

# GRATITUDE TIMES

June 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)

## In The News

### Central Office (Chattanooga)

- **The Central Office is launching a new website on June 2nd.** Find it here: <https://chattanooga-aa.com/> (the same address as before).
- **The Founder's Day Picnic is June 8th @ 11:30.** Volunteers are needed to set up/tear down. Also requested side dishes and desserts. Donations needed for the dessert and craft auction. See the flyer for details.
- **District 7 announced** that the Sweetwater Hospital meetings on Sunday are dissolved. A new group, "TAG" (The Anonymous Group), will meet at 145 Vernon Street in Decatur at 7:00 PM on Mondays.
- **The Central Office needs regular volunteers and on-call volunteers.** Also, we need more folks to sign up for the 12-Step Call List. Please call the Central Office if you are interested in any of these volunteer opportunities - Call 423-499-6003. Cindy, our Volunteer Coordinator, will be glad talk to you about opportunities.
- **The Treatment Committee** is seeking volunteers to get involved with "Bridging the Gap" (BTG). Please see the flyer with more info on what BTG does and how you can get involved.
- **Treatment** is also seeking volunteers to chair meetings in institutional settings and to serve on the committee. Email [treatment@chattanooga-aa.com](mailto:treatment@chattanooga-aa.com) for more info.
- **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.

### 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

- **The Greater Vancouver Intergroup sent an invitation to a luncheon for the International Convention in Vancouver for those attending. Find the invitation here:**  
[https://mcusercontent.com/c02a7bb151c0dc821f153cf79/files/df4c607c-25d1-bdec-15fd-bf7944bc0b1e/2025\\_International\\_Luncheon\\_Invite.pdf](https://mcusercontent.com/c02a7bb151c0dc821f153cf79/files/df4c607c-25d1-bdec-15fd-bf7944bc0b1e/2025_International_Luncheon_Invite.pdf)
- **The GSO released a "Tool Kit" with links to all the relevant material for International Convention in one sheet. Find it here:**  
[https://www.aa.org/sites/default/files/literature/2025\\_IC\\_Toolkit\\_EN\\_FR\\_SP.pdf](https://www.aa.org/sites/default/files/literature/2025_IC_Toolkit_EN_FR_SP.pdf)
- **The GSO released the quarterly report for the 1st quarter. Find it here:**  
[https://www.aa.org/sites/default/files/literature/F-14\\_Quarterly\\_Report\\_First\\_Quarter\\_2025.pdf](https://www.aa.org/sites/default/files/literature/F-14_Quarterly_Report_First_Quarter_2025.pdf)
- **The GSO announced an opening for a non-trustee Director. Find information here:**  
[https://www.aa.org/sites/default/files/literature/Opening\\_AAWS\\_Nontrustee\\_2026\\_GSC.pdf](https://www.aa.org/sites/default/files/literature/Opening_AAWS_Nontrustee_2026_GSC.pdf)
- **AAWS issued a call for volunteers at the International Convention. Find it here:**  
<https://icvwc2025.org/>
- **The GSO announced a way for groups to watch the International Convention via remote feed. Details here:**  
<https://2025ic.wufoo.com/forms/z3724db1c8ztax/>

# Step Six: Integrity - Admit Wrongs

***“Were entirely ready to have God remove all these defects of character.”***

The idea behind this phase of 12-step recovery—Steps 4 through 7—is to address some of the personal issues, shortcomings, and character defects that may have been a factor in our decision to begin drinking in the first place.

If we simply stop drinking and do not address some of these other issues, they could lead us into situations that may cause us to relapse. For example, if the way we express anger or the way we handle rejection is a problem for others around us, we could end up ruining a relationship, and that could cause us to pick up a drink again.

Furthermore, if we "only" quit drinking and don't address our other issues, we could end up what some call a "dry drunk," meaning we may become bitter and resentful. In which case, we may be sober but very unhappy.

Step 6 is so important in the process because it focuses on the willingness to change the old behaviors that contributed to the alcohol problem. Stopping drinking without addressing those behaviors makes slipping back into our old habits easier.

That is why Steps 4 through 7 are in the middle of the 12 steps. If we don't admit we have shortcomings and take steps to address those issues, then a spiritual awakening may never come. It's all about being honest with ourselves and those around us.

Identifying our shortcomings and admitting them is not the end of the process. Becoming "entirely ready" to do something about them is key to the solution.

Practical things that we can do to work toward understanding and overcoming problematic behaviors include:

List our faults, weaknesses, or challenges.

For each one, note the ways that the problem affects our behavior.

Write down the effect this fault has both on us and on others.

Ask ourselves what feelings are associated with this weakness. Are such behaviors intended to minimize or hide distressing emotions?

Consider what life would be like if we did not engage in these behaviors. What strategies could we use instead that would be more productive?

Thinking of these issues this way can help us better recognize how they influence our moods and behaviors. It can also allow us to see the benefits of changing, which will ultimately improve our willingness and motivation to change.

Source: [VeryWellMind.Com](http://VeryWellMind.Com)

## Sixth Step Prayer

Dear God,  
I am ready for Your help  
In removing from me the defects of character  
Which I now realize are an obstacle to my recovery.  
Help me to continue being honest with myself and  
Guide me toward spiritual and mental health.

Source: [NHAA.net](http://NHAA.net)

## Step Six Promise

Delay is dangerous and rebellion may be fatal (12 and 12, p. 69)

This is an inverse promise. The promise is that hesitation and rejection are risky reactions and may lead to failure.

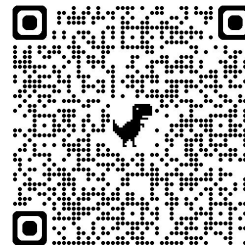
Source: [Soberspeak.com](http://Soberspeak.com)

**Step # 6 Big Book Reference:** [https://www.aa.org/assets/en\\_us/en\\_step6.pdf](https://www.aa.org/assets/en_us/en_step6.pdf)

## 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 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.



**2025** Volunteers Needed  
**Founder's Day**  
**Picnic**

To benefit & celebrate 40 years of service for  
 AA Central Office

**SUNDAY, JUNE 8**  
 11:30am - 4:00pm

**11:30am - 1pm**  
**LUNCH**  
 Please bring a side dish or dessert to share

**3 - 4pm**  
**Speaker**  
 Aren't all delegates  
**JIMMY W**

**1 - 3pm**  
**DESSERT and CRAFT AUCTION**  
 Show Off your skills and make some money!

**Harrison Bay State Park Recreation Hall**  
 7855 Bay Marina Circle, Harrison, TN 37341

No One Turned Away

The I Am Responsible group of  
Alcoholics Anonymous in Mountain City invite you  
to our annual

# Summer Picnic

Saturday, June 14, 2025.

Bring lawn chairs, hammocks, kayaks, beach towels, sunscreen,  
and prepared for a day of fun, fellowship and relationship  
on the shores of beautiful Watauga Lake.

We'll provide hammocks and hot dogs ~~and~~ and whatever you think  
sounds awesome, and we'll be glad to share it with you!

Gather at 11. Burgers hit the grill so time to eat at 12.

Speaker immediately following

**Keelin**  
from Johnson City

**Hope to see you there!**

Watauga Point Recreation Area  
Lake Watauga  
Highway 321 / 67 W between Hampton and Butler,



ANNUAL FOUNDER'S DAY  
**District 31**  
**PICNIC**

615-733-7174  
 Meghan FCM

**JUNE 14 2025**

TWO RIVERS PARK / SHEETER 2  
 2025 TWO RIVERS PARK, NASHVILLE TN  
 SUPPORTIVE EVENT AREA 6A 2025 TO STATE CONVENTION  
 CANCELED AT 5:00 PM

11:00-2:00

2025 FOUNDER'S DAY PICNIC AND YOUNG JOE

2025-2026

**VANCOUVER 2025**  
 Language of the Heart  
 Langage du coeur  
 Le langage de l'âme

**HIGHLIGHTS INCLUDE...**

- Thursday night blue party
- Flag Ceremony
- Business meetings
- Old Timers Meeting

**AND MORE...including 250+ meetings, hospitality suites, and a full slate of events and social activities.**

**REGISTER NOW!**

**2025 IS HERE!**  
**THE BIGGEST MEETING EVER!**

**LEARN MORE**  
 at [aa.org/internationalconvention](http://aa.org/internationalconvention)  
 2025@aa.org

**AAUAA**  
 AAUAA International

*Canadian Times*      *March 2025*      *Page 4*

Founder's Day Picnic  
June 8

## I Am Responsible Group Summer Picnic

District 31 Founder's  
Day Picnic  
Jun 14, Nashville

## International Convention Chit Chat

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

[illegible]

*We stood in the sunlight at last*

**Area 64 Assembly Q 3 2025**

Quality Inn 931-648-4848  
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 [disc1411shotcommittee@gmail.com](mailto:disc1411shotcommittee@gmail.com)

[illegible]

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

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**

**FREE LUNCH**

**WIN PRIZES!**

- 1 LARGEST DRIVE
- SPRIDE  
COURTESY OF THE GOLF  
SHOP
- 1 LONGEST PUT
- SPRIDE  
COURTESY OF THE GOLF  
SHOP
- 1 HIGHEST PUT
- SPRIDE  
COURTESY OF THE GOLF  
SHOP

**SUPPORTIVE  
EVENT FOR  
NATIONAL  
CONFERENCE**

**SEARCHERS**  
SOCIETY  
MEMBERS, VISITORS AND  
GUESTS WELCOME

CONTACT CAMDEN C FOR QUESTIONS: 706-398-7277

**RULE 62**

OCTOBER 24-26 2025

**TN STATE  
CONVENTION**

Registration Open

WEBSITE AVAILABLE WITH UPDATED DETAILS  
[HTTPS://WWW.2025AREAGASSTATECONVENTION.COM/](https://www.2025areagasstateconvention.com/)

2025 AREAGAS STATE CONVENTION

Not a Glum Lot  
Roundup  
Jul 3-6, Charlotte, NC

## 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

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

*"Freedom from Within"*

# NATIONAL CORRECTIONS CONFERENCE 2025

November 13-15, 2025  
Join us for the 8th Annual National Corrections Conference at  
"The Line at Springdale"



**8th Annual National Corrections Conference**

**Don't miss the speakers!**  
 Royce Davis, Executive Vice President  
 of the American Correctional Association  
 William G. Pritchard, Director of the  
 Tennessee Department of Corrections  
 and Juvenile Services  
 and many more!

**Speakers from  
across the country  
Lead Music**

There are also exhibitors in  
the exhibit hall. Exhibitors include  
the American Correctional Association,  
Tennessee Department of Corrections  
and Juvenile Services, and many  
other vendors. Exhibitors will  
be in the exhibit hall from  
11:00 a.m. to 5:00 p.m.

**Johnny Cash Package Registration:** Join Cream-Social, Hospitality Room,  
Breakfast, Coffee & Lunch \$135.00

**Daily Per Diem:** Join Cream-Social, Hospitality Room,  
Coffee, Breakfast and Lunch \$75.00

**Registration:** <https://www.ncc2025.com>

Check for  
updates at  
<https://www.ncc2025.com>

2025-09-10 10:00 AM



**ATTENTIONS**

1. All attendees must wear a name tag.  
 2. All attendees must wear a lanyard.  
 3. All attendees must wear a badge.  
 4. All attendees must wear a wristband.  
 5. All attendees must wear a hat.  
 6. All attendees must wear a shirt.  
 7. All attendees must wear a pants.  
 8. All attendees must wear a shoes.  
 9. All attendees must wear a socks.  
 10. All attendees must wear a underwear.

FINANCIALS										
End of January 2025										
Super 1000 Technology Services Revenue Statement										
	2024		2023		2022		2021		2020	
	Revenue	Margin	Revenue	Margin	Revenue	Margin	Revenue	Margin	Revenue	Margin
<b>Revenue</b>	\$1,000,000		\$1,000,000		\$1,000,000		\$1,000,000		\$1,000,000	
Operating Expenses										
Cost of Sales	(200,000)	80%	(200,000)	80%	(200,000)	80%	(200,000)	80%	(200,000)	80%
Salaries & Wages	(150,000)		(150,000)		(150,000)		(150,000)		(150,000)	
Travel & Entertainment	(50,000)		(50,000)		(50,000)		(50,000)		(50,000)	
Office Expenses	(30,000)		(30,000)		(30,000)		(30,000)		(30,000)	
Depreciation & Amortization	(20,000)		(20,000)		(20,000)		(20,000)		(20,000)	
Interest Expense	(10,000)		(10,000)		(10,000)		(10,000)		(10,000)	
Income Tax Expense	(20,000)		(20,000)		(20,000)		(20,000)		(20,000)	
Other Expenses	(10,000)		(10,000)		(10,000)		(10,000)		(10,000)	
<b>Operating Profit</b>	<b>600,000</b>	<b>60%</b>	<b>600,000</b>	<b>60%</b>	<b>600,000</b>	<b>60%</b>	<b>600,000</b>	<b>60%</b>	<b>600,000</b>	<b>60%</b>
Non-Operating Expenses										
Interest Income	(10,000)		(10,000)		(10,000)		(10,000)		(10,000)	
Other Income	(5,000)		(5,000)		(5,000)		(5,000)		(5,000)	
<b>Net Income</b>	<b>585,000</b>	<b>58.5%</b>	<b>585,000</b>	<b>58.5%</b>	<b>585,000</b>	<b>58.5%</b>	<b>585,000</b>	<b>58.5%</b>	<b>585,000</b>	<b>58.5%</b>
<b>Operating Profit Margin</b>	<b>60%</b>		<b>60%</b>		<b>60%</b>		<b>60%</b>		<b>60%</b>	
<b>Net Income Margin</b>	<b>58.5%</b>		<b>58.5%</b>		<b>58.5%</b>		<b>58.5%</b>		<b>58.5%</b>	
<b>Operating Profit</b>	<b>600,000</b>		<b>600,000</b>		<b>600,000</b>		<b>600,000</b>		<b>600,000</b>	
<b>Net Income</b>	<b>585,000</b>		<b>585,000</b>		<b>585,000</b>		<b>585,000</b>		<b>585,000</b>	

# GRATITUDE TIMES

What you'll find packed into every issue:

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

Get your **FREE** digital copy by sending a request to:  
[gratitude@chattanooga-aa.com](mailto:gratitude@chattanooga-aa.com)

Gratitude Times is a publication of the Chattanooga Chapter Office of Alcoholics Anonymous which is a non-profit 501(c)(3) organization. One of the members is charged with an educational service as the secretary of members of Alcoholics Anonymous in the area served by the Chattanooga Chapter Office. This individual assists districts in Area 44 (Chattanooga and Dalton, GA) in Area 45 (Gainesville, FL) and Area 46 (Tomball, TX) in the national association. Gratitude Times is a service to the community. It is a digital copy of sending an email request to [gratitude@chattanooga-aa.com](mailto:gratitude@chattanooga-aa.com) asking to be added to the mailing list.

chattanooga-aa.org'. A small URL 'http://www.aa.org' is in the bottom right corner."/>

# The Central Office

What does the Central Office do?

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

Visit the Central Office at 5611 Ringgold Road, Suite 130  
Or visit the website [chattanooga-aa.org](http://chattanooga-aa.org)

<http://www.aa.org>

**BRIDGING THE GAP**

"Bridging the Gap is a temporary contact program for individuals getting out of treatment or other facilities. A temporary program, "Contact upon release" has been created for those leaving correctional facilities.

The concept behind "Bridging the Gap" (BTG) is as old as Alcoholics Anonymous itself – one drunk talking to another, each reinforcing the other's understanding that they can find a way to face life sober, and build meaningful relationships without alcohol – Pamphlet 9.

**Bridging the Gap helps those leaving treatment by:**

- Explaining what to expect when attending meetings
- Accompanying the newcomer to a variety of meetings, making sure they have met necessary services or how to navigate the AA Meeting Guide app
- Introducing them to AA literature
- Explaining the importance of housegroups and sponsorship

For more information: Contact Kelly B. [kbrachart@chattanooga-aa.com](mailto:kbrachart@chattanooga-aa.com)



[AA Meeting Guide app](#)



National Corrections  
Conference Nov 7-9  
Nashville, TN

## Chattanooga Central Office Financials

## What is Gratitude Times?

## What is Central Office?

## Bridging The Gap Service Opportunities



# MEETINGS PAGE

## Central Office, Committee, District & Speaker Meetings

Meeting	Meeting Location	Meeting Day/Time <sup>1</sup>	Contact	Notes
Accessibilities	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 @ 10 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 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. <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 Email for Zoom Info	Generally every Tue @ 6:30 PM <b>except</b> Jul, Aug & Dec	Angie M. <a href="mailto:events@chattanooga-aa.com">events@chattanooga-aa.com</a>	Email to confirm meeting day and time
Grapevine/La Vina Committee	At Hixson Serenity Club	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>	
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

<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.

# CENTRAL OFFICE CONTACTS & INFORMATION

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:	Jean R.	<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>

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](mailto: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](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](mailto: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.

## Tradition 6

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

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

## Concept 6

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

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

## Final Thought

### What Stops You From Making It So?

I teach at a middle school where we really focus on kindness and service being our overriding culture. We have a Wheel of Kindness we spin each week to challenge the kids to commit kind acts, and we hold assemblies that recognize our students who are committing acts of service locally and globally. Well this week I was reminded again how special middle school kids are.

I follow many of my students on Instagram so I can keep up on their lives away from school as well as look for any cyber bullying. On Monday evening, I received a direct message from a boy who had someone write a very mean message in his locker. He took a picture of it and sent it to me asking for help. I assured him that this is not what we are all about at our school and asked him to meet me at recess the following morning. He said he would, and we left off with him feeling as if he had been heard and me feeling honored that he came to me.

A few hours later I noticed on his Instagram that he had posted the picture of the mean note and asked if anyone knew who it was. I made sure to comment that we were looking into it to give the person who did it a little push in coming forward. I thought it was very smart of the boy who had received the note to reach out via social media because this is where the kids live for so many hours of the day. Well, the next day when recess came, the boy came to me and another boy was with him. The boy who had received the note showed me another note he had received. But this was a beautiful, heartfelt apology. I asked him if he knew who had done it, and the boy who came with him replied, "It was me. I don't know why I did it, but I know it was wrong and not at all kind. So I wrote him this note. I also wrote 150 Post Its with kind sayings on them and put them in all the lockers. I just wanted to do something to try to make up for my meanness."



I was blown away. My heart felt so full of pride and love for this brave boy, I thought it would burst out of my chest! I told him how courageous I thought it was for him to come forward and how amazing it was that he did something kind in return to try to balance his mistake. I turned to the boy who received both notes and asked him if he also recognized the bravery and could forgive. Without hesitation, he said, "Yes. Definitely. And if anyone tries to be mean to him for making a bad choice, I will stand up to them."

Wow.

I think middle schoolers can get a bad name because it is such a precarious age. They are stuck between being children and growing up, and it is so difficult to navigate. But these two boys both showed me that coming forward when we need help is so important, and coming forward to admit a wrong is vital. They both showed bravery, compassion and kindness in a way I would not have expected. Every day I am reminded that although I am an educator, my students truly teach me.

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