

GRATITUDE TIMES

July 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:** Central Office needs office and on-call volunteers for shifts 10am-2pm and 2pm-6pm on weekdays and temporarily needs office volunteers to cover the 1st, 3rd and 5th Saturdays, 9am-1pm. If you are interested in volunteering, we can set up a weekly, bi-weekly or monthly shift to fit your schedule. Great service opportunity! Please contact our Volunteer Coordinator, Cindy C., vc@chattanooga-aa.com, or call the Office at (423) 499-6003 during normal business hours (M-F 10am-6pm; Sat 9am-1pm).
- **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.

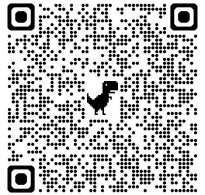
- **Service Opportunities Fair: 2nd Saturday of each month.** Come take a tour of the office and learn how our Intergroup carries the message to alcoholics throughout our Districts. See Flyer linked on Page 3

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

- **Can't attend the International Convention in person? You can register for a two-day, eight-session virtual track. The cost is \$35. Register with the link below or use the QR Code in the margin:**



https://2025ic.mylibrallounge.com/s/dee/en/begin-registration/?lib_SGU=EF0EAC5F-4367-4075-A9FA-9CC6F202B20F&lib_CST=CA87D641-F0EA-46C0-91B8-4D8A85E19B3E

- **Bob W., General Manager of the GSO, released a letter about what's happening at the GSO.** Find it here:
https://www.aa.org/sites/default/files/literature/Post_75th_Conference_Communication_to_the_Fellowship.pdf
- **The General Service Board Chair Loving released a video invitation to Regional and Special Forums.** Details here:
<https://www.aa.org/regional-local-and-special-forums>
- **The AA World Services Board of Directors released the Highlights from the March meeting.** Find it here:
https://www.aa.org/sites/default/files/newsletters/aaws_highlights_march_2025.pdf
- **The GSO released the Spring issue of Box 459.** Find it here:
https://www.aa.org/sites/default/files/newsletters/f-36_spring2025.pdf

Step Seven: Humility - Seek God's Help

"Humbly asked God to remove our shortcomings."

Step 7 is about humbly asking a higher power to help remove one's shortcomings. Though a "higher power" can refer to a god or other religious figure, it doesn't have to. What a person's higher power is entirely depends on the individual. A higher power can be something spiritual, something in nature, or whatever else appeals to the individual who is undergoing the 12-Step program. Step 7 involves recognizing that personal efforts alone may not be enough to overcome deep-seated flaws and that seeking external, spiritual support can be instrumental in achieving lasting change.

The principle of Step 7 is humility. It requires acknowledging that one cannot do everything alone and that there is a need for external help, whether it be from a higher power, community, or support system. By recognizing faults and deciding to get sober, those who complete this step are embracing humility. Step 7 teaches individuals to let go of pride and embrace vulnerability as a strength rather than a weakness.

Step 7 is a highly personal milestone in one's recovery journey. It requires self-reflection and strong willpower. The progress in this step may not be tangible, but success in this step equips individuals with mental skills that can build a foundation for long-lasting recovery. To work Step 7, individuals must take a few key actions to achieve the humility this stage of recovery requires. This is an ongoing practice that involves actions such as reflection, prayer or meditation, seeking support and/or practicing patience.

Source: [SperoRecovery.Org](https://www.sperorecovery.org)

The Seventh Step Prayer

My Creator,
I am now willing that you should have all of me,
good and bad.
I pray that you now remove from me
every single defect of character which stands in
the way
of my usefulness to you and my fellows.
Grant me strength, as I go out from here,
to do your bidding.
Amen

Page 76 of the Big Book

Step Seven Promise

By this time in all probability, we have gained some measure of release from our more devastating handicaps. We enjoy moments in which there is something like real peace of mind. To those of us who have hitherto known only excitement, depression, or anxiety—in other words, to all of us—this newfound peace is a priceless gift.

Page 74 of 12 and 12

*Sobriety is never owned,
it is rented ...
and rent is due every day!*

Step # 7 Big Book Reference: https://www.aa.org/assets/en_us/en_step7.pdf

What's the difference between a social drinker,
a heavy drinker and an alcoholic?

The social drinker sees a fly in his drink and says,
"Eww, there's a fly in this. I don't want it now."

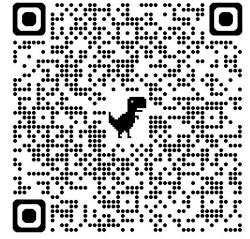
The heavy drinker will flick the fly out of the drink
and say, "Well, down the hatch!"

The alcoholic will grab the fly and shout, "Spit it out, spit it out!"

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.



 <p>21 DAYS (AS OF 6/11/2025) TO THE 2025 INTERNATIONAL CONVENTION! IC25 Chit-Chat</p>	 <p>2025 A.A. INTERNATIONAL CONVENTION</p>	 <p>NOT A GLUM LOT ROUNDUP</p>	 <p>HIXSON SERENITY CLUB PRESENTS THE ANNUAL 4TH OF JULY PICNIC</p>	 <p>Serenity Sara</p>
International Convention Chit Chat	Int'l Convention Registration Jul 3-6, 2025 Vancouver, BC	Not a Glum Lot Roundup Jul 3-6, Charlotte, NC	Hixson Serenity Club 4th of July Picnic	Girl's Gala and "Serenity Sara" Fundraisers (two pages)
 <p>We stood in the sunlight at last Area 64 Assembly Q3 2025</p>	 <p>Serenity in the Scenic City August 22-24, 2025</p>	 <p>SEARCHERS FELLOWSHIP GOLF TOURNAMENT</p>	 <p>RULE 62 TN STATE CONVENTION</p>	 <p>NATIONAL CORRECTIONS CONFERENCE 2025</p>
Area 64 Assembly Aug 15-17	Serenity in the Scenic City Aug 22-24	Searchers Fellowship Golf Tournament Sep 4, Hendersonville	TN State Convention Oct 22-24 Manchester, TN	National Corrections Conference Nov 7-9 Nashville, TN
 <p>Gratitude Cruises Sober Sisters Weekend to Bahamas</p>	 <p>FINANCIALS</p>	 <p>GRATITUDE TIMES</p>	 <p>The Central Office</p>	 <p>Service Opportunities Fair</p>
Gratitude Cruises Flyers (four pages) 2025-2027	Chattanooga Central Office Financials	What is Gratitude Times?	What is Central Office?	Service Opportunities Fair Flyer Monthly, 2nd Saturday

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	4th Thu @ 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	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	June Speakers 7th Kelly B., 14th Gary M., 21st Jenny L., 28th Lindy Lou S. - Chair Nichol M.
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:	Cindy C.	vc@chattanooga-aa.com

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.

Every A.A. group ought to be fully self-supporting, declining outside contributions.

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

Concept 7

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

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

Final Thought

Discovering Humility

The air in the meeting room felt heavy, thick with unspoken stories. Mark, barely three weeks into his sobriety journey, sat with his arms rigidly crossed, a scowl etched onto his face. The speaker at the podium spoke softly but with conviction, "Humility," she emphasized, her voice resonating, "is the bedrock of our recovery. Without it, the entire structure crumbles." Mark scoffed internally, a cynical laugh echoing in the hollow chambers of his own pride. He'd always been a success, a natural leader. He didn't need to grovel or admit weakness. He just needed to "get himself together," as he always had.

His first few weeks were a brutal, solitary battle. Cravings gnawed at him with relentless teeth, each whisper of temptation a siren song he struggled to ignore. He clung to the illusion of self-sufficiency, convinced he could conquer this demon with sheer willpower alone. He refused to call his sponsor, dismissing the advice as coddling. He avoided sharing in meetings, believing his struggles were too unique, too personal, for others to understand. "I'm strong enough for this," he'd tell himself, his voice a desperate mantra, even as his hands trembled, and sweat beaded on his forehead.

One particularly brutal evening, a suffocating dark cloud descended, a familiar prelude to relapse. The world seemed to narrow, focusing solely on the burning need within him. Without conscious thought, his feet carried him through the darkening streets, a grim pilgrimage towards his old haunt, the dim glow of its neon sign a beacon of false comfort. The magnetic pull was almost irresistible, each step, a surrender.

Just as he reached the dreaded corner, a voice, raw with unadulterated pain called to him from a nearby alley. "Please... I can't do this alone."



Mark froze. It was a fellow newcomer, a young man he'd seen silently occupying the back row of a few meetings, now slumped against a grimy brick wall, tears streaming down his face, oblivious to the world around him. In that moment, something profound shifted within Mark. The other man's desperate plea wasn't just a cry for help; it was a devastatingly accurate reflection of his own unspoken agony. He wasn't unique in his struggle. His carefully constructed facade of strength, his unwavering willpower, had always been a fragile disguise for a deep-seated, incapacitating fear.

He walked over, his own inner turmoil momentarily forgotten, and gently helped the man to his feet. Together, leaning on each other, they agreed to go home and call their sponsors. Back in his small apartment, the craving still present but remarkably muted, Mark finally picked up his phone. "I need help," he whispered to his sponsor, the words tasting strange on his tongue, alien yet profoundly liberating.

That night, for the very first time, Mark felt the true weight of recovery – not as a crushing burden, but as a shared path, a collective journey. Humility, he realized, wasn't weakness; it was the brave admission of shared humanity, the courageous act of extending an open hand, and the profound freedom found in knowing he didn't have to fight this war alone. It was in that honest, vulnerable moment that Mark's recovery truly, deeply, began.

Source: Google Gemini AI