

MAIA

TIPPLER

FEB 2026

Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2 For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2 The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

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We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

-Big Book, page 47

Memphis Area Intergroup Association
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memphis-aa.org

FEBRUARY 2026

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

DISTRICT & COMMITTEE MEETINGS

February 2 @ 6:45 pm - 7:00 pm
Memphis Treatment
Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

February 2 @ 8:00 pm - 9:00 pm
District 21 Committee
Meeting
Crosstown Concourse
1350 Concourse Ave #1072
Memphis, TN 38104

February 3 @ 6:45 pm - 7:45 pm
Memphis Area Correctional Committee
Came to Believe
2865 Walnut Grove
Memphis, TN 38111

February 7 @ 9:00 am - 10:30 am
District 24-HybridID#86700041
Highland Heights Presbyterian Church
2855 Morning Sun Road
Lakeland, 38016

February 7 @ 12:00 pm - 1:00 pm
District 22
Olympia Steak House
85 Wilkinsville Rd.
Millington, TN 38053

February 8 @ 11:00 am - 12:00 pm
District 23
Zoom password 847990

February 10 @ 6:00 pm - 7:00 pm
Memphis Area
Grapevine Committee
White Station Church of Christ
1106 Colonial Rd

February 11 @ 6:00 pm - 7:00 pm
District 25
Germantown United Methodist Church
2324 Germantown Road
Germantown, TN 38138

February 16 @ 6:45 pm - 7:45 pm
CPC/PI Committee
Shady Grove Presbyterian
5530 Shady Grove Rd
Memphis, TN 38120

February 20 @ 6:45 pm - 7:45 pm
Accessibility Committee
2865 Walnut Grove
Memphis, TN 38111

February 22 @ 3:45 pm - 5:00 pm
Memphis Area Archives Committee
Shady Grove presbyterian Church
5530 Shady Grove Rd
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 February 8th at Leawood Baptist Church, 3638 Macon Road, Memphis, TN 38122, or join us online platform. ID#835 975 026. Please call or email the office for the meeting passcode (before the Sunday's meeting.)

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

Steve P. 41 yrs
AnnaMarie U. 39 yrs
Bennie H. 9 yrs

Hollywood

Felix H. 37 yrs
Dominic C. 36 yrs
Atitia C. 35 yrs
Marvin Q. 32 yrs
Anthony F. 25 yrs
Jermar W. 10 yrs

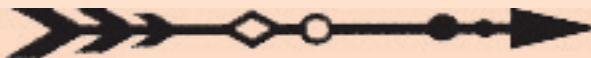
Unity Group

Maurise Mc. 50 yrs
Gina N. 37 yrs
Larry O. 35 yrs
Lynn N. 14 yrs
Casey P. 8 yrs
Rachel B. 6 yrs
Stacey H. 4 yrs
Trevana T. 2 yrs
Billie A. 1 yr
Tammy P. 1 yr
Naeshalin W. 1 yr

Winchester Group

Ray Davis 57 yrs
Colleen F. 37 yrs
Becky Y. 22 yrs
Kelley N. 3 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.



Borrowed Belief



Step Two asks us to come to believe that a Power greater than ourselves could restore us to sanity. For many of us, that sentence lands softly. Or not at all. After the wreckage that brought us into AA, belief can feel like too much to ask. We arrive tired. Skeptical. Burned out on promises. Some of us barely trust our own thoughts, let alone something we can't see or define.

Early sobriety often strips us of certainty. The old ideas stopped working, but nothing solid has replaced them yet. February can make that feeling sharper. The holidays are over. The newness has worn off. Life has settled into its quieter, colder rhythm. Meetings are still there. Coffee is still hot. But the question lingers: What am I supposed to believe in now?

Step Two does not demand clarity. It does not require enthusiasm. It does not even insist on faith. It asks only for openness to the idea that something outside our own thinking might help. For many of us, that "something" begins very small.

Borrowed belief is how it often starts.

Borrowed belief looks like sitting in a meeting and listening to someone share calmly about a life that once looked like ours. It sounds like hearing, "I didn't think this would work either," and realizing they are still sober today. It feels like relief more than inspiration. Relief that maybe we do not have to solve everything on our own.

Many of us come into AA with a long history of trying harder. We tried to manage. We tried to control. We tried new rules, new plans, new versions of ourselves. Step Two gently interrupts that pattern. It suggests that sanity does not return through effort alone. It returns when we stop insisting that we are the final authority on everything.

Borrowed belief is trusting the room when you do not trust yourself. It is letting the group hold hope for you when yours feels thin. It is believing that the program works because you see it working for others, even if you cannot yet explain why.

Some people borrow belief from the meeting itself. They notice how a room full of people, many of whom would never have chosen one another, somehow manages to feel safe. They notice that chaos does not take over. That people listen. That no one is in charge, yet things happen in an orderly way. Over time, that experience begins to suggest that something larger than individual willpower is at work.

Others borrow belief from a sponsor. A sponsor does not claim to have answers to life's big questions. They simply share what has helped them stay sober. When a sponsor says, "Try this," and it works, even a little, belief grows roots. Not dramatic ones. Practical ones.

Borrowed belief can also be very quiet. It can look like showing up to a meeting when you do not want to. Like picking up the phone because someone told you it mattered. Like sitting through a share that does not resonate until one sentence suddenly does. Sanity often returns in pieces, not all at once.

Step Two is sometimes misunderstood as a demand to adopt someone else's idea of God. In practice, it is far less rigid than that. It allows room. It allows time. It allows each of us to discover what "a Power greater than ourselves" means through experience rather than explanation. Borrowed belief does not lock us into definitions. It simply keeps us moving forward.

Over time, something shifts. The borrowed belief becomes less borrowed. Trust grows where resistance once lived. We notice that we are not reacting the way we used to. That our thinking slows down. That we pause instead of spiraling. That is sanity returning. Not perfection. Not constant peace. Just enough clarity to make the next right decision.

February is a good month for Step Two because it is honest. It is not flashy. It does not promise instant transformation. It meets us where we are, in the middle of routine days and lingering doubt. It reminds us that belief does not have to be strong to be effective. It only has to be present enough to keep us connected.

If belief feels out of reach right now, that is okay. Borrow it. Borrow it from the meeting. Borrow it from the person next to you. Borrow it from the simple fact that you are sober today. That is often how it begins.

We do not come to believe all at once. We come to believe together. One borrowed moment at a time.



When No One Is in Charge



One of the strangest things about Alcoholics Anonymous is how little authority there is in the room. No one is running the meeting in the way most of us are used to. There is no manager. No boss. No one with the final say. And yet, somehow, the chairs get set up. The coffee gets made. The meeting starts on time. People share. Newcomers are welcomed. The room holds.

Tradition Two explains this strange balance: **For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.** On paper, that sounds abstract. In practice, it is one of the most practical traditions we have.

Most of us arrive in AA with complicated relationships to authority. Some of us resist it at every turn. Others cling to it, hoping someone else will take control and fix things. Alcoholism often swings us between those extremes. Tradition Two offers a different way. It says that no one person is in charge, but responsibility is shared. Leadership exists, but it looks more like service than command.

You can see this most clearly in business meetings. Opinions surface. Strong ones. People disagree. Someone speaks too long. Someone else stays quiet. The room gets tense for a moment. And then, usually, something shifts. Someone asks what's best for the group. Someone pauses instead of pushing. A vote is taken. The temperature drops. No one "wins," but the group moves forward. That movement is the group conscience at work.

What keeps it from turning into chaos is not control; it is humility. Tradition Two works because it assumes that none of us sees the whole picture alone. It invites us to listen, especially when we disagree. It asks us to trust that something wiser can emerge when we stop trying to dominate the outcome.

This structure protects AA in ways we don't always

notice. It keeps egos from becoming institutions. It prevents personalities from becoming permanent authorities. It reminds us that service positions are temporary and that leadership rotates for a reason. When no one is in charge, no one gets stuck on top, and no one gets crushed underneath.

For newcomers, this can be confusing at first. Many of us arrive expecting rules, enforcement, and hierarchy. Instead, we find suggestions, shared responsibility, and an unusual amount of patience. That patience is not accidental. It is built into the tradition. Tradition Two assumes that growth takes time and that people learn best when they are not being forced.

There is also something quietly healing about this arrangement. Many of us spent years either rebelling against authority or trying to control everything ourselves. In AA, we learn a third option. We participate. We vote. We serve. We step back. We trust the process. Over time, that way of living begins to feel saner than either rebellion or control ever did.

Tradition Two does not promise smooth meetings or perfect decisions. What it offers instead is resilience. Groups survive disagreements because they are not built around a single voice. They adapt because leadership is shared. They stay focused because authority rests in principles, not personalities.

In a world that constantly asks us to take sides, take charge, or take over, AA offers something different. It offers a room where no one is in charge, and where that absence makes space for something better. The meeting belongs to everyone. The responsibility is shared. The authority is spiritual, not personal.

When no one is in charge, we learn how to listen. When no one is in charge, we learn how to serve. And when no one is in charge, the program keeps working, quietly, imperfectly, and remarkably well.

*“When no one is in charge,
we learn how to listen.
Responsibility is shared,
authority is spiritual,
and the work gets done.”*

Who's Running the Show?

I honestly hadn't a clue about AA when I finally crawled through those doors. All I knew was that I was a complete disaster and I'd run out of ideas. I was the queen of making lists. I'd buy a new planner, write out my "sober goals" in pretty colored pens, and tell myself this time would be different. I'd rearrange my schedule, delete phone numbers, swear off certain stores and streets. But I'd only make it a few days, maybe a week if I was lucky, before I was right back to hiding bottles in the laundry basket and wondering why I couldn't just "fix" myself like a normal person.

By the time I showed up to my first meeting, I was exhausted. Not just tired, but worn down in a way that made even breathing feel like work. I didn't come in hopeful. I came in defeated.

The meeting was in a church, and it wasn't exactly what I expected. It was just a bunch of folding chairs in a loose circle and a metal pot of some of the worst coffee I've ever tasted. I remember sitting there, clutching my purse like a life raft, scanning the room for the woman in charge. I figured there'd be someone in a suit with a clipboard, someone official, someone who would stand up and explain the rules and how this whole thing was managed. But that lady never showed up.

Instead, a woman in jeans cleared her throat, read a few things off a laminated card, and said, "Welcome." And that was it. People just started talking. They shared stories about their lives; things they'd done, thoughts they'd had, shame they carried. That sounded so much like my own secret messes I felt exposed and relieved at the same time. Nobody lectured me. Nobody tried to sell me anything. Nobody told me I had to believe a certain way or do anything right away.

And even though it felt like nobody was "running" the place, the meeting started right on time. Someone had unlocked the door. Someone had remembered to make coffee. Someone had brought cookies, which I ate like I hadn't seen food in weeks.

I went back the next day. And the next.

Early on, I was a total wreck. My emotions were everywhere. I'd be crying at a commercial one minute and then snapping at someone in traffic the next. I laughed too loud. I talked too much. I talked not at all. I wanted someone to take over my life because I had clearly done a terrible job of it myself.

I kept bugging my sponsor, a woman named Sarah who had this calm, steady way of speaking that made me feel both comforted and slightly irritated. I'd ask her things like, "Who actually makes the decisions around here?" or "How do I know this is really going to work?" or "What happens if people disagree?"

She'd just smile and say, "Honey, just worry about not picking up a drink today. The rest will take care of itself."

That answer drove me absolutely batty.

I wanted a manager. I wanted a flow chart. I wanted guarantees in writing. I was used to chaos, but I was also used to control. If something went wrong, I wanted to know who to blame, or who to fight.

A few months in, I sat in on my first business meeting. I was expecting a snooze-fest, and parts of it were definitely boring. But I was surprised by how calm it felt. People disagreed about small things; what brand of coffee filters to buy, how much to pay in rent, whether to change the meeting format, but nobody stormed out. Nobody tried to dominate the room. People spoke up, listened, voted, and moved on.

No gavel. No boss. No drama.

Driving home that night, something finally clicked. I've always had a weird relationship with authority. I either push back hard or hand over the reins completely. There's not much middle ground. If AA had been run by some big boss telling me what to do, I probably would've rebelled just on principle. I would've found a reason to leave. But because it was just a group of people like me, trying to do the best they could together, there was nothing to fight against.

That realization was quietly freeing.

Over time, I started doing small things. Helping set out chairs. Staying late to wash the coffee pot. Refilling the cups when they ran low. None of it felt like "service" in some grand way. It just felt like being useful. Like I belonged there.

And something else happened too. I stopped obsessing over whether AA was being run "right." I stopped worrying about who was in charge. I trusted that if something needed attention, it would come up. If a decision needed to be made, it would be made. Not perfectly, but honestly. That trust spilled into other parts of my life. I didn't need to control every outcome. I didn't need to have every answer. I could show up, do my small part, and let go of the rest.

I learned later that there's actually a Concept in AA that talks about responsibility and authority, about how the groups hold the responsibility and trusted servants carry out the work. But by the time I read those words, I'd already lived them. I'd seen what happens when no one person holds all the power and everyone has a voice. Today, I don't think much about who's "running the show." I trust that the same principles that helped me stay sober are guiding the people doing the work behind the scenes. I trust that the lights will stay on, the doors will be unlocked, and the coffee will be there, even if it's still terrible. I came to AA broken, scared, and desperate for someone to fix me. What I found instead was something better. A place where no one was in charge, and somehow, everything worked.

And that's what keeps me coming back.

-Tonya P.

**JANUARY 2026
GROUP CONTRIBUTIONS**

	TOTAL		
	JAN 2026	JAN 2025 (PY)	JAN 2026 (YTD)
Came to Believe Group	0.00	300.00	0.00
Central Gardens Group	100.00	0.00	100.00
Collierville Group	398.44	399.39	398.44
Earlybird	348.28	0.00	348.28
Germantown Happy	0.00	1,500.00	0.00
Germantown Noon	0.00	0.05	0.00
Grace in the Grove	0.00	194.47	0.00
Horn Lake	0.00	5.00	0.00
Lakeland	141.23	0.00	141.23
New Start	0.00	25.00	0.00
Out-of-Towners Fellowship Group	0.00	135.00	0.00
Pleasant Hill	359.28	293.02	359.28
Rule-62	100.00	0.00	100.00
Second Chance	0.00	50.00	0.00
Seriously Sober	0.00	15.61	0.00
Sober Journey	0.00	100.00	0.00
Solutions Group	840.38	840.00	840.38
South Memphis	40.00	0.00	40.00
The Nooner	630.20	284.50	630.20
The Wynne Group	0.00	5.74	0.00
Two Doors Down	300.00	300.00	300.00
Unity Group	144.59	145.84	144.59
WAAGL	75.00	50.00	75.00
West Memphis Group	0.00	40.00	0.00
Winchester	0.00	194.06	0.00
TOTAL	\$3,477.40	\$4,877.68	\$3,477.40

Overheard in a Meeting

“I don’t need to understand the program. I just need to do it.”

“My best thinking got me here. Borrowing yours got me sober.”

“I kept waiting to feel ready. Turns out willingness was enough.”

“I thought peace meant nothing hurt. Now I know it means I don’t run.”

“I didn’t lose my personality in sobriety. I lost my excuses.”

“I stopped drinking, but my ego stayed active for a while.”

“The program didn’t fix my life. It gave me a place to stand while I fixed it.”

“I don’t come here because I’m weak. I come here because I forget.”



“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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