill W	450.00	0.00	650.00
Germantown Happy	0.00	3,300.00	2,975.00
Germantown Noon	225.00	65.00	1,380.05
Grace in the Grove	209.40	0.00	403.87
Horn Lake	0.00	0.00	5.00
ICU-	0.00	0.00	450.00
Men of Recovery	0.00	0.00	3.35
Morning Glories	50.83	0.00	50.83
New Start	25.00	28.74	200.00
Oakland Always Open	0.00	0.00	250.00
Out-of-Towners Fellowship Group	0.00	0.00	135.00
Pleasant Hill	0.00	0.00	879.04
Pride and Principles	0.00	0.00	258.00
Queer Bees and Wanna Bes	0.00	0.00	281.00
Rule-62	0.00	0.00	100.00
S.O.S.	0.00	0.00	100.00
Second Chance	0.00	100.00	300.00
Serenity	0.00	0.00	547.32
Seriously Sober	0.00	11.77	1,293.11
Shady Ladies	400.00	300.00	2,100.00
Sober Journey	0.00	200.00	563.00
Solutions Group	0.00	0.00	840.00
South Memphis	20.00	0.00	191.35
The Nooner	263.75	0.00	1,949.34
The Wynne Group	0.00	0.00	5.74
Traditions	50.00	50.00	400.00
Triangle Group - Somerville	220.00	0.00	220.00
Two Doors Down	300.00	300.00	4,400.00
Unity Group	266.43	42.04	981.95
WAAGL	75.00	100.00	525.00
West Memphis Group	0.00	80.00	150.62
Whitehaven Morning Sunrisers-	0.00	0.00	50.00
Winchester	193.00	130.84	387.06
TOTAL	\$2,748.41	\$6,058.39	\$28,233.21

HEARD IN A MEETING

"Every sober moment is a victory."

"Hope is the only thing stronger than fear."

"We're here to clean up the wreckage of our past, not to regret it."

"The road to sobriety is a simple journey for confused people with a complicated disease."

"Your best thinking got you here."

"Take the cotton out of your ears and put it in your mouth."

"This too shall pass."

"We're all in the same boat, but we all have to row our own oar."

"Pain is inevitable, but suffering is optional."

"Progress, not perfection."

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"The Tippler" is a free monthly publication, and will be emailed to anyone interested. However, if you'd like to receive a copy via USPS, a contribution of \$5 monthly, or \$60 annually, helps defray the costs involved. Fill out the form below and, along with your contribution, mail to the above address. We thank you!

Name _____

Email _____

Address _____

City _____ State _____

Zip Code _____