

MAIA

TIPPLER

JANUARY 26

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.

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Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

-AA Big Book, page 30

Memphis Area Intergroup Association
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Memphis, TN 38122

901 454-1414 office
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memphis-aa.org

JANUARY 2026

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

DISTRICT & COMMITTEE MEETINGS

January 3 @ 9:00 am - 10:30 am
District 24-Hybrid ID#86700041
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016

January 3 @ 12:00 pm - 1:00 pm
District 22
Olympia Steak House
85 Wilkinsville Rd.
Millington, TN 38053

January 5 @ 7:00 pm - 7:30 pm
Memphis Treatment Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

January 5 @ 8:00 pm - 9:00 pm
District 21 Committee Meeting
Crosstown Concourse
1350 Concourse Ave #1072
Memphis, TN 38104

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

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

January 12 @ 6:45 pm - 7:45 pm
CPC/PI Committee
Shady Grove Presbyterian
Church
5530 Shady Grove Road
Memphis, TN 38120

January 13 @ 6:00 pm - 7:00 pm
Memphis Area
Grapevine Committee
White Station Church of Christ
1106 Colonial Rd

January 14 @ 6:00 pm - 7:00 pm
District 25
Germantown United Methodist Church
2324 Germantown Road
Germantown, TN 38138

January 16 @ 6:45 pm - 7:45 pm
Accessibility Committee
2865 Walnut Grove
Memphis, TN 38111

January 25 @ 3:45 pm - 5:00 pm
Memphis Area Archives Committee
Shady Grove Presbyterian
5530 Shady Grove Road
Memphis, TN 38120



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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 January 11, 2026 at Leawood Baptist Church, 3638 Macon Road, Memphis, TN 38122, or join online Platform. ID#835 975 026 08. Please call or email the office for the passcode.

Central Garden

Anne Mc 49 yrs
Karen Mc 39 yrs
Ricky F. 15 yrs
Elaine B. 2 yrs

Downtown Thursday Night

Katie B. 11 yrs
Brendan H. 9 yrs
Sheryl M. 8 yrs
Mike D. 7 yrs
John S. 6 yrs

Germantown Noon

Elizabeth 31 yrs
Pam R. 24 yrs
Bill R. 18 yrs
Dennis B. 18 yrs
Ginger L. 10 yrs
Don K. 10 yrs
Chappell P. 10 yrs
Adrian M. 8 yrs

Shipwreck

Stephanie S. 30 yrs

Unity

Anna B. 17 yrs
Ann P. 16 yrs
Pam B. 17 yrs
Susan B. 12 yrs
Sarah P. 12 yrs
Kristin N. 8 yrs

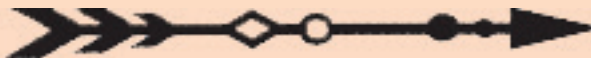
Winchester

Ray D. 56 yrs
Colleen F. 36 yrs
Becky Y. 21 yrs
Kelley N. 3 yrs
Dave S. 6 yrs

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.



A New Year, Not a New Me

Why Sobriety Isn't a Resolution

Every January, the world seems to hold its breath and try again. People buy planners, declutter closets, sign up for gym memberships, and make long lists of promises about who they plan to become. There's an energy to it, almost a cultural ritual, this collective desire to wipe the slate clean.

But sobriety doesn't move on a calendar. It doesn't wait for January 1st, and it doesn't reset with the rest of the world. Sobriety unfolds on ordinary days, one decision at a time, usually without any fireworks or fanfare. Most of us didn't get sober because the calendar flipped. We got sober because something in us finally broke open. And that moment can happen in April or September or on a random Tuesday morning when the dog won't stop barking and life feels unmanageable in a way that can't be denied.

For people in recovery, the pressure of the New Year can feel strangely heavy. Resolutions tend to promise transformation through willpower: through discipline, grit, and determination. Many of us tried those methods for years, long before we ever walked into a meeting. We tried sheer force. We tried bargaining. We tried reinventing ourselves every Monday or every first of the month, only to end up in the same place: exhausted, ashamed, and baffled by our own minds.

Sobriety is a different kind of path. It isn't about willpower; it's about willingness. It's about surrendering the idea that we can manage our drinking, or our lives, on our own. It's about learning to show up as we truly are, rather than chasing some perfected version of ourselves that never quite materializes.

January can stir up old patterns of perfectionism: the urge to overhaul everything at once, to set impossible goals, to make promises that quietly tighten into expectations. Even in sobriety, those impulses can sneak back in. The mind whispers that this will be the year we finally get our program "right," that we will glide through the Steps without resistance, that we will meditate flawlessly, never lose our temper, and maintain a serene glow at all times. But AA isn't a self-improvement program. It's a spiritual program. And spirituality, at least the kind we practice here, is rooted in honesty and humility, not polish.

The truth is, real growth in recovery rarely looks like a dramatic reinvention. It looks like the small, steady movements we make day after day. It looks like calling a sponsor instead of isolating. It looks like showing up to a meeting even when we don't want to. It looks like sitting with discomfort rather than trying to escape it. It looks like doing the next right thing, even when the next right thing feels embarrassingly simple.

AA offers something much gentler than a New Year's resolution. It offers a daily reprieve. It offers a spiritual toolkit that works in July just as well as it works in January. It offers a way of living that doesn't depend on momentum or motivation or the fantasy of becoming a new person. Instead, it teaches us how to become ourselves: slowly, imperfectly, and honestly.

As we move into a new year, it can be helpful to release the idea that we're supposed to transform ourselves just because the world tells us to. We don't need to be new. We don't need to reinvent. We simply need to continue. If anything, the most powerful intention we can set is to remain willing: to stay present, to stay honest, and to keep showing up.

Ultimately, sobriety gives us something resolutions rarely do: a quiet, stable place to stand. The gift isn't in becoming a new version of ourselves; the gift is in discovering the person who was there all along, waiting beneath all the chaos.

One day at a time, we keep uncovering that person. And that is more than enough for a new year.

A Note for the New Year

January can make us feel like we're supposed to leap into our lives with perfect clarity and boundless motivation. But recovery gives us permission to start small. If the year feels big, narrow it down. Try focusing on the next 24 hours, or the next hour.

A quiet morning, a single meeting, a moment of willingness, that's enough to set the tone for a whole year of sobriety. We don't have to transform; we just have to begin again, gently, today.

It's easy to look around in 2026, with our phones buzzing, meetings happening on Zoom, groups texting each other about business meetings, and society changing faster than most of us can absorb, and wonder how a set of spiritual principles finalized nearly eighty years ago could still hold up.

And yet, every time a group anywhere in the world hits a snag, a conflict, or a growing pain, it's the Traditions that end up saving the day. Not because they're old, but because they're true.

For something written in the 1940s, the Traditions feel strangely modern. They were built for people who struggle with ego, impatience, control, fear, and personality clashes, which means they were built for people like us. Human behavior hasn't evolved nearly as fast as technology has, and the same instincts that caused tension in early AA still show up in meetings today.

At first glance, the Traditions can seem abstract or restrictive. They ask us to avoid endorsing outside causes. They ask us not to get into public arguments. They ask us to keep money simple and leadership temporary. They ask us to place principles before personalities. None of that is glamorous. None of it fits neatly into the self-help culture of 2026. But the longer we stay sober, the more we see that these principles aren't rules; they're safeguards. They protect us from ourselves.

In our own area, you can see them at work everywhere. A meeting that grew too large recently wondered whether to split into two rooms. Another group wasn't sure how to navigate disruptive behavior without turning into a policing committee. A Zoom meeting struggled with how to welcome newcomers while also maintaining safety. A long-standing group debated a format change that stirred up strong feelings on both sides.

In each case, the solution didn't come from the loudest voice in the room. It didn't come from charisma or clever arguments. It came from stepping back and asking a simple question: What do the Traditions suggest for us as a whole? Once the group returned to that, unity came back. Fear quieted down. The temperature lowered. People remembered why they were there.

That's the real power of the Traditions: they point us back to purpose.

They prevent AA from becoming a club with officers and hierarchies. They remind us that leadership is service, not authority. They protect the fellowship from turning into a brand, a movement, or a personality-driven enterprise. In a time when everything seems to rely on image, marketing, and public identity, AA thrives precisely because it refuses to play that game.

The Traditions also keep the door open wider than almost any organization in the world. No requirements. No pledges. No applications. No qualifying stories. Just a desire to stop drinking. That simplicity has held AA together through wars, cultural revolutions, pandemics, political upheavals, and every generation's new set of values and attitudes. And it still works in 2026 because the essence of alcoholism hasn't changed. People still come in lost, desperate, ashamed, and scared. And they still find hope

because the Fellowship has stayed focused on its primary purpose.

One of the most surprising things about the Traditions is how well they adapt without being changed. They don't need to be rewritten for livestream meetings or electronic baskets or hybrid groups. The principles are

broad enough, and spiritual enough, to guide us no matter what form our meetings take. Humility, unity, anonymity, cooperation, and service work just as well in a church basement as they do on a laptop screen.

Maybe that's why the Traditions are still so essential in 2026. They remind us that AA works not because we're perfect or organized or modern, but because we're willing to be guided by something steadier and more spiritual than our own instincts. They help us focus on what matters: carrying the message to the alcoholic who still suffers. The world outside AA will keep speeding up. Technology will keep reshaping how we connect. Society will keep wrestling with division and noise. But AA continues to hold steady; not because we cling to the past, but because the Traditions give us a foundation that doesn't need updating. They still do exactly what they were designed to do: keep us united, keep us useful, and keep the door open for anyone who needs help.

In 2026, just as in 1946, the Traditions work because we need them. They always have. And they always will.

Why the Twelve Traditions Still Work in 2026

Self-will Run Riot

By: Janice F. | Pine Bluff, Arkansas

My husband and I had been separated a few months when we decided to give it one more try after many previous attempts. Both of us being active alcoholics, our marriage was a rocky road from the beginning. This last time I had moved out of state. I was thirty-nine years old at the time. As we packed up my things and headed back home, we started to drink nonstop. But when we crossed the state line, I threw my opened can of beer into the back of our truck and stated, “I quit drinking.”

It was pure hell for me for some time. The withdrawals and the cravings were agonizing. I knew the Serenity Prayer and must have prayed it a hundred times a day. Occasionally I would go to an AA meeting, but eventually I didn't go at all because I began doing so well on my own self-will. Why bother? I thought the meetings were great for those who needed the help, but I didn't need it. I was holding down a good job, longer than any job I'd ever had in my life. My three daughters—then sixteen, eighteen, and twenty-one—were proud of their mother for a change. I was on cloud nine.

However, my husband was constantly telling me I couldn't be an alcoholic or I couldn't have stayed sober so long. He accused me over and over of just not wanting to have fun with him anymore. I was determined to show my husband a good time and get drunk with him—even though after years of constant drinking, blackouts, waking up in strange places, even losing my children to foster care at one time, I knew I was an alcoholic. So on April 30, 1989, after being dry for eighteen months, I drove to the liquor store.

I can hardly remember anything we did that night. I remember us dancing together and I remember us fighting. My next recollection was of being questioned by police officers at the jail. I was told my husband had been shot and I was under arrest for first-degree murder. I couldn't believe this was happening, but I saw blood on my jeans and there were bruises on my body.

I had been out on bond less than a week when I got a visit

from a lady I'd never met. She asked me if I'd like her to act as my temporary sponsor. Then another recovering alcoholic asked if I wanted to attend an AA meeting with her. I really thought all of this was senseless. What good could any of it do now? But I went. The stranger who was my temporary sponsor is no longer a stranger and she is still my sponsor. I began working the Steps and I will never forget Step Three and the spiritual experience I had as I turned my will and life over to the care of God as I understand him.

My trial came up in August 1989, and the jury found me guilty of manslaughter and sentenced me to seven years in the women's state prison in Arkansas. I am still incarcerated.

I have continued to work my program, to read the Big Book, and pray and meditate daily. I'm active in the AA meetings we have here. I no longer rely on my own self-will. My self-will ended in a tragedy that affected many lives. I rely on my Higher Power whom I choose to call God. I still say the Serenity Prayer daily but when I say it now I do it with earnestness and understanding. There is a power greater than ourselves.

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Concept 1: The Ultimate Authority

Concept One reminds us that final responsibility and ultimate authority in AA world services belongs to a loving God as He may express Himself in our group conscience.

In practice, this means that decisions aren't about power, personalities, or politics; they're about the well-being of the Fellowship as a whole. When we let principles guide us rather than ego, meetings run smoother, groups stay united, and AA's message reaches those who still suffer.

Even in 2025, this idea works: we may vote online, meet virtually, or juggle busy lives, but the guiding principle remains the same. Trust the process. Listen. Serve. And let the group conscience, guided by something greater than ourselves, lead the way.

The Story Behind the Responsibility Statement

Most AA members know the Responsibility Statement by heart:

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."

It's read at conventions, anniversaries, and some meetings, and it has become part of the fabric of the Fellowship. But it's actually a relatively recent addition. The statement was introduced at the 1965 AA International Convention in Toronto, during the 30th anniversary celebration. The theme of the convention was Responsibility, and the statement was crafted to capture the idea that every sober member shares a role in carrying the message to alcoholics who still suffer.

The wording resonated immediately. It was simple, direct, and memorable, emphasizing that AA's survival depends on members being willing to reach out and help. It wasn't intended as a rule, but as a reminder: sobriety continues when each of us takes responsibility for others in the Fellowship.

Though not in the Big Book or part of the official Steps or Traditions, the statement embodies the spirit of service at the heart of AA. It reminds us that Twelfth Step work is practical, not theoretical. We keep what we have by giving it away, one act of help at a time.

Even today, the Responsibility Statement remains relevant: someone, somewhere, still needs help. Showing up, being available, and offering support, those simple acts are what keep AA strong, now as much as they did in 1965.

Tools for January Blues

January can feel long, cold, and quiet. Even in sobriety, the post-holiday lull can bring restlessness, irritability, and a sense of gloom. AA offers simple tools to help navigate these "blues" without reaching for the drink.

- 1. Get to a meeting.** A meeting, live or virtual, reminds you that you're not alone. Hearing other people's struggles and victories can lift the weight of isolation.
- 2. Call a sponsor or a sober friend.** Even a short conversation can redirect your mood and provide perspective. Sometimes just saying out loud, "I'm struggling today," is enough.
- 3. Keep moving.** Exercise, even a brisk walk around the block, releases tension and helps your mind reset. Winter can feel stagnant, but movement brings energy.
- 4. Focus on service.** Helping another member, whether picking up a newcomer or offering support, shifts the focus outward and reminds us of our purpose.
- 5. Practice a short daily reflection.** Read a Step, Tradition, or a Big Book passage each morning. Even five minutes of mindful reflection can stabilize mood and set a calmer tone for the day.

January is often more challenging than it seems, but it's also a perfect reminder that sobriety isn't about waiting for life to be easy. It's about using the tools we have to meet life as it is, one day at a time.

**GROUP CONTRIBUTIONS
DECEMBER 2025**

	DEC 2025	DEC 2024 (PY)	JAN - DEC 2025 (YTD)
Any Length Group	0.00	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	100.00	100.00	650.00
Cherokee Group	0.00	0.00	100.00
Collierville Group	0.00	0.00	2,453.20
Downtown Nooners N/S	150.00	300.00	250.00
Downtown Thursday Night Group	0.00	0.00	666.66
Earlybird	868.80	0.00	2,737.80
Everyday People	0.00	0.00	10.00
Friends of Bill W	0.00	0.00	650.00
Germantown Happy	0.98	0.00	2,975.98
Germantown Noon	0.00	0.00	1,380.05
Grace in the Grove	0.00	0.00	403.87
Holly Springs Group	0.00	48.51	0.00
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	25.00	0.00	250.00
Oakland Always Open	104.00	0.00	354.00
Out-of-Towners Fellowship Group	0.00	0.00	135.00
Pleasant Hill	0.00	0.00	1,244.14
Pride and Principles	172.00	0.00	430.00
Primary Purpose	0.00	0.00	50.00
Queer Bees and Wanna Bes	0.00	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	0.00	847.32
Seriously Sober	0.00	198.63	1,293.11
Shady Ladies	0.00	500.00	2,400.00
Shipwreck	1.22	0.00	1.22
Sober Journey	0.00	200.00	790.56
Solutions Group	0.00	0.00	840.00
South Memphis	20.00	0.00	211.35
The Nooner	0.00	158.25	2,457.59
The Wynne Group	0.00	0.00	5.74
Traditions	50.00	100.00	550.00
Triangle Group - Somerville	0.00	0.00	220.00
Two Doors Down	20.00	3.00	5,020.00

**GROUP CONTRIBUTIONS
DECEMBER 2025**

	DEC 2025	DEC 2024 (PY)	JAN - DEC 2025 (YTD)
Unity Group	135.54	319.06	1,117.49
WAAGL	75.00	50.61	750.00
West Memphis Group	0.00	40.00	150.62
Whitehaven Morning Sunrisers-	0.00	0.00	200.00
Winchester	0.00	0.00	387.06
TOTAL	\$1,722.54	\$2,068.06	\$34,640.72

Overheard in a Meeting...

"A grateful alcoholic never drinks."

"Your worst day sober is still better than your best day drunk."

"Faith doesn't make life easier; it makes it possible."

"You can start your day over at any time."

"The program works if you work it, and you're worth it."

"You don't have to believe in God, but it helps to believe in 'something' bigger than your ego."

"I used to drink at people. Now I pray for them."

"AA works just fine without my opinions on it."



"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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