

# GRATITUDE TIMES

April 2025

[www.chattanooga-aa.com](http://www.chattanooga-aa.com)

Chattanooga Area Central Office  
5611 Ringgold Road, Suite 130  
Chattanooga, TN 37412

Telephone: (423) 499-6003  
Email: [info@chattanooga-aa.com](mailto:info@chattanooga-aa.com)

## The News

### Central Office

- The Central Office has an opening for the Secretary position for the Central Office Board and Intergroup. Contact the Central Office (423-499-6003) for more information. Per the Central Office Bylaws, the qualifications are:
  - A present, or immediate past member of the Intergroup
  - Suggested two or more years sobriety
  - Possess the time, energy and willingness to serve
  - A background in A.A. service at the Group, District or Intergroup level
- There is an **urgent need** for a volunteer at the office for every month on the 2nd Saturday from 9 AM – 1 PM. Give the Central Office a call at 423-499-6003 and Cindy, our Volunteer Coordinator, will be glad to talk to you about this opportunity.
- The Central Office just got easier to find. We have a new sign! See an image here →
- It is with heavy hearts that we report the passing of two of our area members: George R. and Delzie W. (also known as Delzie A.) both recently passed away. They will be missed.



### AA World Services

- The Corrections Desk of the GSO published an Activity Update. Find it here: <https://drive.google.com/file/d/1wrhr8zFZc50TegoF98Ccdr2qYFNd9EWs/view?usp=sharing>
- The GSO released more episodes of the Our Primary Purpose Podcast series. Find them here: <https://www.aa.org/gso-podcast>
- The GSO published the unaudited Financial Report as of December, 2024. Find it here: <https://drive.google.com/file/d/18gpvjBn2JvjTrhNIqnZoxzNq4LS-NxCs/view?usp=sharing>
- The GSO published the Winter edition of Box 4-5-9. Find it here: [https://www.aa.org/sites/default/files/newsletters/F-36\\_winter2025.pdf](https://www.aa.org/sites/default/files/newsletters/F-36_winter2025.pdf)
- The GSO released a housing Resource Flyer for the International Convention. Find it here: [https://www.aa.org/sites/default/files/literature/Housing\\_Resource\\_Flyer\\_March\\_2025.pdf](https://www.aa.org/sites/default/files/literature/Housing_Resource_Flyer_March_2025.pdf)
- AAWS released the Highlights of the January Board meeting. Find them here: [https://www.aa.org/sites/default/files/literature/AAWS\\_2025\\_January\\_Highlights\\_V3.pdf](https://www.aa.org/sites/default/files/literature/AAWS_2025_January_Highlights_V3.pdf)
- The GSO released its Quarterly Report. Find it here: [https://www.aa.org/sites/default/files/literature/F-14\\_Quarterly\\_Report\\_2024\\_Fourth\\_Quarter.pdf](https://www.aa.org/sites/default/files/literature/F-14_Quarterly_Report_2024_Fourth_Quarter.pdf)
- The GSO announced a way for groups to watch the International Convention via remote feed. Find details here: <https://2025ic.wufoo.com/forms/z3724db1c8ztax/>

# LOOK WHO'S TALKING

## Speaker Meetings

### High Nooners

East Brainerd Club  
Meeting and Birthday Celebration is the last  
Friday of each month @ Noon

### Vision For You

Hixson Serenity Club - Friday @ 8 PM  
FAMILY & FRIENDS WELCOME  
Come Early & Stay Late

### 1515 Group

Suburban Club - Friday @8:00 pm  
Apr 4           TBA  
Apr 11          TBA  
Apr 18          TBA  
Apr 25          TBA  
Chair:          TBA  
How they did it? One Day at a Time!

### Sponsorship Group

Suburban Club Saturday @8:00 pm

Apr 5	Jodi H.
Apr 12	Chad B.
Apr 19	Myra W.
Apr 26	Jimmy D.
Chair:	Mike S.
(changes may be necessary)	

To volunteer to speak or to chair contact  
Tom H. 423-490-5724  
Last Saturday is Birthday Night.

### East Ridge Serenity Group

Suburban Club - Sunday @ 8 PM

Apr 6	TBA
Apr 13	TBA
Apr 20	TBA
Apr 27	TBA
Chair:	TBA

Send your speaker meeting information to [gratitude@chattanooga-aa.com](mailto:gratitude@chattanooga-aa.com)

Please check [www.chattanooga-aa.com](http://www.chattanooga-aa.com) or the Central Office to ensure meetings are being held.

## “Made a searching and fearless moral inventory of ourselves.”

Step Four, which begins on the very end of page 63 in the Big Book of Alcoholics Anonymous, states that after we take Step Three, we must “launch out on a vigorous course of action, the first step of which is a personal house cleaning.”

It says that, while turning our will over to our Higher Power in Step Three was a “vital and crucial step,” it can have “little permanent effect unless at once followed by a strenuous effort to face, and be rid of, the things in ourselves that have been blocking us.”

What does this mean? A personal house cleaning? A moral inventory? What is that?

Like a business that takes an inventory of what products they have in stock, we take an inventory of our lives. What things are we holding on to that no longer profit us? What items have turned rotten and are making us sick? What items are downright ugly? What assets do we have that we want to keep? What behaviors do we keep repeating that are keeping us stuck? These are the types of things we will look for throughout this Fourth Step process.

Another word for “moral” is truth. By reviewing our past — the people, situations, beliefs and fears we have engaged with throughout our lives — we can begin to see the truth about ourselves and the role we’ve played in our troubles. Through writing, we begin to see ourselves and our lives clearly.

This whole process might sound terrifying and complicated, but it is not. There is a very clear-cut method for reviewing our lives, which is outlined in the Big Book of Alcoholics Anonymous. Many of us like to overcomplicate this process by writing novels about our lives and getting bogged down in the messy storylines of our pasts. This is not necessary.

An inventory is a list. A bulleted list. An organized list. And the Big Book tells you exactly how to do it.

Source: [GuardianRecovery.com](https://www.guardianrecovery.com)

## Fourth Step Promises

If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people. We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can (p. 70). We begin to see that:

1. Mental health can be achieved.
2. We can begin to change.
3. We see the pointlessness of our past antipathies and how damaging they can be.
4. We see that we can be prepared to make amends.

Source: [soberspeak.com](https://soberspeak.com)

## Fourth Step Prayer

Dear God, It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine and I will begin a searching and fearless moral inventory. I will write down my wrongs But I will also include that which is good. I pray for the strength to complete the task.

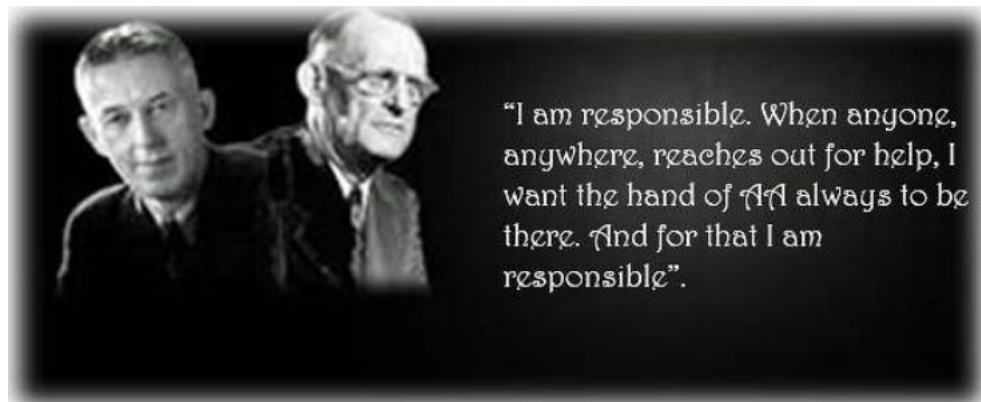
Source: [BeginnersBookStudyMeeting.org](https://beginnersbookstudymeeting.org)



**Step # 4 Big Book Reference:** [https://www.aa.org/assets/en\\_us/en\\_step4.pdf](https://www.aa.org/assets/en_us/en_step4.pdf)



# The Responsibility Statement



## The Alcoholics Anonymous (AA) Responsibility Statement is:

"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 emphasizes individual accountability for ensuring AA's continued availability to those seeking help.

## Origin, Core Message and Purpose:

The statement was introduced at the 1965 AA International Convention in Toronto. The statement underscores the idea that each member has a responsibility to ensure that AA's help is always available to those in need. The statement serves as a reminder that AA's future depends on the collective efforts and responsibility of its members.

## Key Concepts:

The statement is closely linked to the concepts of unity, service, and the importance of AA's traditions and is often paired with the Declaration of Unity, which emphasizes the importance of placing common welfare first and keeping the fellowship united.

## Historical Context:

In 1963, a national magazine published a critical cover story about AA, prompting a focus on taking stock of AA's shortcomings and the need for members to take responsibility for their actions and attitudes. At the time, AA as a whole had an arrogant persona and presented that AA "was always right" and projected the idea that it was the only method available for alcoholics to recover.

## Bill W.'s Perspective:

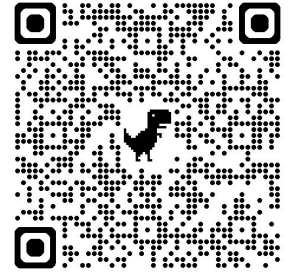
As a result of the events of 1963, Bill W., a co-founder of AA, discussed the importance of taking responsibility in his article "Responsibility Is Our Theme" in the July 1965 Grapevine. He noted how we might have alienated people through our arrogant conviction that we were always right and had the only answers to alcoholism. We needed to correct such attitudes and behavior in order to continue reaching the alcoholic who still suffers.

Source: [Google Gemini](#) (with edits)

# EVENT FLYERS and FINANCIALS

Find these full-page documents at the QR code (or link) below

Use the QR code to the right to see full images of these flyers. Open your phone's camera, point it at the code and you'll see a link appear at the bottom or the camera view. Touch that link to open the file. If you are reading this in a digital format, just click on the QR code to open the link.



"This event is not affiliated with the Chattanooga Area Central Office or Intergroup."

## 121st Monteagle Roundup

April 4-6, 2025 at St. Mary's Sewanee  
monteagleroundup.com | 770 St. Mary Lane • Sewanee, TN 37375

**Sponsors:**  
ROBBY K. (AA) • CARMEN B. (Al-Anon)  
"HOLLYWOOD" JOE S. (AA) • EVELYN H. (AA)

Registration includes breakfast, lunch, and dinner, as well as access to all activities and the Monteagle Roundup app. Registration is \$100 for members and \$120 for non-members. Registration is open until March 31, 2025. Registration is open until March 31, 2025. Registration is open until March 31, 2025.

What is the purpose of M.A.I.A.? The purpose of M.A.I.A. is to help individuals with alcoholism and their families find support and resources. The purpose of M.A.I.A. is to help individuals with alcoholism and their families find support and resources. The purpose of M.A.I.A. is to help individuals with alcoholism and their families find support and resources.

Click or Scan to download the 2025 SIS Program

The Monteagle Roundup  
April 4-6  
Sewanee, TN

"This event is not affiliated with the Chattanooga Area Central Office or Intergroup."

## M.A.I.A. INVITES YOU TO A Spiritual Inventory

What is the purpose of M.A.I.A.? The purpose of M.A.I.A. is to help individuals with alcoholism and their families find support and resources. The purpose of M.A.I.A. is to help individuals with alcoholism and their families find support and resources. The purpose of M.A.I.A. is to help individuals with alcoholism and their families find support and resources.

Click or Scan to download the 2025 SIS Program

The M.A.I.A. Spiritual Inventory  
April 26  
Memphis, TN

"This event is not affiliated with the Chattanooga Area Central Office or Intergroup."

## SPRING INTO SOBRIETY

Women's Conference  
May 2-4, 2025 - Venice, Florida

Click or Scan to download the 2025 SIS Program

Spring Into Sobriety  
May 2-4, 2025  
Venice, FL

"This event is not affiliated with the Chattanooga Area Central Office or Intergroup."

## 32ND ANNUAL FALLS CITY CONVENTION

May 9 & 10, 2025  
Louisville, KY

Click or Scan to download the 2025 SIS Program

Falls City Convention  
May 9 & 10, 2025  
Louisville, KY

"This event is not affiliated with the Chattanooga Area Central Office or Intergroup."

## 3rd Annual Legacies Weekend

May 30-June 1  
Fall Creek Falls

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3rd Annual Legacies Weekend  
May 30-June 1  
Fall Creek Falls

"This event is not affiliated with the Chattanooga Area Central Office or Intergroup."

## We Are Going to Know a New Freedom and a New Happiness

Friday, May 30 to Sunday, June 1, 2025

Click or Scan to download the 2025 SIS Program

Girlstock International  
May 30-June 1  
Atlanta, GA

"This event is not affiliated with the Chattanooga Area Central Office or Intergroup."

## 147 DAYS (AS OF 2/5/2025) TO THE 2025 INTERNATIONAL CONVENTION!

Click or Scan to download the 2025 SIS Program

International Convention 2025  
Chit Chat

"This event is not affiliated with the Chattanooga Area Central Office or Intergroup."

## 2025 A.A. INTERNATIONAL CONVENTION

July 3-6, 2025  
Vancouver, BC

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Int'l Convention Registration  
Jul 3-6, 2025  
Vancouver, BC

"This event is not affiliated with the Chattanooga Area Central Office or Intergroup."

## NATIONAL CORRECTIONS CONFERENCE 2025

Nov 7-9  
Nashville, TN

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National Corrections Conference  
Nov 7-9  
Nashville, TN

"This event is not affiliated with the Chattanooga Area Central Office or Intergroup."

## FINANCIALS

End of January 2025

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Chattanooga Central Office Financials

# GET INVOLVED!

Central Office, Committee & District Meetings – Remember: Service → Sobriety

Meeting	Meeting Location	Meeting Day/Time <sup>1</sup>	Contact	Notes
Accessibilities	At Central Office OR Zoom 821 398 40830 PW: odaat	3rd Sat @ 1:30 PM	Vacant <a href="mailto:access@chattanooga-aa.com">access@chattanooga-aa.com</a>	
Archives Committee	TBA	TBA	Vacant	
Central Office Board	Central Office (Hybrid) All are welcome Only members vote	2 <sup>nd</sup> Mon @ 6 PM	Chad B. <a href="mailto:chair@chattanooga-aa.com">chair@chattanooga-aa.com</a>	Zoom available Contact Central Office for Zoom info
Corrections Committee	Suburban Club	1st Sat @ 11 AM	Justin H. <a href="mailto:corrections@chattanooga-aa.com">corrections@chattanooga-aa.com</a>	
CPC/PI Committee	Central Office	2nd Sat @ 10 AM	Linda W. <a href="mailto:cpc_pi@chattanooga-aa.com">cpc_pi@chattanooga-aa.com</a>	
District 7 Meeting	Zoom ID 883 142 1436 PW: 123456	Last Wed @ 7:00 PM	Larry A.	Bradley, McMinn, Meigs, Monroe, Polk, Rhea
District 10 Meeting	TBA	TBA	Jeff W.	Bledsoe, Grundy, Marion, Sequatchie
District 15a (GA) Meeting	Dalton Serenity Club		Vacant	Catoosa, Chattooga, Dade, Gordon, Murray, Walker, Whitfield
District 80 Meeting	Not currently meeting		Vacant	South Central Hamilton
District 81 Meeting	Zoom call for info	Last Mon @ 7:30 PM	Mike S. <a href="mailto:dcm81@chattanooga-aa.com">dcm81@chattanooga-aa.com</a>	West Hamilton (North of Chattanooga)
District 82 Meeting	Not currently meeting		Vacant	Chattanooga
District 83 Meeting	Central Office	3 <sup>rd</sup> Mon @ 7:00 PM	Richard O. <a href="mailto:d83dcm@area64assembly.org">d83dcm@area64assembly.org</a>	Southwest Hamilton
District 84 Meeting	Zoom ID 814 9916 7629 Password: 298 592	3 <sup>rd</sup> Thu @ 6:30 PM	William H. <a href="mailto:d84dcm@area64assembly.org">d84dcm@area64assembly.org</a>	East Hamilton
Events Committee Club Crawl, Founder's Day, Creepy Crawl, etc.	At Central Office OR Zoom ID: 380-967-7665	Every Tue @ 6:30 PM	Angie M. <a href="mailto:events@chattanooga-aa.com">events@chattanooga-aa.com</a>	
Grapevine/La Vina Committee	At Hixson Serenity Club OR Zoom ID: 989-026-8931 PW: grapevine	3rd Sat @ 4 PM	Mike S. <a href="mailto:grapevine@chattanooga-aa.com">grapevine@chattanooga-aa.com</a>	
Intergroup Board	Central Office (Hybrid)	2 <sup>nd</sup> Mon @ 7 PM	<a href="mailto:chair@chattanooga-aa.com">chair@chattanooga-aa.com</a>	Zoom available Contact Central Office for Zoom info
Technology Committee	TBA	TBA	Alex B. <a href="mailto:tech@chattanooga-aa.com">tech@chattanooga-aa.com</a>	
Treatment Committee	Suburban Club	1 <sup>st</sup> Sat @ 11 AM	Jessica B. <a href="mailto:treatment@chattanooga-aa.com">treatment@chattanooga-aa.com</a>	

<sup>1</sup> Meeting dates may be shifted by one week due to holidays that occur the week of the normal meeting. These include January (New Year's Day), March/April (Easter), May (Memorial Day), July (Independence Day), September (Labor Day), November (Thanksgiving) and December (Christmas/New Year's Eve). Please confirm meeting dates around these holidays.

Send corrections or suggestions to [gratitude@chattanooga-aa.com](mailto:gratitude@chattanooga-aa.com)

# CENTRAL OFFICE CONTACTS

## Trusted Servants

Chair:	Chad B.	<a href="mailto:chair@chattanooga-aa.com">chair@chattanooga-aa.com</a>
Alt-Chair:	Cheri H.	
Treasurer:	Justeen V.	<a href="mailto:treasurer@chattanooga-aa.com">treasurer@chattanooga-aa.com</a>
Secretary:	Ellen V.	<a href="mailto:secretary@chattanooga-aa.com">secretary@chattanooga-aa.com</a>
At Large:	Linda W.	<a href="mailto:widemal@gmail.com">widemal@gmail.com</a>
At Large:	Burck S.	
Office Manager:	Katie T.	<a href="mailto:manager@chattanooga-aa.com">manager@chattanooga-aa.com</a>
Volunteer Coordinator:	Cindy C.	<a href="mailto:vc@chattanooga-aa.com">vc@chattanooga-aa.com</a>

If you need a sober ear, feel free to call the Central Office. The phone is answered 24/7 by a recovering alcoholic who may be able to help. **(423) 499-6003**

Your Central Office is open:  
Mon-Fri - 9 AM – 5PM  
and Sat - 9 AM – 1 PM  
Stop by for all your supply needs.

Want to support **Gratitude Times**? Use the QR Code at the right to make a contribution via Square.



Gratitude Times is a publication of the Chattanooga Central Office of Alcoholics Anonymous which is a not-for-profit organization. Content of the newsletter is intended as an educational service to the community of members of Alcoholics Anonymous in the areas served by the Chattanooga Central Office. This includes several districts in Area 64 (Tennessee) and District 15a in Area 16 (Georgia). Over 130 AA members receive the newsletter each month. You may receive a digital copy by sending an email to [gratitude@chattanooga-aa.com](mailto:gratitude@chattanooga-aa.com) asking to be added to the list.

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If you have a content idea for Gratitude Times, send the request to [gratitude@chattanooga-aa.com](mailto:gratitude@chattanooga-aa.com). The publication limits content to that which benefits the recovery of members of Alcoholics Anonymous in the Chattanooga Central Office service area. Content focuses mainly on the events and operations of the various A.A. Groups within the service area and A.A. as a whole. The Central Office reserves the right to reject content that is not aligned with the objective of supporting the recovery of A.A. group members.

**IF YOU DON'T SEE YOUR EVENT, SEND IT TO GRATITUDE@CHATTANOOGA-AA.COM**

Note: Inclusion of articles and announcements in Gratitude Times does not constitute A.A or Chattanooga Central Office endorsement. Rather, members of the fellowship of Alcoholics Anonymous have been encouraged to share their experience, strength and hope through this humble periodical. Opinions expressed are those of the writer unless otherwise noted. Chattanooga Central Office makes these announcements solely as a service to the reader, not as an endorsement.

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Source: [https://www.aa.org/assets/en\\_US/en\\_tradition\\_longform.pdf](https://www.aa.org/assets/en_US/en_tradition_longform.pdf)

## Concept 4

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Source: [https://www.aa.org/sites/default/files/literature/assets/smf-114\\_en.pdf](https://www.aa.org/sites/default/files/literature/assets/smf-114_en.pdf)

## Final Thought

### Life Is Baeutiful.

--by singlestep

Do you remember the name of your kindergarten teacher? I remember mine. Her name was Mrs White. And I remember thinking she must be some older relation of Walt Disney's Snow White, because she had the same bright blue eyes, short dark hair, red lips and fair skin.

I don't remember much about what we learned in her class, but my mother once told me that we used to write a lot. And I would bring back what I wrote and she would look at it and see there were so many mistakes. But no red corrections. And always a star. Sometimes even a "Good!" scrawled in that would make my heart soar with happiness. But it worried my mother, so one day when she went in to meet Mrs White for one of those Parent-Teacher meetings, she asked her why she never corrected my mistakes. Why she never red-pencilled in the right spellings of words or pointed out grammatical errors.

And my mother says Mrs White said "The children are just beginning to get excited about using words, about forming sentences. I don't want to dampen that enthusiasm with red ink. Spelling and grammar can wait. The wonder of words won't." And maybe she didn't say it Exactly like that. It was a long time ago. And what my mother gave me was the gist of what she could remember. The rest I added in. Because I grew up learning to use words with loving confidence like that.

And it occurs to me that if Mrs White had used her red pen more precisely I probably wouldn't be telling you about this now. Which is kind of obvious but also kind of not. I look back now and think she must have been a rather extraordinary teacher - to exercise such red-pen-restraint.



Image Source: [LensWild.com](https://lenswild.com)

To allow the joy, wonder and excitement of expression flower - however faultily - like that. Because to bloom is better than not to bloom. And a bud once nipped never opens. May we all be so kind...

I used to misspell beautiful a lot. I never could quite remember that the e went before the a. It exasperated my teacher in high school to no end. If I was going to employ the word with such lavishness she figured the least I could do was spell it right. Eventually the e's and a's settled into their right places of their own accord. I am glad I didn't wait on them though. Pretty is easier to spell, but it doesn't hold as much as you mean sometimes.

And thanks to Mrs White I had no qualms about writing what I meant even if I couldn't quite spell it out. Because Life isn't Pretty. It's Baeutiful.

Source: [KindSpring.org](https://kindspring.org)