



**MAIA**

# TIPPLER

**MAY 2026**

**Step 5** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

**Tradition 5** Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.

**Concept 5** Throughout our world service structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

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Contributions

“Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the Fifth Step in the program of recovery mentioned in the preceding chapter.”

-Big Book, page 72

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

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



# MAY 2026

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

## DISTRICT & COMMITTEE MEETINGS

May 2 @ 9:00 am - 10:30 am District  
24-Hybrid ID#86700041  
Highland Heights Presbyterian Church  
2855 Morning Sun Road  
Lakeland, 38016

May 2 @ 12:00 pm - 1:00 pm  
District 22  
Olympia Steak House  
85 Wilkinsville Rd.  
Millington, TN 380053

May 4 @ 6:45 pm - 7:45 pm  
Memphis Treatment  
Committee  
Came to Believe  
2865 Walnut Grove  
Memphis, TN 38111

May 4 @ 8:00 pm - 9:00 pm  
District 21 Committee  
Meeting  
Crosstown Concourse  
1350 Concourse Ave #1072  
Memphis, TN 38104

May 5 @ 6:45 pm - 7:45 pm  
Memphis Area Correctional Committee  
Came to Believe  
2865 Walnut Grove  
Memphis, TN 38111

May 10 @ 11:00 am - 12:00 pm  
District 23  
Zoom password 847990

May 12 @ 6:00 pm - 7:00 pm  
Memphis Area  
Grapevine Committee  
White Station Church of Christ  
1106 Colonial Rd

May 13 @ 6:00 pm - 7:00 pm  
District 25  
Germantown United Methodist Church  
2324 Germantown Road  
Germantown, TN 38138

May 15 @ 6:45 pm - 7:45 pm  
Accessibility Committee  
2865 Walnut Grove  
Memphis, TN 38111

May 18 @ 6:45 pm - 7:45 pm  
CPC/PI Committee  
Shady Grove Presbyterian Ch  
5530 Shady Grove Rd  
Memphis, TN 38120

May 31 @ 3:45 pm - 5:00 pm  
Memphis Area Archives Committee  
5530 Shady Grove Rd  
Memphis TN 38120

June 13 @ 11:30 am - 3:30 pm  
MAIA Founder's Day Celebration  
White Station Church of Christ  
1106 Colonial Rd  
Memphis, TN 38117



# MAIA

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

memphisarea@bellsouth.net

Monday/Friday: 8 am  
Closed daily from 1 pm - 2 pm

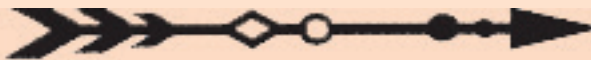
The MAIA Intergroup Representatives business meeting is held on the second Sunday of every month at 1:00 p.m. Please join us on May 17, 2026 at Leawood Baptist Church, 3638 Macon Road, Memphis, TN 38122, or join online. Please call or email the office for the meeting passcode ID#83597502608.

## 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.



### Central Gardens Group

Gretchen M. 12 years  
Bernard L. 7 years  
Bill E. 5 years  
Christie M. 3 years

### Downtown Thursday Night Group

Travis B. 9 years

### Hickory Hill

Paul S. 27 years

### Seriously Sober

Paige M. 36 years

### Traditions

Henrietta J. 35 years  
Mike T. 25 years  
Gayle R. 12 years

### Unity

Sherry L. 48 years  
Malissa D 22 years  
Salina M. 7 years  
Jerry C. 1 year

### Winchester

Carole F. 29 years

# OVERHEARD IN A MEETING...

"I didn't lose everything... but I lost enough to listen."

"My off switch is broken, but my on switch works just fine."

"I came here for answers and got better questions."

"Turns out I wasn't unlucky. I was just drunk."

"I don't have a drinking problem today. I have a thinking problem with a drinking history."

"I used to avoid my feelings. Now I sit with them like bad company."

"Sobriety is learning to live without my favorite escape hatch."

"I thought I needed a new life. I just needed to show up for the one I had."

"My plans always sounded good—right up until they happened."

## Why I Drank

By Anonymous

I drank to be witty--and I became a bore.

I drank to relax--and I couldn't stop my hands from shaking.

I drank to feel good--and I suffered through sickening hangovers.

I drank to be happy--and it made me depressed.

I drank to be a good dancer--and it made me stagger.

I drank to be a good conversationalist--and I couldn't pronounce my words.

I drank to be sociable--and I became angry and resentful.

I drank to help my appetite--and cheated my body of nutrition by not eating right.

I drank to be a good lover--and I couldn't perform.

I drank to show I was a man--and became a slobbering, bawling baby.

I drank to be popular--and lost my friends.

I drank to enjoy life--and contemplated suicide.

I drank for camaraderie--and drove everyone away from me.

I drank to escape--and built a prison for myself.

I drank to find peace--and I found hell.



## On Tradition Five

Editorial by Bill W.

"Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose -- that of carrying its message to the alcoholic who still suffers."

Says the old proverb, "Shoemaker, stick to thy last." Trite, yes. But very true for us of A.A. How well we need to heed the principle that it is better to do one thing supremely well than many things badly.

Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the society of Alcoholics Anonymous cannot, it dare not ever be diverted from its primary purpose.

Temptation to do otherwise will come aplenty. Seeing fine works afoot in the field of alcohol, we shall be sorely tempted to loan out the name and credit of Alcoholics Anonymous to them; as a movement we shall be beset to finance and endorse other causes. Should our present success continue, people will commence to assert that A.A. is a brand new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live.

Oh, how very attractive these projects and ideas can be! How flattering to imagine that we might be chosen to demonstrate that olden mystic promise: "The first shall be last and the last shall be first." Fantastic, you say. Yet some of our well-wishers have begun to say such things.

Fortunately most of us are convinced that these are perilous speculations, alluring ingredients of that new heady wine we are now being offered, each bottle marked "Success"!

Of this subtle vintage may we never drink too deeply. May we never forget that we live by the Grace of God -- on borrowed time; that anonymity is better than acclaim; that for us as movement poverty is better than wealth.

And may we reflect with ever deepening conviction that we shall never be at our best except when we hew only to the primary spiritual aim of A.A. -- "That of carrying its message to the alcoholic who still suffers alcoholism."

# STEP FIVE, TAKE TWO

“Admitted to God, to ourselves and another human being the exact nature of our wrongs.”

During my early days in AA, I didn't think much about step five (or really any other step either.) My last drink was in the parking lot of the Eastside Alano club and as far as I was concerned, I had done step one right and that was all that really counted. Because I was attending meetings everyday it wasn't long before I heard people talking about and recommending that new people, “work the steps.” Since I was self-sponsoring I didn't pay too much attention to that advice either.

As the weeks and months went by, I heard more and more about the importance of working the steps, and particularly step five. The reports I heard in the rooms from AA members who had completed step five said pretty much the same thing, “I read my inventory to my sponsor and admitted everything I had done wrong.” “Even the things I thought I would never ever tell anyone, I shared out loud.” “And, when I was nished, I never felt so free in my life.”

After about a year and a half of not drinking and daily attendance of meetings, I started to feel 'less than' others who were working the steps with a sponsor and able to share their experiences of the steps. My game plan was to write an inventory which I did, (in an autobiography format because I couldn't follow the book's directions.) and, find an AA friend to hear what I wrote, which I also did. Even I was surprised at my candidness. I felt like I included 'every nook & cranny' from my past.

A few hours later when finished, I tossed the inventory into his replace and was instructed, then told to go home and spend a quiet hour by myself. During the drive home there was no feelings of freedom or a spiritual breakthrough or even relief - as I had heard so many others talk about. My biggest gain, was now at meetings I could

claim I completed my fifth step, and as an added bonus, feel superior and judgmental over those who hadn't yet.

In August of 1989 with three years of not drinking and sinking lower into untreated alcoholism, I was approached by a man who had the real answer. (Exactly like the story on page 18 of our Big Book.) We worked the steps and when the day came for my 5th step, I had a notebook reecting the Big Book's suggested format of an inventory and we had a long, long talk. When I thought we were finished, he said, “so what did you discover the exact nature of your wrongs are?” I replied, “what?” “What are you talking about?” He reminded me the 5th step was about admitting not only the nature, but the exact nature of my wrongs ,(my mistakes?) Truly I was puzzled, I couldn't count how many 5th step discussions I heard at meetings and what was talked about was the time spent with the sponsor, (like the longer it took, the better one's was) and did you TELL ALL!

Once again I found myself in a position where I had to explain to a person who even I had no problem admitting, knew way more than I did, what a 5th step was really about, which was,.... leaving nothing out. He smiled and said “ok” but what did you discover was the exact nature of your wrongs? Seriously, I had never heard anyone ask or talk about that before, and so I said, “oh, do mean I'm selfish & self centered?” He said he had no argument with my self evaluation, but again, “what is the exact nature of your wrongs?” Again I answered, “I've been self centered and selsh.” Then he asked me one of the best questions I have ever been asked in AA, he said, “why have you been selfish?” My answer “I don't know” didn't satisfy him.

We reviewed my inventory once more looking for the nature, the very essence of why and how I wrecked my life. I discovered that fear undermined every bad decision, every wrong action and dominated my way of thinking. If I could find a way, the courage to live where a power other than fear was in charge, even I could see my life would be miraculous in comparison. I was assured not only was there a way, but instructions on how to do exactly that are forthcoming in steps six through twelve! My drive home this time was much dierent than the first attempt at step five!

## Step Five

By Peeps

**I HAD AN EXTREMELY DIFFICULT** time committing to completing Step Five compared to finishing Step Four. My sponsor actually tricked me to sit with him and go through my Fourth Step.

I'm self-centered to the extreme, so I was fairly at ease writing Step Four, after all it's all about me. I know I ain't much, but, especially early in recovery, I was all I wanted to think about.

The challenge as I saw it was sitting down with my sponsor to read it aloud — together. I would have preferred dropping it off at his office and getting his feedback/comments/suggestions at a later date. Preferably in writing.

The live interaction scared me. Like my penchant to use alcohol to avoid the present, I did not want to be there when a verdict on my “wrongs” was delivered. But I know now that being present in the moment is the entire point of exercise. (Admitted to God, to ourselves and another human being the exact nature of our wrongs, all of them.)

My sponsor and I had had three two-hour weekly sessions reviewing my Step Four entries. (He is very particular about

formatting.) Before starting the third and final session before Step Five, he urged me write as though no one would read it and to leave nothing out.

“Next week, we’ll use as much time as needed to go through it to finish Step Five,” he said. Taking him at his word, I added more items. Our time was coming to the usual end point, 2 p.m., when I placed my pages on my sponsor’s desk and started putting my coat on to leave.

In my mind, I was already heading to Westlake LINK Station. I’d even began dreading the next week’s session. That’s when my sponsor surprised me with a suggestion that landed like verbal punch to the gut.

“Today I don’t have any appointments for the rest of the day,” he said, looking straight into my eyes. “Why don’t we just stay here and go over this now? It looks thorough, why not do it now? I’ll order a pizza.”

I was trapped. He knew my schedule was as empty as his. I took my coat off sat down in a chair next to his and swallowed hard before saying, weakly, “OK.”

I was forever changed by the experience that followed. It showed me I could trust the Steps to change my life.

I was lighter than air when I finally set off for the train station and I felt like a full fledged member of AA. I had survived a trial by truth about me. It was the beginning of new relationships with A.A., my sponsor and myself. △

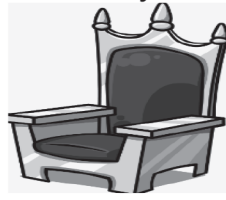
## May In Our History

*“Never could we recapture the great moments of the past.” (Alcoholics Anonymous, page 151). But here we list some.*

March-May 1938	Bill begins writing the book Alcoholics Anonymous.
May 1939	Lois W Home Replacement Fund started at Alcoholic Foundation.
May 1949	The first AA meetings in Scotland were held in Glasgow and Edinburgh.
May 1950	Nell Wing became Bill W’s secretary.
May 1951	Al-Anon is founded by Lois W. and Anne B.
May 1, 1939	Bank forecloses on 182 Clinton Street. (sometimes reported as April 26, 1939)
May 1, 1940	Rollie H, Cleveland Indians, first anonymity break on national level.
May 1, 1941	The first Wisconsin AA meeting was held at a hotel in Milwaukee.
May 2, 1941	Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.
May 3, 1941	The first AA group in New Orleans, Louisiana, was formed. (sometimes dated as May 2, 1943)
May 3, 1941	Democrat Chronicle in Rochester, NY, reported first annual AA dinner at Seneca hotel with 60 attending.
May 4, 1940	Sunday Star reported founding of first AA group in Washington, DC.
May 6, 1939	Clarence S of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an “AA” meeting in Cleveland.
May 6, 1946	The long form of the “Twelve Traditions” was published in the AA Grapevine.
May 8, 1943	Akron AA Group celebrates 8th anniversary with 500 present and sober.
May 8, 1971	Bill W buried in private ceremony, East Dorset, Vermont.
May 10, 1939	Clarence S announced to the Akron Oxford Group members that the Cleveland members were starting a meeting in Cleveland and calling it Alcoholics Anonymous.

## TRADITION FIVE

Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.



### It's a Seat, Not a Throne

I belong here! That thought comes into my head as I sit in my home group. It's Saturday morning. I have earned my seat here in Alcoholics Anonymous. It's a well-deserved chair. Before the meeting starts, I hear laughter and lots of chattering and see hugs. We like to call this interaction fellowshipping. I just smile to myself with expectations of how the meeting will go today. I grab my coffee and sit in my usual spot. I'm full of gratitude that I found my way out of hell and into a new way of living. I hear the gavel pound at the other end of the room. "Ladies, it's time to start the meeting," the chairperson says. I sit up straight, ready to listen.

I see out of the corner of my eye a woman who comes in late. She shuffles to a seat. Clearly an intoxicated street person, she carries on mumbling under her breath. She starts to pull things out of her bag and displays them on the table. It seems as if these are the only treasures she has left. I continue to watch her with curiosity. The woman continues in her own world and gets up and down and moves around throughout the meeting. Becoming irritated, I feel my gratitude shift to an attitude of bratitude. Her disruption continues. I hear only part of today's message, which is about Tradition Five. "Each group has but one primary purpose—to carry its message to the alcoholic who still suffers." "Shoemaker stick to thy last," I hear being read. I interpret that as, better to behave supremely rather than badly in an AA meeting. Yes, being distracted in my home group by this woman takes me to the dark side and fills me with selfishness and self-centeredness.

Our AA meeting ends, and I abruptly walk out. I know I need another meeting to help adjust my attitude. I drive across town to another AA meeting. I think my irritable condition will probably change in a more well-behaved meeting. I walk up the stairs and can smell the coffee and hear laughter. I know I'm in the right place. The chairperson is setting up the chairs in a circle. There's one chair in the middle with a Big Book on it. Never have I seen a meeting set up like this before. The meeting opens with the Serenity Prayer. Interestingly, Tradition Five is the topic here as well. I pull out my "Twelve and Twelve" and we go around the circle reading. As I listen, silence fills me, and I reflect on what took place earlier at my home group. I can see that in my arrogance I had been playing God. Yes, I earned my seat in AA, but had it become a throne? Who am I to judge any meeting or newcomer who I come in contact with? I look at the empty chair in the middle of the circle and tears well up inside me. I swallow hard when someone reads, "We know we can seldom keep the precious gift of sobriety unless we give it away," and, "carry the AA message to those who don't know there's a way out." My tears fall onto the pages of my "Twelve and Twelve."

As I try to regain composure, an overwhelming feeling comes over me. I call it grace. It feels like the whole room becomes still. "Each group has but one primary purpose." That empty chair in the middle of the room is hope for the next sufferer who stumbles in broken. I can see emptiness and longing in the eyes of the alcoholic who might sit there. I want to tell that woman back at my earlier meeting, "I see you, and this is your seat. Please sit! Rest and be comforted by us. Lean into the warmth of our experience, strength and hope."

Two principles come to my mind as I write this. I call them the twin principles: Humility and responsibility. They help bring me back and make me right-sized. My seat in AA is not a throne but hopefully a space of humility and responsibility. It has also taken me to a place of self-forgiveness. God works in a wondrous way. I'm a work in progress.

**By: Deb W. | Spokane, Wash.**

## GROUP CONTRIBUTION APRIL 2026

	TOTAL		
	APR 2026	APR 2025 (PY)	JAN - APR, 2026 (YTD)
Any Length Group	0.00	0.00	75.80
Bluff City Group	0.00	200.00	0.00
Came to Believe Group	0.00	0.00	300.00
Central Gardens Group	0.00	0.00	100.00
Collierville Group	398.82	0.00	797.26
Downtown Nooners N/S	0.00	100.00	0.00
Downtown Thursday Night Group	0.00	83.11	1,016.68
Earlybird	0.00	0.00	771.88
Germantown Noon	450.00	0.00	1,125.00
Holly Springs Group	0.00	0.00	300.00
How It Works	0.00	0.00	0.05
Lakeland	0.00	0.00	141.23
Men of Recovery	0.00	0.00	0.05
Mustard Seed	0.00	0.00	20.00
New Start	50.00	0.00	75.00
Oakland Always Open	0.00	0.00	95.00
Out-of-Towners Fellowship Group	0.00	0.00	0.08
Pleasant Hill	0.00	276.69	359.28
Pride and Principles	0.00	258.00	0.00
Primary Purpose	0.00	0.00	50.00
Queer Bees and Wanna Bes	0.00	0.00	85.00
Rule-62	0.00	0.00	100.00
Second Chance	0.00	50.00	0.00
Serenity	150.00	350.00	150.00
Shady Ladies	0.00	200.00	500.00
Sober Journey	0.00	163.00	200.00
Solutions Group	0.00	0.00	840.38
South Memphis	0.00	0.00	40.00
Straight Outta Bondage	0.00	0.00	300.00
The Nooner	148.35	289.75	909.80
Traditions	0.00	50.00	0.00
Triangle Group - Somerville	0.00	0.00	61.50
Two Doors Down	0.00	2,600.00	900.00
Unity Group	583.34	186.47	727.93
WAAGL	75.00	50.00	225.00
Whitehaven Morning Sunrisers-	200.00	0.00	200.00
Winchester	350.00	0.00	350.00
<b>TOTAL</b>	<b>\$2,405.51</b>	<b>\$4,857.02</b>	<b>\$10,816.92</b>

# FOUNDERS DAY 2026

THERE IS A SOLUTION



**SPEAKER: MORRIS R.**  
BACK ROOM GROUP, MURFREESBORO, TN

Recovery Repertory Theatre/ Live Cake  
Auction, Silent Art & Basket Auction

Fun, Food, & Fellowship/  
Suggested Donation \$10



**SATURDAY, JUNE 13, 11:30-3:30**

White Station Church of Christ  
1106 Colonial Rd., Memphis, TN 38117

For mor info contact:  
Kelly C. 615.617.9715



“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 \_\_\_\_\_

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Zip Code \_\_\_\_\_



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