

MAIA

TIPPLER

MARCH 2026

Step 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3 Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

Concept 3 To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.

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“Being convinced, we were at Step Three, which is that we decided to turn our will and our lives over to the care of God as we understood Him. Just what do we mean by that, and just what do we do?”

-Big Book, page 60

Memphis Area Intergroup Association
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memphis-aa.org



MARCH 2026

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

DISTRICT & COMMITTEE MEETINGS

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

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

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

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

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

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

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

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

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

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

March 29 @ 3:45 pm - 5:00 pm
Memphis Area Archives Committee
Shady Grove Presbyterian
5530 Shady Grove



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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 March 8, 2026 at Leawood Baptist Church, 3638 Macon Road, Memphis, TN 38122, or join Online Platform. Please call or email the office for the meeting Passcode meeting ID# 835 975 026 08.

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

Matt C. 22 yrs

Downtown Thursday Night

Dale S. 53 yrs

Hollywood

Eddie V. 37 yrs

Bill M. 33 yrs

Teresa E. 17 yrs

On Awakening

Cayce L. 42 yrs

Chuck M. 7 yrs

John L. 2 yrs

Jay L. 1 yr

Solutions

Basil W. 57 yrs

Traditions

John M. 36 yrs

Loretta C. 10 yrs

Two Doors Down

Johnny G. 30 yrs

Craig M. 24 yrs

Greg C. 3 yrs

Dan C. 3 yrs

Sherry E. 3 yrs

Lake G. 1 yr

Antron D. 1 yr

Jessica L. 1 yr

Mark B. 1 yr

Unity

Metis K. 24 yrs

Elizabeth B. 19 yrs

Pam C. 11 yrs

Katherine Q. 10 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.



My AA Zoom Experience

I got sober on Zoom during COVID. The zooms of AA saved my life. I had gone to AA meetings nine years earlier for about six months. I would string together a month or two and go back out. I was trying to run the show, but the seed of AA was planted. I kept my Big Book buried deep in my closet.

I am surprised I didn't throw it away; I certainly didn't acknowledge its existence. I spent the next years of my life remembering that phrase I heard in the rooms, "you are only as sick as your secrets," as I began to accrue more and more secrets, getting sicker and sicker in my disease.

Enter 2020, I was a single mom experiencing a global pandemic and my drinking continued to spiral. I was afraid to leave my house, except to get my alcohol. Somehow, the thought of getting COVID was less frightening than the thought of not drinking. I was broken, depressed and miserable.

I truly did not think I had anything good to offer the world, let alone my son. I knew I needed to find an answer, but I didn't want AA to be the answer. I started reading books that I thought would be my solution, which helped me for a few hours or a few days, but that was it. The Big Book remained buried in my closet.

Next, I decided social media would get me sober. I started joining social media groups which reminded me that misery loves company. There were brief glimpses of hope, but it was still up to me to stop drinking. The problem was me, so none of these worked for long. One of the groups for sober moms posted about an AA meeting on Zoom. Before I could think too much about it, I decided to check it out.

Tuesday morning at 7am, I signed on to my first Zoom AA meeting. The very first face I saw was a beautiful woman who was smiling, friendly and kind. I was broken, hung over and desperate. She told me that the women in the program would love me until I could love myself. That first woman became my sponsor. The woman who shared about the Zoom meeting in the sober mom group ended up being my sobriety sister with the same sponsor. I don't believe in coincidences; I believe in God.

Four days into Zoom meetings I had a sponsor and we got to work. I did everything my sponsor suggested, even on Zoom. I did 90 in 90, worked my Steps and did service. It was suggested I start my day with prayer, readings, and journaling. It was suggested I call three sober women a day, and I was cold calling women all over the country. It was suggested I introduce myself in meetings as a newcomer for two weeks. It was suggested I go to the same meetings each week so people could get to know me.

I did just that, I went to the same meetings every day of the week for seven months. Some were local and some were in different parts of the country. I attended Big Book, Twelve and Twelve, Topic Discussion, and Lead meetings. I even attended Group Conscience sessions on Zoom which showed me how to apply the Traditions to AA groups and to my life.

I learned about service on the district, area, and regional levels. I mainly attended women's meetings but found some wonderful mixed meetings too. I met some of the kindest people in my life and most importantly, even during this time of world isolation, I did not feel alone. I felt more connected than ever to other alcoholics and to my God.

After those seven months, I stepped into an in-person meeting. I was nervous that it wouldn't be the same and it wasn't. I learned it doesn't have to be the same to be meaningful. It was also a transition to not practice my Zoom habits in the rooms. I waved at people when they introduced themselves for weeks, like I had done in the Zoom Brady Bunch type squares!

I had worked all my Steps at this point and my sponsor was walking me through the Traditions. I was grateful for the foundation that I built on Zoom because it helped me transition into the rooms. I found more similarities than differences, which is true of all parts of program when I relate in instead of identifying out.

I now attend both Zoom and in-person meetings, with more of an emphasis on in-person. I still attend my first homegroup on Zoom which is now at 6am on Tuesdays. I am GSR for my current in-person homegroup. I have sponsored both on Zoom and in-person. I continue to do service in both too. My sponsor came to visit me at eight months sober! She still lives in another state, and she is still guiding me through sobriety, sharing her experience, strength and hope every day.

I am on round two of my steps, digging out the boxes further back in my storage unit. I have a sober best friend in another state whom I have yet to meet and know I will. I have a tribe of sober sisters in town too. I do life with all these women. I live in immense gratitude for all the supports, and love how the message of AA transcends through all mediums.

I am so grateful that the rooms of AA transferred to Zoom. I am grateful I was desperate enough and willing enough to do anything to stay sober. I have learned that once you put down the drink and work the steps, the Promises do come true! I have also learned that life continues to get... lifey, and with the tools of AA, I can maintain my serenity amongst the stormiest of storms. I live in this gratitude daily and try to carry the message on zoom, in the rooms or wherever the hand of AA is needed.

Concept Three

The Right of Decision: Trusting Our Trusted Servants

Concept Three states:

“To insure effective leadership, we should endow each element of A.A. — the Conference, the General Service Board and its service corporations, staffs, committees, and executives — with a traditional ‘Right of Decision.’”

At first glance, that might sound formal, even corporate. But at its heart, Concept Three is deeply spiritual. It’s about trust.

In Alcoholics Anonymous, we elect trusted servants at every level: group secretaries, treasurers, GSRs, DCMs, delegates, trustees. We ask them to serve. Concept Three reminds us that when we ask someone to serve, we also give them the freedom to decide how best to carry out that responsibility.

Otherwise, what are we really doing?

If every action required a vote, if every detail had to go back to the group for approval, nothing would move. The coffee wouldn’t get made. The literature wouldn’t get ordered. The meeting wouldn’t start on time. Service would grind to a halt under the weight of over-control.

The Right of Decision doesn’t mean someone gets to do whatever they want. It means we trust them to use sound judgment within the scope of the responsibility we’ve given them.

That’s the key phrase: within the scope.

When a group elects a treasurer, they don’t vote on every dollar spent on coffee filters. When a GSR attends a district meeting, they don’t call a group conscience mid-discussion for every minor adjustment. They listen. They weigh what they know about their group’s conscience. And when something unexpected comes up, they use judgment.

Concept Three acknowledges a simple truth: situations arise that no one could have predicted.

Sometimes decisions must be made in real time.

And if we’ve chosen our trusted servants carefully, based on experience, willingness, and spiritual grounding, then we can trust them to act wisely.

Why This Concept Matters

AA is a fellowship guided by spiritual principles, not rigid rules. If we tried to codify every possible scenario into policy, we would lose the flexibility that allows us to grow.

The Right of Decision gives AA breathing room.

It allows service work to be responsive rather than reactive. It prevents paralysis by committee. It recognizes that leadership requires judgment, and that judgment improves when it’s rooted in humility and accountability.

Bill W. understood something essential: authority in AA is delegated, but it is not abandoned.

Groups retain ultimate authority. But they entrust day-to-day decision-making to those they have chosen to serve.

This balance protects us from two dangers:

- Micromanagement that suffocates service
- Power grabs that override group conscience

Concept Three stands in the middle, holding both trust and responsibility.

What It Looks Like at the Group Level

Imagine your home group elects a chairperson for a workshop. The group agrees on the theme and budget. After that, the chairperson decides which speakers to invite, how to structure the schedule, and how to solve problems that arise.

They don’t need a vote for every small adjustment. They act in good faith.

If something significant arises, something outside the original scope, then it goes back to the group. That’s healthy accountability.

But if we second-guess every choice, we quietly undermine the very trust we claimed to extend.

The same principle applies at district, area, and world service levels. Delegates represent their areas. Trustees oversee operations. Staff handle daily functions. Each is given room to decide: not to rule, but to serve effectively.

A Spiritual Principle in Disguise

Concept Three isn’t just administrative. It’s spiritual. Many of us came into AA wanting control. We wanted guarantees. We wanted to supervise outcomes. Letting go of that instinct isn’t easy.

The Right of Decision asks us to practice trust. Not blind trust, but informed trust.

It invites us to:

- Choose leaders thoughtfully
- Define responsibilities clearly
- Then step back and allow them to serve

That stepping back can be uncomfortable. But it reflects humility. It acknowledges that no single person, and no single group, can manage everything.

When we trust our trusted servants, we strengthen unity. When we allow responsible freedom, we create effective service. And when we balance authority with accountability, AA remains both flexible and stable.

Concept Three reminds us that leadership works best when it is empowered, supported, and spiritually grounded.

We don’t rule.

We don’t micromanage.

We trust and we stay involved.

That’s how AA continues to function, grow, and carry the message.

One decision at a time.

The Searing Clarity

I didn't want AA. I avoided AA and any rehab that incorporated it. How are dry, boring meetings that all seemed to take place in old churches filled with stale air and coffee supposed to keep me from picking up again? How could these meetings take life-long alcoholics from every walk of life, and turn them into functional members of society preaching happiness brought on by some spiritual awakening that just sounded like its own religion? How can AA take a class of people so self-isolating and convince them to gather and fellowship after a life of separation from community and even family? Well, I didn't buy it. No way were they actually happy or actually sober. Bull.

Not really. It's so much more than that. I could've known sobriety sooner; begun repairing what seemed to be irreparable damage stretching to infinity had I not been so judgmental and distrusting. Accountability. Responsibility. Answering for myself even when I hate it, makes a huge difference in my life.

In treatment, I had AA nightly and twice on Sundays. By week two, I had the readings and prayers memorized. I could see success with the program through the employees sharing their testimonies with me. People that made reliable employees and could hold on to a real job. Something I haven't been able to do in years. I dove into the Big Book in my personal time, putting great effort into working the steps and prayer. I enjoyed the meetings and was eager and excited about actually having the tools to live a "normal" life. Occasionally I'd share, but was always afraid I was doing it wrong. My Inner Hater convinced me that I was boring and my voice was annoying to others- whatever I had to say was far less important than everyone else's words. Despite having such a rude inner voice my whole life, I knew that in these rooms, she was a fraud trying to keep me in her grip. I forced myself to share because I knew it would help me heal. I wanted that. Not only was I not judged (as I had once ignorantly done against all of AA), but I was supported. Many were strangers to me in my life but not in Alcoholism or the acts I committed in active use. Fellowship and Understanding: another part of the formula that is key to my sobriety. I related to the people in these rooms like I'd never be able to with another genre. Although I naively thought I knew more than I did, I understood I had to hand my control over to My Higher Power and follow His loving Guidance. I needed to show patience, kindness, and love to all.

I can remember how lonely, scared, and miserable I was my first few nights in rehab. The facility, structure, and people were so strange to me plus the searing clarity of past misdeeds playing on repeat. The relentless tsunami of emotions: Guilt, Remorse, Embarrassment, Disgust, Shame, Anger, Depression, trauma, and memories that I'd avoided and pushed deep down for years were now setting up camp

in my mind. I no longer had chemical comfort I relied on to drown all my feelings, ESPECIALLY the pain I caused my loved ones. I'd already noticed a positive change in myself. I wanted to keep up the progress. Since I vividly remembered my instinct my first week to run out the front door, I didn't want newcomers to leave before giving themselves a good run at the program; a chance at rebirth. I wanted them to see that if they wanted sobriety and freedom, put in the work since that's all you have to do the next 28 days. Once back in life, you no longer have freedom from life's responsibilities, the time to dig deep, learn, and develop new, healthy habits...so take advantage now and waste no time. Open up. You are loved and accepted amongst us. Contemplate the words in the book. Really and study them. Apply them to life. Learn. Create, nurture, and grow your connection with your Higher Power. If the God you've had your whole life is punishing or unforgiving, fire Him/Her and get the one you need. Without your Higher Power, nothing can be accomplished. We've already tried and failed. Give something new a chance. You can't do worse than you were prior to the program.

In life and parenting, I've wished for a clear set of instructions. Guidance. Answers. Nothing that required scholarly debate or various degrees to interpret. Something preferably written this Century.

Such a book actually exists! It's been around for decades. Simple, concise directions laid out in a precise order. No need to add to it. No need to overthink it. Everything has been covered. Follow the steps. Don't customize the program. Trust me, none of us are so terminally unique that we can pick and choose what we need/like and don't. Don't doom yourself or your loved ones because you don't want to follow a proven path to happiness and life without impairment.

I'd have never found Serenity and Salvation had my life never gotten beyond miserably unlivable, ready to give up on trying altogether. I put myself and anyone who cared about me through Hell to find what I'd been seeking since before my addiction. In a sense, I have reason to be grateful for my disease, shortcomings and pain; grateful I didn't bust my tailbone hitting rock bottom. Grateful because it caused me to seek out a solution: 12 Steps. Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Love, Justice, Perseverance, GodConsciousness, Service. True dedication, commitment, desire, love, acceptance, respect, surrender, repentance, gratitude, progression and growth, and extra chances. Thank goodness. Chance 10,001 is the charm! I think I heard that somewhere.

Be A Friend

If you would increase your happiness and prolong your life, forget your neighbor's faults.

Forget all the slander and unkind remarks you hear each day. Forget the temptations, forget the fault-finding, and give a thought to the cause which provokes it.

Forget the peculiarities of your friends, and only remember the good which makes you fond of them. Forget all of the personal quarrels you may have heard by accident, and which, if repeated, would sound a thousand times worse. Blot out as far as possible all the disagreeables of life. They will come, but will only grow larger when you remember them. And, the constant thoughtless acts of meanness or malice will tend only to make you more familiar with them.

Obliterate everything that was disagreeable yesterday. Start today with a clean sheet, write upon it for memory's sake only those things which are loveable. Remember that some day we must give an account of our words, deeds, and thoughts. Therefore, let's try to make life more beautiful for ourselves and for others.

By: Bill. S. , Akron, Ohio –

Published in Central Bulletin, July 1966

Meditation and the Power of Presence

Meditation is basically a reset button for your mind. It helps you step away from all the noise—distractions, stress, and that endless to-do list—so you can actually be present. It's easy to get caught up in worrying about the past or stressing about the future. But meditation brings you back to what really matters: the here and now. All you have to do is breathe.

By simply focusing on your breath—inhale, exhale—you create a sense of awareness and calm. That steady rhythm of breathing helps you feel more connected to your body and quiets all the mental chatter. The more you do it, the more those everyday stresses start to lose their grip, making space for clarity and peace. Over time, you learn to notice your thoughts without letting them take over, which makes life feel a little lighter and more manageable.

Like many other A.A. spiritual tools, meditation is always available when you need it. No matter how chaotic life gets, your breath is always there, ready to ground you. With regular practice, meditation can help you build patience, focus, and gratitude.

At the end of the day, it's really just about taking a moment to breathe, reset, and reconnect—with yourself and the world around you.

by Nital P.

what ya up to? show us!



the tippler wants to hear from you

Submit your AA related recovery stories, short stories, paintings, drawings, cartoons, photographs, and other creative works to:

localistart@gmail.com



Published by the Memphis Area Intergroup Association

GROUP CONTRIBUTIONS FEBRUARY 2026

	TOTAL		
	FEB 2026	FEB 2025 (PY)	JAN - FEB, 2026 (YTD)
Any Length Group	75.80	0.00	75.80
Came to Believe Group	300.00	0.00	300.00
Central Gardens Group	0.00	100.00	100.00
Collierville Group	0.00	0.00	398.44
Earlybird	423.60	480.00	771.88
Friends of Bill W	0.00	200.00	0.00
Germantown Noon	675.00	325.00	675.00
How It Works	0.05	0.00	0.05
Lakeland	0.00	0.00	141.23
Men of Recovery	0.05	0.54	0.05
Mustard Seed	20.00	0.00	20.00
New Start	25.00	25.00	25.00
Pleasant Hill	0.00	0.00	359.28
Queer Bees and Wanna Bes	85.00	0.00	85.00
Rule-62	0.00	0.00	100.00
Second Chance	0.00	50.00	0.00
Shady Ladies	0.00	300.00	0.00
Sober Journey	200.00	0.00	200.00
Solutions Group	0.00	0.00	840.38
South Memphis	0.00	0.00	40.00
Straight Outta Bondage	300.00	0.00	300.00
The Nooner	131.25	225.75	761.45
Traditions	0.00	50.00	0.00
Two Doors Down	300.00	300.00	600.00
Unity Group	0.00	0.00	144.59
WAAGL	0.00	50.00	75.00
West Memphis Group	0.00	40.00	0.00
TOTAL	\$2,535.75	\$2,146.29	\$6,013.15

OVERHEARD IN A MEETING

“I didn’t hit rock bottom. I just kept lowering the floor.”

“I don’t miss drinking. I miss the idea of drinking. The fantasy version never had consequences.”

“I came for the drinking problem and stayed for the thinking problem.”

“Sobriety didn’t open the gates of heaven and let me in. It opened the gates of hell and let me out.”

“I thought humility meant thinking less of myself. Turns out it just means thinking of myself less.”

“I used to say, ‘Nobody tells me what to do.’ Now I say, ‘Can you tell me what to do?’”

“The problem with running the show is I don’t know the script.

“I didn’t lose everything when I got sober. I just lost what was killing me.”

“Feelings aren’t facts. But they sure do act like 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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