

GRATITUDE TIMES

August 2025

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

In The News

Central Office (Chattanooga)

- **The Central Office needs regular volunteers:** The Current vacancies: Mornings: Tuesdays, 2nd & 4th Wednesdays, Fridays; Afternoons: Mondays, Wednesdays. Please call the Central Office if you are interested in any volunteer opportunities. Our number is 423-499-6003. We ask that the new flyers provided (Page 1 of Flyers) be posted in the clubs. Hopefully, more members will respond to help.
- The vc@chattanooga-aa.com email address is not currently being checked, so the contact for volunteering right now is the office line and info@chattanooga-aa.com email address.
- **New 7th tradition opportunity: Book Exchange program.** Donate books that have helped you along your recovery journey. The office will sell them for \$5 and if returned with receipt you receive \$2.50 off your next Book Exchange purchase. Don't have a book to donate? Come by and take a look at what's available!
- **Treatment** is seeking volunteers to chair meetings in institutional settings and to serve on the committee. Email treatment@chattanooga-aa.com for more info. The boy's meeting In particular, at the Schultz Center on Tuesdays at 7:00, needs a male to lead the meeting.
- **The Archives Intergroup Standing Committee needs a chairperson.** Have a passion for Archives? Let your GSR or DCM know or come to our next Intergroup meeting and let us know!
- **The Accessibilities Intergroup Standing Committee needs a chairperson.** Call 423-499-6003.
- **Looking ahead:** Creepy Crawl is scheduled for Saturday, Oct. 25th. The next Club Crawl: 3/14/26. Founder's Day: 6/6/26. Creepy Crawl 2026: 10/31/26.

- **Reminder:** In our world of social media, photos or videos of AA events should never be made public in any form. This is important to preserve the anonymity of all AA members.

Area 64 (Tennessee)

- **The 3rd Quarter 2025 Assembly is August 15 – 17, 2025** at the Quality Inn, Clarksville, Tn
- **The 2025 State Convention is October 24 – 26, 2025** at the Holiday Inn Convention Center, Manchester, TN.

AA World Services

- AAWS announced the availability of the **Souvenir book from the 2025 International Convention:** "A Book of Fellowship: 90 Years of Sharing Love and Service". Find the announcement letter here: https://www.aa.org/sites/default/files/literature/IC_Book_of_Fellowship_Souvenir_Book.pdf
- AAWS released the **Spring issue of About AA:** A Newsletter for Professionals. Find it here: https://www.aa.org/sites/default/files/newsletters/F-13_spring2025.pdf

Step Eight: Love - Become Willing

“Made a list of all persons we had harmed and became willing to make amends to them all.”

Step 8 is regarded as one of the most challenging steps in the 12-Step process because it requires a deep look at how your actions may have hurt others during active addiction. Many people find AA Step 8 difficult because it calls for accountability and complete honesty. Alcohol addiction can lead to behaviors that are out of character and harmful to loved ones. The purpose of Step 8 is to begin taking responsibility for that harm and become willing to make things right.

Facing the harm you've caused isn't easy. Step 8 of AA can feel overwhelming because it asks you to be honest, humble, and vulnerable. Of course, righting one's wrongs always seems easier than it is. It can take a great deal of humility to apologize to those whom you have wronged. Some common challenges with completing Step 8 of Alcoholics Anonymous include:

- Fear of rejection or anger from those you've hurt.
- Doubts about whether an apology is enough to repair the damage.
- Shame or guilt that makes it hard to revisit past actions.
- Uncertainty about how to approach the conversation or what to say.

The daunting nature of Step 8 of AA can appear insurmountable to many. Some may wonder if a simple apology can alleviate the harm they caused. In short, everyone's situation is different, but approaching someone, offering a sincere apology, and showing commitment to repairing one's relationship can be an important first step. As the 12 AA Steps show, healing is a process, and one cannot expect everything to be well after completing Step 8 of AA. Instead, think of this step as the beginning of a new journey, one in which you will work to repair and rekindle connections with those whom you harmed during your pursuit of alcohol.

Source: alcohol.org

The Eighth Step Prayer

Higher Power,
I ask Your help in making my list
of all those I have harmed.
I will take responsibility for my mistakes and
Be forgiving to others as You are forgiving to me.
Grant me the willingness to begin my restitution.
This I pray.

Page 76 of the Big Book

Step Eight Promise

It is the beginning of the end of isolation
from our fellows and from God

Page 82 of 12 and 12

If you're wondering how to complete Step 8 of AA, here are some steps to help guide you:

- **Reflect honestly on past harm:** Think about the people you hurt during your active addiction. This can include family, friends, or even strangers. Focus on actions and behaviors that caused emotional, financial, or physical harm.
- **Make your list:** Make a list of those you've harmed. Be as thorough as possible. This list is for you only at this stage, so be honest without self-censorship.
- **Discuss with a sponsor:** Review your list with your sponsor or a trusted AA member. They can help you identify people you may have overlooked and prepare you for Step 9.
- **Become willing to make amends:** Step 8 is about preparing to make amends, even if you're not quite ready yet. Acknowledging your doubts, fears, or resistance and working through them with your sponsor can help you during this Step.
- **Stay committed to the process:** Completing Step 8 of AA is an emotional milestone. It may bring up feelings of fear, guilt, or shame, which is completely normal. Lean on your AA fellowship and remember that you're taking a brave step toward healing.

A drunk crawled out from under a pier and staggered down the beach checking bottles for a drink. Bottle after bottle turned up empty. Finally he got one and pulled the plug and out popped a genie. The genie says, "Man, I have been in there 3,500 years. Thanks for letting me out, You now get two wishes."

The drunk says, "I want a bottle of wine that never runs dry!"

...poof...

In his hands was the everlasting bottle of wine. He took a big slug and the bottle refilled itself. "Wow!" He said.

"...and the second wish? Asked the genie..."

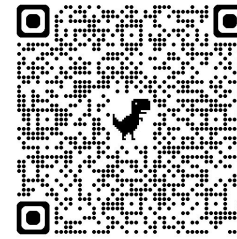
The drunk thought for one moment and asked, "You got another bottle just like this one?"

Source: SoberRecovery.com (with edits)

Step # 8 Big Book Reference: https://www.aa.org/assets/en_us/en_step8.pdf

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 of 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.



Serve

Service Opportunities Fair
2nd Saturdays 11-lpm a week
Bobby & Simon will be your hosts, make CACVO

CACO

Chattanooga Area Central Office
601 Market Street, Suite 100
Chattanooga, TN 37402
423-490-8055
info@chattanooga-aao.com
chattanooga-aao.com

You Can Help!

The world of the future awaits because you are here! You will be surprised. If you are willing, hearing nothing, doing nothing, you can be confident and strong. As you move forward from this position, know that you already remember that God is in charge. He has granted you this opportunity. Because Jesus lives, there is a difference in the experience that we have as Christians. We are called to be witnesses before others and to make every effort to share the good reality of life with them.

Your Greater Responsibility Begins Now


2025 Dates
May 1 - June 1
October 1 September 13
December 1 November 8

Nor exclude these dates and would like us to integrate service opportunities too?
Please send us an email and someone will reach out to you.

August 2023


July 2023

Service Fair Flyer




AREA 64

BRIDGING THE GAP DATABASE




The Treatment Committee is creating a database of AA members who are supporting BTG across Area 64. Scan the appropriate QR code below to enter your information as either a volunteer or liaison for the BTG program.

VOLUNTEERS




A "bridge" who serves as a temporary contact for newcomers looking to treatment facilities and help introduce them to Alcoholics Anonymous.

BTG LIAISONS




BTG Coordinator, BChM, or Treatment Clerk at the district or treatment center who help coordinate local and regional BTG services.

Contact your sponsoring area64@aa.org with any questions or technical issues.



CLOSING THE GAP

August 2020



Bridging the Gap Database Flyer

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



Stepping Into Serenity
Presents a

\$25
per
ticket

GIRLS GALA
Saturday, August 9th

7 - 9 p.m.

New Hope Presbyterian
7608 Shallowford Rd
Chattanooga, TN

Dancing Tickets available at
Food

www.stepsintoserenity.org

Questions: Call Chrissie 423-355-2283

This event is not affiliated with Chattanooga Area Central Office or Interagency.

Girl's Gala
Aug 9
Chattanooga, TN

[illegible]

Serenity Sara Fundraiser Flyer

We stood in the sunlight at last
Area 64 Assembly Q3 2025
 Quality Inn 931-648-4460
 3095 Wilma Rudolph Blvd
 Clarksville, TN 37040
 Group Code: Area 64 Q-3 Assembly
 \$120/night + tax, rate expires July 15th, 2025
August 15-17th, 2025



Contact Phoenix L. District 14 GSR
 520-731-1464 or disc14n15hostcommittee@gmail.com

©2024 Phoenix District 14

Area 64 Assembly
Aug 15-17

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

Serenity in the
Scenic City
Aug 22-24



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

Contract golf fever, get an impeccable coat of tan, and carom around with us!

SEARCHERS FELLOWSHIP

GOLF TOURNAMENT

\$80.00 per person

THURSDAY, SEPTEMBER 4

TEE TIME 8:00 AM
Country Hills Golf Course
Chattanooga, TN

FREE RANGE BALLS
10:00 AM - 11:00 AM

FREE LUNCH
11:30 AM - 12:30 PM

WIN PRIZES!

- GOLFING GEAR
- VISITOR TO THE HALL
- T-SHIRT
- HOSKINS VOUCHER
- 100% FREE!
- 20% OFF!

SUPPORTING EVENT FOR THE NATIONAL CONSTITUTIONAL CONFERENCE
September 4-5, 2011
Nashville, Tennessee

CONTACT CAMERON C. FOR QUESTIONS: 423-86-7277

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Searchers Fellowship
Golf Tournament
Sep 4, Hendersonville

**District 4
Annual Picnic**
SUNDAY, SEPTEMBER 28

1pm Fellowship
2pm Food
3pm Sobriety Countdown
& Speaker

Louisville Point Park
3298 Cox Road
Louisville, TN 37277

Fried chicken and soft drinks will be provided
Bring a side dish or dessert to share

Friends and Family are welcome!
Bring lawn chairs
7th Tradition contributions
will benefit District 4

Contact Suzanne A. at 615-229-9123
at DNCCM@nrcnwalesmission.org
with any questions!



© Suzanne A. 2015

District 4 Picnic
Sep 28
Pikeville, TN

RULE 62

OCTOBER 24-26 2025

**TN STATE
CONVENTION**

Registration Open

WEBSITE AVAILABLE WITH UPDATED DETAILS
[HTTPS://WWW.2025-AREAS4STATECONVENTION.COM/](https://www.2025-areas4stateconvention.com/)



Graphic: iStockphoto.com

TN State Convention
Oct 22-24
Manchester, TN

[illegible]

National Corrections
Conference Nov 7-9
Nashville, TN

This event is not affiliated with the Challenge Area Certified Officer or Infraguard.

11th Annual
National A.A. Technology Workshop

November 7-9, 2025

Registration is Now Open
for our Hybrid Workshop!

Join us in person at
The Milton at the
Cincinnati/Northern
Kentucky International
Airport (CVG).

Or register to attend
online via Zoom

<https://aaaworkshop2025.naate-workshop/>

2025 Theme
Adapt | Connect | Protect:
Building the A.A. Technology Toolbox

Scan Here
for 2025
Event Pages

QR Code

Topics: Cyber Security, Data Privacy, Digital Literacy

National Technology
Conference Nov 7-9
Cincinnati, OH (& virtual)

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

Gratitude Cruises
Flyers (four pages)
2025-2027

[illegible]

Chattanooga Central Office Financials

CRATITUDE TIMES

What you'll find packed into every issue:

- STEP GUIDANCE
- SPEAKER MEETINGS
- CENTRAL OFFICE INFORMATION
- SERVICE OPPORTUNITIES
- UPCOMING EVENTS
- FOCUS TOPICS
- MEETING INFO
- DISTRICT CONTACTS
- AA NEWS
- COMMITTEE NEWS & EVENTS
- INSPIRATION

Get your **FREE** digital copy by sending a request to:
gratitude@chattanooga-a-a.com

Gratitude Times is a publication of the Chattanooga Chapter Office of Alcoholics Anonymous which is a non-profit organization. Content of the newsletter is limited as an advertisement to the services of members of Alcoholics Anonymous in the areas served by the Chattanooga Chapter Office. The newsletter is distributed to AA in Chattanooga and District 14 Area 101 Region 1 AA World Area 10100. The newsletter is not a solicitation for financial support. It is a digital copy by sending an email to gratitude@chattanooga-a-a.com asking to be added to the list.

What is Gratitude Times?

chattanooga-aa.com' in white text."/>

The Central Office

What does the Central Office do?

- Provides AA Literature at Cost
- Supports Local Districts
- Collects Area Event Information
- Coordinates Service Opportunities
- Provides The Meeting Registry
- Is an Outlet for News & Events
- Sponsors Committees
- Publishes Gratitude Times
- Carries The Message
- Distributes AA News
- Maintains Area Website
- Provides 24 Hour AA Hotline
- Acts as a Conduit to Area 64 (TN)

Visit the Central Office at 5611 Ringgold Road, Suite 130
Or visit the website chattanooga-aa.com

What is Central Office?

MEETINGS PAGE

Central Office, Committee, District & Speaker Meetings

Meeting	Meeting Location	Meeting Day/Time ¹	Contact	Notes
Accessibilities	Zoom 821 398 40830 PW: odaat	3rd Sat @ 1:30 PM	Vacant	
Archives Committee	TBA	TBA	Vacant	
Central Office Board	Central Office (Hybrid) All are welcome Only members vote	2 nd Mon @ 6 PM	Chad B. chair@chattanooga-aa.com	Zoom available Contact Central Office for Zoom info
Corrections Committee	Suburban Club	1st Sat @ 10 AM	Justin H. corrections@chattanooga-aa.com	
CPC/PI Committee	Central Office	2nd Sat @ 10 AM	Linda W. cpc_pi@chattanooga-aa.com	
District 7 Meeting	Zoom ID 862-778-6420 PW: Serenity	Last Wed @ 7:00 PM	Larry A.	Bradley, McMinn, Meigs, Monroe, Polk, Rhea
District 15a (GA) Meeting	Not currently meeting		Vacant	Catoosa, Chattooga, Dade, Gordon, Murray, Walker, Whitfield
District 80 Meeting	Not currently meeting		Vacant	South Central Hamilton
District 81 Meeting	Hixson Serenity Clubhouse	4th Mon @ 7:30 PM	Mike S. dcm81@chattanooga-aa.com	West Hamilton (North of Chattanooga)
District 82 Meeting	Not currently meeting		Vacant	Chattanooga
District 83 Meeting	Central Office	3 rd Mon @ 7:00 PM	Richard O. d83dcm@area64assembly.org	Southwest Hamilton
District 84 Meeting	Zoom ID 814 9916 7629 Password: 298 592	3 rd Thu @ 6:30 PM	William H. d84dcm@area64assembly.org	East Hamilton
Events Committee Club Crawl, Founder's Day, Creepy Crawl, etc.	At Central Office OR Email for Zoom Info	Generally every Tue @ 6:30 PM except Jul, Aug & Dec	Angie M. events@chattanooga-aa.com	Email to confirm meeting day and time
Grapevine/La Vina Committee	At Hixson Serenity Club	3rd Sat @ 4 PM	Mike S. grapevine@chattanooga-aa.com	
Intergroup Board	Central Office (Hybrid)	2 nd Mon @ 7 PM	chair@chattanooga-aa.com	Zoom available Contact Central Office for Zoom info
Technology Committee	TBA	TBA	Alex B. tech@chattanooga-aa.com	
Treatment Committee	Suburban Club	1 st Sat @ 11 AM	Jessica B. treatment@chattanooga-aa.com	
Speaker: 1515 Group	Suburban Club	Fri @ 8 PM		
Speaker; East Ridge Serenity	Suburban Club	Sun @ 8 PM		
Speaker: High Nooners	East Brainerd Club	Last Fri @ Noon		Birthday Meeting
Speaker: Sponsorship Group	Suburban Club	Sat @ 8 PM Last Sat is Birthdays	Tom H. 423-490-5724	Aug 2nd Patrick M, 9th Dilmus C, 16th Seth R, 23rd Desoto B, 30th Tracy R. Chair Garrett H.
Speaker: Vision for You	Hixson Serenity Club	Fri @ 8 PM		Friends and Family Welcome

¹ 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.

CENTRAL OFFICE CONTACTS & INFORMATION

Chair: Chad B. chair@chattanooga-aa.com
Alt-Chair: Cheri H.
Treasurer: Justeen V. treasurer@chattanooga-aa.com
Secretary: Jean R. secretary@chattanooga-aa.com
At Large: Linda W. widemal@gmail.com
At Large: Burck S.
Office Manager: Katie T. manager@chattanooga-aa.com
Volunteer Coordinator: **OPEN**

Your Central Office is open:
Mon-Fri - 10 AM – 6 PM
and Sat - 9 AM – 1 PM
Stop by for all your supply needs.

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**

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

Increase the reach of Gratitude Times by printing copies to leave in the meeting room; encouraging others to subscribe and be involved!



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 145 AA members receive the newsletter each month. **You too may receive a digital copy at no cost by sending an email to gratitude@chattanooga-aa.com. Just ask 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. 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.

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

Source: <https://www.aa.org/the-twelve-traditions>

Concept 8

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Source: <https://www.aa.org/the-twelve-concepts>

Final Thought

Swimming With the Current

An excerpt of an article by: John K. | Carleton, Ontario

When I was a month or so sober, a fellow came up to me after a meeting and declared emphatically, “You’ll never stay sober if you don’t accept God in your life!”

It was very clear that what he meant was a Judeo-Christian God—an omniscient and omnipotent third-party entity with agency in the physical world. I was taken aback. We had been discussing Step Two, and his statement seemed to fly in the face of assurances that AA did not require me to believe in anything.

I try to keep an open mind so I can’t say for certain that the man was wrong. What I do know for certain is that for the last 31 years I’ve been able to stay away from a drink and live a contented, purposeful life without that sort of a God in my life.

I’m not a huge fan of labels. The only one that matters to me is that I’m an alcoholic. The term agnostic implies some sort of doubt, which doesn’t really apply to me. And a lot of people think atheist means anti-theist, which also doesn’t apply to me. I fully support any spiritual path someone chooses if it supports their sobriety, so long as they don’t try to impose it on anyone else.

So, if you need to apply a label to me, you can call me a non-theist. I just don’t find the concept of a supernatural, third-party God relevant to me. The idea that there is something which decrees, “This airplane is going to land and that one is going to crash. This woman is going to win the lottery, and that man is going to get cancer,” just doesn’t resonate with me.



I’ve been privileged to attend meetings in many different places. I’ve met alcoholics from a multitude of faith backgrounds—Hindus, Muslims, Sikhs, Buddhists, Jews and Jains, including members who follow indigenous spiritual practices or none at all. All these people have different rituals and doctrines. But they all speak of common principles, such as tolerance, forgiveness, generosity, humility, acceptance and above all, love. It seems to me that these people stay sober and grow as human beings despite their different ceremonies and sometimes contradictory dogmas because they use those universal spiritual principles as guideposts for living. That seems more important than whether or not there is a source of those principles.

Here’s where I am right now. I don’t think of God in the third person, as a “he,” “she” or “they.” Rather I think of God in the first-person, most often in the plural “we.” Not that we as human beings are God or even God-like, rather that there is a spiritual dimension to everyone and everything around us. It manifests when we gather. It’s that feeling I get when I walk into an AA meeting in a strange city, full of people I’ve never met, and the weight of the world slips from my shoulders. It’s what makes the whole greater than the sum of its parts. The fact that the word “we” figures so prominently in our program is a powerful statement.

Source: [Grapevine Magazine](#)