

MAIA

TIPPLER

DEC 2025

Step 12 Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Tradition 12 Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Concept 12 The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

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Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

-AA Big Book, page 89

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

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

DECEMBER 2025

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

DISTRICT & COMMITTEE MEETINGS

December 1 @ 6:45 pm - 7:45 pm
Memphis Treatment Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

December 1 @ 8:00 pm - 9:00 pm
District 21 Committee Meeting
Crosstown Concourse
1350 Concourse Ave #1072
Memphis, TN 38104

December 2 @ 6:45 pm - 7:45 pm
Memphis Area Correctional Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

December 6 @ 9:00 am - 10:30 am
District 24-Hybrid ID#96700041
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016

December 6 @ 12:00 pm - 1:00 pm
District 22
Olympia Steak House
85 Wilkinsville Rd.
Millington, TN 38053

December 9 @ 6:00 pm - 7:00 pm
Memphis Area Grapevine Committee
White Station Church of Christ
1106 Colonial Rd

December 10 @ 6:00 pm - 7:00 pm
District 25
Germantown United Methodist Church
2324 Germantown Road
Germantown, TN 38138

December 13 @ 11:00 am - 1:00 pm
MAIA Annual Open House
3540 Summer Ave
ste 104
Memphis, TN 38122

December 14 @ 11:00 am - 12:00 pm
District 23
Zoom password 847990

December 15 @ 6:45 pm - 7:45 pm
CPC/PI Committee
Shady Grove Presbyterian
5530 Shady Grove Road
Memphis, TN 38104

December 19 @ 6:45 pm - 7:45 pm
Accessibility Committee
2865 Walnut Grove
Memphis, TN 38111

December 28 @ 3:45 pm - 5:00 pm
Memphis Area Archives Committee
Shady Grove Presbyterian Church
5530 Shady Grove Road



MAIA

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

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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 December 14, 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.

Came to Believe
Colin R. 61 yrs

Central Gardens
Carol B. 45 yrs
Marion M. 17 yrs
Kim K. 13 yrs

Downtown Nooners
Robert I. 14 yrs

Downtown Thursday Night
Ralph M. 39 yrs

Hollywood
John P. 9 yrs

How it Works
Alan H. 30 yrs

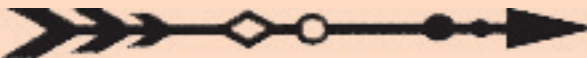
Unity
Kris G. 33 yrs
Roy J. 33 yrs
Beverly B. 22 yrs
Linda Z. 14 yrs
Megan F. 13 yrs
Rachel R. 12 yrs
Sherry SP. 8 yrs
Dara M. 4 yrs
Natalie W. 3 yrs
Veronica F. 2 yrs

Winchester
Cecilia C. 15yrs

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.



The Longest Night, The Brightest Step

December carries a certain weight. The days are short, the air is cold, and the world feels dimmer than it did a few months ago. Many cultures call this time of year “the long night,” and that is how early sobriety can feel for a lot of us. We enter AA because the light we tried to create for ourselves no longer worked. Our plans, our schemes, our best thinking; they failed. So we walk into a room full of strangers, shivering in a kind of spiritual winter, and we hope for warmth.

Step Twelve is the step that reminds us we weren't saved just to be comfortable. It asks us to turn outward, to give away what was given to us. For many of us, the first time we saw real light in AA was when someone helped us for no reason except that someone once helped them. This step is where that chain continues. Nothing in our own power could keep us sober, but carrying the message somehow does. It keeps the light moving. It keeps it from going out.

The Big Book says that nothing ensures immunity from drinking like working with another alcoholic. This is the paradox of our program: the darkest season of our lives is interrupted by a spark passed hand-to-hand. We pass it when we make coffee, when we pick up the phone, when we sit with a newcomer after a meeting. We pass it when we share our story honestly. Sometimes we pass it without even knowing we're doing it.

The long nights of December are a reminder that light matters most when it is scarce. Step Twelve tells us the same thing. The more we give it away, the more we seem to have. And so we keep showing up, even when it's cold outside, even when life is busy, even when the old loneliness tries to creep back in. We keep walking into rooms where the light is shared, where it always seems a little brighter than whatever we carried in with us.

This month, may we stay willing to carry the message: quietly, steadily, the way people carry candles through a dark winter. Because this step is not about heroics. It's about presence. It's about remembering that the light we were given is not ours to hoard. And it's about trusting that, in doing so, the darkness does not get the last word.

Christmas, 1941:

A Fellowship Measured in Letters

In December of 1941, AA was barely six years old. There were no treatment centers, no chips, no conventions, and only a handful of groups scattered across the country. Most members had never met anyone outside their local meeting. The Big Book had been out for just two years, and the few hundred men and women who had read it were clinging to one another in the middle of an uncertain world.

That Christmas arrived only weeks after the attack on Pearl Harbor. The country was frightened, scattered, and bracing for war. Many early members were being drafted or volunteering for service. Some wrote to the New York office asking how they could stay sober if they were sent overseas. Others simply asked for connection. The central office was one room, a desk, and a growing pile of letters from people who had no meetings nearby and were relying on the mail for their sobriety.

Bill Wilson spent much of that December responding to those letters one by one. He believed that a personal reply mattered, especially to someone who had never met another sober alcoholic. A man in Wyoming wrote that he was the only member within hundreds of miles. A woman in Ohio said her group had folded and she didn't know if she should keep meeting by herself. A soldier-to-be asked if it was possible to carry the message in the Army without breaking anonymity. Bill answered all of them, often late at night, promising that as long as one alcoholic reached out, AA would reach back.

Groups that had no money for cards or stamps pooled coins to send letters to newcomers in other states. The Akron group mailed out mimeographed copies of early talks. The small Cleveland groups shipped out extra Big Books to anyone who wrote in. In Los Angeles, the entire membership could still fit in a single living room, so they signed a handwritten holiday greeting to “our brothers and sisters East of the Rockies.”

There were no holiday alkathons then, no marathon meetings, no speaker tapes. What held the fellowship together that winter were envelopes: thin paper carrying long-distance hope. And for many people, getting a letter from AA at Christmas was enough to keep them alive and sober for another day.

The world is larger now, and AA is everywhere, but that small December still lives underneath the surface of the fellowship. A reminder that this whole thing once survived on a handful of people writing back to anyone who reached out. A reminder that carrying the message doesn't always look dramatic. Sometimes it looks like a quiet reply sent to someone who needs it. Sometimes it is just one alcoholic telling another: You are not alone, even now.

Anonymity in a Loud Season

December is a month when everything seems to get louder at once. Stores start playing holiday music before we're ready for it. Crowds get bigger. Traffic gets worse. Family gatherings grow more complicated. Social media fills with carefully posed photos and big announcements. Money is spent, expectations rise, and the world hums with pressure: buy more, say more, show more, be more. It is a season of public display, and everyone seems to be broadcasting something. In the middle of all that noise, Tradition Twelve asks us to slow down, lower our voice, and place principles before personalities. It invites us to practice humility at a time when humility is in short supply.

Most of us did not come to AA with humility. We came in exhausted, frightened, confused, and worn down by our own attempts to control life. Some of us spent years trying to build a personality big enough, charming enough, smart enough, or tough enough to hide the pain inside us. Others tried the opposite approach: staying invisible so no one could see how bad we had gotten. Either way, alcoholism pushed us toward extremes. Tradition Twelve points us back to the center. It tells us that our spiritual foundation is not built on how we appear, but on how we behave.

Anonymity is one of the most misunderstood concepts in AA. Outside the rooms, people often think it means secrecy or shame. Inside the rooms, we know better. Anonymity is not about hiding. It is about protecting. It protects the newcomer who is terrified of being "found out." It protects the longtime member who is trying to live quietly. It protects the unity of the group by keeping egos out of the driver's seat. Most of all, it protects the spiritual heart of AA by reminding us that none of us is the star of the show.

The holidays make that reminder especially important. December tends to stir up old patterns. Some of us want to impress. Some want to withdraw. Some want to please everyone. Some want to run. Tradition Twelve helps us navigate these pressured days by giving us a different lens. Instead of asking, "How do I look?" it asks, "How can I be useful?" Instead of "How am I being perceived?" it asks, "Am I keeping the focus where it belongs?" When we remember that the program does not revolve around our personality, we become free to show up for life without the old strain of performance.

In very practical terms, anonymity shapes how we behave in meetings this month. It reminds us not to dominate the conversation, even if we have strong opinions. It helps us listen to the newcomer who shares for the first time, even if they ramble or shake or cry. It teaches us to avoid gossip, especially during the holiday gatherings where people's nerves are thin. It reminds us to be careful with names and stories; not out of fear, but out of respect. December can be an emotional month, and anonymity gives each of us the dignity of privacy.

But anonymity also guides how we carry ourselves outside the rooms. We keep our own recovery grounded by resisting the urge to announce how spiritual we are, how busy we are, or how much service we do. We practice humility in simple ways: pausing before reacting, making amends quietly, offering a ride to a meeting, showing up when we say we will. Tradition Twelve tells us that the strength of AA has never come from personalities or performances. It comes from steady, consistent actions done without the need for attention.

For many of us, anonymity becomes a kind of shelter during this season. When we place principles before personalities, we can move through December without getting swept up in the emotional storms around us. We don't have to react to everything. We don't have to fix everyone. We don't have to match the noise. Instead, we can practice presence. We can be steady. We can be of service in quiet ways. We can walk out of a chaotic gathering and into a meeting where people speak honestly and simply, without spotlight or showmanship.

Tradition Twelve is the tradition that holds us together when life around us becomes loud. It keeps the focus on the message instead of the messenger. It gently reminds us that humility is not weakness; it is alignment. It places us in a position where we can be useful. In a season full of display, it gives us the freedom to be real.

And maybe that is the gift of Tradition Twelve in December: it allows us to take off the mask we wore for so many years. It tells us that the work we do in the dark—helping another alcoholic, telling the truth, staying sober one more day—matters more than anything we could ever show on the outside. It invites us to walk through the loudest month of the year with a quiet heart, remembering that anonymity is not about hiding from the world. It is about letting the light shine on the principles that saved our lives.

When the Meeting Is the Gift

The holidays can make life feel crowded. There are family plans, work pressures, money worries, old emotions that rise up out of nowhere, and the usual noise that December brings. For many of us, this time of year used to mean drinking more, not less. We tried to manage the stress by numbing it. We tried to make it through parties, dinners, and expectations with a drink in our hand. Some of us couldn't make it through the month at all.

Sobriety changes the season, but it doesn't remove the pressure. Many people in recovery will tell you that the holidays still stir things up. Old memories come back. Old fears show up. Even joy can feel overwhelming. This is where the simple structure of a meeting becomes a gift. When everything else is moving fast, the meeting moves at one speed: steady. You sit down. You breathe. You listen. The room becomes a small island of sanity in a month that often feels disorganized.

The beauty of a meeting is that it doesn't require anything from us except honesty and willingness. We don't have to perform. We don't have to pretend that everything is fine. We don't have to match the energy around us. We don't have to hide that we are tired or stretched thin. We just have to show up. And sometimes showing up, especially in December, feels like the strongest decision we make all day.

There are people in AA who can tell you exactly which meeting kept them sober through their first holiday season. Maybe it was a quiet noon meeting on Christmas Eve. Maybe it was a speaker meeting on a cold night when they didn't want to leave the house. Maybe it was a small group in a church basement where the coffee tasted burnt but the chairperson said something that stuck with them for years. The details change, but the story is the same: when life was heavy, the meeting made things lighter.

In a month built around gifts, the meeting offers one we don't always notice: presence. It gives us an hour where the noise drops and the truth rises. An hour where it does not matter whether we're having a good day or a hard one. An hour where we hear something we needed without knowing we needed it. And an hour where we might say something that helps someone else without even realizing it.

There is no pressure to be festive in the rooms. No pressure to fix everything. No pressure to smile. The meeting asks only that we bring our real selves, however we are that day. For many of us, that simple permission is the reason we stay sober through a season that once overwhelmed us.

This December, some of us will experience joy. Some of us will experience loneliness. Some of us will struggle. Some will feel grateful. Some will feel tired. The meeting welcomes all of it. It remains steady when the holidays get chaotic. And for many of us, that steadiness is enough to get us through.

The world may offer gifts wrapped in paper and noise. But the meeting gives us something different: a place to breathe, a place to listen, a place to tell the truth, and a place to remember we are not alone. In the end, that's often the gift we needed most.

Holiday Tips for Staying Sober and Serene

The holiday season can be joyful, but it can also bring challenges for those in recovery. Here are some practical tips to help you stay grounded, grateful, and, most importantly, sober through December and into the New Year:

Bookend with Meetings

Kick off each holiday event by going to a meeting beforehand, and then attend another afterward if possible. Surrounding yourself with your AA family can remind you of your commitment to sobriety and help you stay steady through any temptations.

Have an Exit Plan

Family gatherings and holiday parties can get stressful. Drive yourself if you can or set up a signal with a sober buddy if you need to leave early. Protecting your sobriety always comes first.

Keep Your Own Drinks Handy

Bring a favorite non-alcoholic beverage with you, like sparkling water or a festive mocktail. Having a drink in hand can help you feel less "on the spot" and gives you control over what you're consuming.

Practice Saying "No"

Rehearse how you'll respond if someone offers you a drink. A simple "No, thank you" is often all you need, but practicing your response can help ease any anxiety about saying it.

Use Your Phone a Friend Option

Stay connected to your sponsor or a sober friend who can offer quick support. You're not alone, and a quick call or text can make a big difference when cravings or stress hit.

With a plan, a little support, and a lot of self-compassion, you can stay sober through the holidays and celebrate another day of recovery. Here's to a peaceful, joy-filled season!

Staying Sober Through the Holidays

My first sober December felt like stepping into a room where everyone else knew the script except me. People around me were excited; planning parties, cooking, decorating, talking about family traditions like they were picking them out of a catalog. I felt out of place. I didn't know how to be a sober person in a season that had always been tied to drinking. Every invitation made my stomach tighten. Every moment of quiet made my thoughts race. I kept thinking, Is this normal? Is sobriety supposed to feel this hard?

The old habits didn't disappear just because I had stopped drinking. My reflexes were still wired for escape. Stress meant "get a drink." Awkwardness meant "get a drink." Celebration meant "get a drink." Even boredom meant "get a drink." And December is full of all those things at once. I walked into the month feeling like I had to relearn the basics of living.

The first big test was a work gathering. It wasn't even a party, just a casual thing after hours, but the moment I walked in, someone handed me a drink without thinking twice. It was automatic for them. It was dangerous for me. I didn't drink it, but I held that glass long enough for the old impulse to come alive. I put it down, told someone I forgot something in my car, and walked straight out of the building. I stood in the cold, staring at my breath in the air, and felt this strange mix of fear and relief. I called someone from my home group and said, "I think I'm messing this up." They said, "No, you did the exact right thing. You left. Now go home and go to a meeting tomorrow." That phone call kept me sober that night.

Family gatherings were another challenge. There's always one person who pushes your buttons and another who brings up old history at the worst possible time. That year, everything felt sharper. I didn't have my usual way to soften the edges. I remember excusing myself and stepping into the bathroom more times than I want to admit. I said the Third Step prayer quietly, sometimes twice. When I came back out, the room hadn't changed at all. Same conversations, same tensions; but I had changed just enough to make it to dessert without losing my sobriety.

And then there were the quiet moments. Those might have been the hardest of all. Nights when everyone else seemed busy with family or fun, and I was sitting alone feeling restless. I kept thinking, This is when I used to drink. This is when I needed to drink. Now I didn't know what to do with myself. I would pace around my apartment, open and close the fridge for no reason, and finally force myself to pick up the phone and tell someone the truth: "I don't trust my own brain right now." People always answered. They always said, "You're doing the right thing. Keep going." I didn't know it then, but those calls were saving my life.

There was one night, Christmas Eve, when I almost stayed home. I felt tired and worn down from trying to "act normal" around family. The cold outside felt like a good excuse. But I went anyway. It was a small meeting, just a few people, the kind where the chairs echo on the floor. And that night, someone shared something simple: "You don't have to have a great holiday. You just have to have a sober one." I didn't know how badly I needed someone to say that out loud. It took the pressure off. It let me breathe. It made the whole month feel survivable.

Slowly, I learned things that helped. I drove myself everywhere so I could leave if I needed to. I kept soda or coffee in my hand so no one tried to hand me anything else. I went to more meetings than usual. I said no to things I didn't have to attend. I stopped explaining myself to people who had no idea what sobriety required. And I kept my phone close, because in December, willingness is sometimes nothing more than answering the phone or dialing a number before the old idea starts to grow.

When the month finally ended, I had something I had never had before: a sober holiday season. And that changed everything. The next year, I wasn't as scared. I had proof I could do it. I had experience I could pass on. I had small tools that had grown into habits. Most of all, I had a sense that I didn't have to go through December alone ever again.

Today, when I talk to newcomers who are dreading the holidays, I don't tell them to be cheerful or grateful or strong. I tell them the truth: the holidays don't have to be magical. They don't have to feel good. They don't even have to be enjoyable. They just have to be sober. If you stay sober, if you reach out, go to meetings, tell the truth, and take it one small step at a time, you're doing it right.

Because in this program, we don't measure December by how it looks.

We measure it by what we didn't drink. And that is enough.

-Sam P.

**GROUP CONTRIBUTIONS
NOVEMBER 2025**

	NOV 2025	NOV 2024 (PY)	JAN - NOV, 2025 (YTD)
Any Length Group	0.76	0.00	190.76
Bluff City Group	0.00	0.00	228.05
Came to Believe Group	0.00	0.00	300.00
Central Gardens Group	0.00	50.00	550.00
Cherokee Group	0.00	0.00	100.00
Collierville Group	0.00	0.00	2,453.20
Downtown Nooners N/S	0.00	0.00	100.00
Downtown Thursday Night Group	0.00	380.00	666.66
Earlybird	0.00	0.00	1,869.00
Everyday People	10.00	0.00	10.00
Friends of Bill W	0.00	0.00	650.00
Germantown Happy	0.00	0.00	2,975.00
Germantown Noon	0.00	0.00	1,380.05
Grace in the Grove	0.00	0.00	403.87
Horn Lake	0.00	0.00	5.00
ICU-	0.00	0.00	450.00
Lakeland	0.00	0.00	183.38
Men of Recovery	0.00	0.00	4.94
Millington	0.00	0.00	50.00
Morning Glories	0.00	0.00	50.83
New Start	0.00	0.00	225.00
Oakland Always Open	0.00	40.00	250.00
Out-of-Towners Fellowship Group	0.00	0.00	135.00
Pleasant Hill	0.00	325.51	1,244.14
Pride and Principles	0.00	0.00	258.00
Primary Purpose	0.00	0.00	50.00
Queer Bees and Wanna Bes	214.00	0.00	495.00
Rule-62	0.00	0.00	300.00
S.O.S.	0.00	0.00	100.00
Second Chance	0.00	50.00	300.00
Serenity	0.00	400.00	847.32
Seriously Sober	0.00	11.22	1,293.11
Shady Ladies	300.00	1.00	2,400.00
Sober Journey	227.56	0.00	790.56
Solutions Group	0.00	0.00	840.00
South Memphis	0.00	0.00	191.35
The Nooner	0.00	189.50	2,457.59
The Wynne Group	0.00	0.00	5.74
Traditions	50.00	100.00	500.00
Triangle Group - Somerville	0.00	0.00	220.00
Two Doors Down	300.00	0.00	5,000.00
Unity Group	0.00	0.00	981.95

**GROUP CONTRIBUTIONS
NOVEMBER 2025**

WAAGL	75.00	50.00	675.00
West Memphis Group	0.00	40.00	150.62
Whitehaven Morning Sunrisers-	150.00	0.00	200.00
Winchester	0.00	0.00	387.06
TOTAL	\$1,327.32	\$1,637.23	\$32,918.18



“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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