

GRATITUDE TIMES

May 2025

www.chattanooga-aa.com

Chattanooga Area Central Office
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In The News

Central Office (Chattanooga)

- **The Central Office has new weekday hours!** Hours have been 9 AM - 5 PM. Beginning May 5th, the office will open and close an hour later. The new hours are 10 AM to 6 PM Monday through Friday!
- **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.
- **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 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.
- **There is a Corrections Workshop on May 24** that is conducted by the state at New Hope Presbyterian on Shallowford Rd. from 12 to 3. All are welcome to attend. See the flyer.
- **The Founders Day Picnic** is June 8, Harrison Bay State Park. The speaker will be our area 64 delegate, Jimmy W.. See the flyer
- **The Suburban Club** is celebrating its **50th Anniversary** May 10th at the Suburban Club. See the flyer.
- **The Three Legacies Weekend** is May 30 – June 1, 2025, Fall Creek Falls State Park - See the flyer.

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 GSO issued a press release about the 90th anniversary of AA** which will be celebrated at the International Convention. Read the release here: <https://www.aa.org/pressrelease-041625>
- **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
- **The Public Information Desk of the GSO published an Activity Update.** Find it here: https://www.aa.org/sites/default/files/literature/PI_Activity_Update_April_2025.pdf
- **The GSO released more episodes of the Our Primary Purpose Podcast series.** Find them here: <https://www.aa.org/gso-podcast>
- **The GSO announced a way for groups to watch the International Convention via remote feed.** Details here: <https://2025ic.wufoo.com/forms/z3724db1c8ztax/>

Step Five: Integrity - Admit Wrongs

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

Step Five of Alcoholics Anonymous marks a turning point in recovery, transforming private thoughts into spoken words.

The fifth step builds upon the personal inventory taken in Step Four, pushing us to share our discoveries with others. It's a powerful act of vulnerability that breaks down walls of isolation – a common struggle for those battling addiction.

AA's program recognizes three essential components in Step Five:

- Admission to God (as we understand Him)
- Admission to ourselves
- Admission to another person

This three-part confession process serves as a spiritual housecleaning, clearing away the debris of guilt and shame that often fuels addictive behaviors. The act of verbally acknowledging our past actions helps create accountability and opens the door to genuine healing.

Step Five represents a bridge between self-reflection and active change. By sharing our complete story with another person, we gain new perspectives on our behaviors and patterns. This step's power lies in its ability to transform silent struggles into shared experiences, proving we're not alone in our journey to recovery.

The confession aspect of Step Five isn't about punishment – it's about liberation. When we voice our past actions and character defects, we begin to release their power over us, creating space for growth and transformation in our recovery journey.

Source: WeWantRelief.com

Fifth Step Prayer

Higher Power,

My inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me, and be with me, in this Step, for without this step, I cannot progress in my recovery. With Your help, I can do this, and I do it.

Source: NHAA.net

Step Five Promise

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the broad highway, walking hand in hand with the spirit of the universe.

Source: SoberSpeak.com

The 12 Principles

The Big Book outlines the principles as a single virtue that embodies each step...

- | | |
|----------------|-------------------|
| 1. Honesty | 7. Humility |
| 2. Hope | 8. Love |
| 3. Surrender | 9. Responsibility |
| 4. Courage | 10. Discipline |
| 5. Integrity | 11. Awareness |
| 6. Willingness | 12. Service |

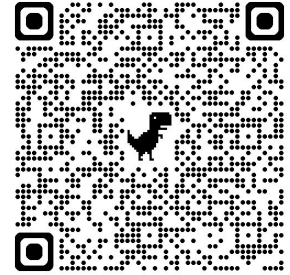


Step # 5 Big Book Reference: https://www.aa.org/assets/en_us/en_step5.pdf

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 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>BRIDGING THE GAP</p> <p>"Bridging the Gap is a temporary contact program for individuals getting out of treatment or other facilities. A separate program, "Contact upon release" has been created for those leaving correctional facilities.</p> <p>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 49</p> <p>Bridging the Gap helps those leaving treatment by:</p> <ul style="list-style-type: none">• Explaining what to expect when attending meetings• Accompanying the newcomer to a variety of meetings, making sure they have meetings schedules or how to navigate the AA Meeting Guide app• Introducing them to AA literature• Explaining the importance of homework and sponsorship <p>For more information: Contact Kelly B. bridgingthegap@chattanooga-aa.com</p> <p>Suburban Club @10 a.m. 2002 E Main St. Chattanooga, TN corrections@chattanooga-aa.com</p> <p>Gratitude Times May 2025 Page 1</p>	 <p>Corrections Committee</p> <p>1st Saturday of the Month</p> <p>Suburban Club @10 a.m. 2002 E Main St. Chattanooga, TN corrections@chattanooga-aa.com</p> <p>Gratitude Times May 2025 Page 1</p>	 <p>Chattanooga Area Treatment Committee</p> <p>"Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength, and hope" - Big Book pg xxii</p> <p>monthly - 11am 1st Saturday SUBURBAN CLUB- 2002 E Main Street</p> <p>Contact Jessica for more info: Treatment@chattanooga-aa.com (423) 414-4880</p> <p>Gratitude Times May 2025 Page 1</p>	 <p>Suburban Club 50th Anniversary CELEBRATION</p> <p>Saturday, May 10, 2025</p> <p>4 PM Dinner 5 PM Recovery Speakers 6 PM Bingo</p> <p>Donation Tshirts on sale</p> <p>Gratitude Times May 2025 Page 2</p>	 <p>INFORMATION Workshop</p> <p>AREA 64 PUBLIC INFORMATION COMMITTEE AND COOPERATION WITH THE PROFESSIONAL COMMUNITY</p> <p>Lunch will be provided: Barbecue, Bake Beans, Cole Slaw, Potato Salad, Chips and Dip, Condiments with all the Fix'ns and Drinks.</p> <p>If you would like to bring a dessert, please feel free to do so.</p> <p>SATURDAY MAY 17TH 11:00AM - 5:00PM</p> <p>Our Location: BETTERWAY HOUSE 253 WATER STREET PULASKI, TN</p> <p>Question and Answer Session</p> <p>Contact Us: Jamie S - 931-619-0956 Patrick C - 615-519-4735</p> <p>Zoom Information: Meeting ID: 8891310346 Password: 085607</p> <p>Gratitude Times May 2025 Page 1</p>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
 <p>Bridging The Gap Service Opportunities</p>	 <p>Corrections Committee Meeting Flyer</p>	 <p>Treatment Committee Meeting Flyer</p>	 <p>Suburban Club 50th Anniversary May 10</p>	 <p>Area 64 PI/CPC Workshop May 17 - Pulaski, TN</p>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
 <p>Treatment and Corrections Opportunities for Service</p> <p>SUNDAY, MAY 18</p> <p>Come eat, greet and learn how we share our experience, strength & hope with those who need it most.</p> <p>Suburban Club 300-700</p> <p>Gratitude Times May 2025 Page 1</p>	 <p>Area 64 Corrections Workshop</p> <p>Saturday May 24, 2025 12pm to 3pm</p> <p>Hosted by New Frontier Group and District 84 New Hope Presbyterian Church 7608 Shallowford Road Chattanooga, TN 37421</p> <p>Contact: Mike N. 678 541 3906</p> <p>Gratitude Times May 2025 Page 1</p>	 <p>EVERYBODY IS WELCOMED</p> <p>3rd Annual OXFORD HOUSE LAUNCHPAD MEMORIAL DAY PICNIC</p> <p>Monday, May 26, 2025 11am - 3pm</p> <p>BRING A SIDE DISH TO SHARE</p> <p>CHESTER FROST PARK SHELTER #3</p> <p>Gratitude Times May 2025 Page 1</p>	 <p>Third Annual 3 Legacies Weekend</p> <p>Supportive Event for 2025 Tennessee State Convention</p> <p>May 30 - 31 & June 1, 2025</p> <p>Fall Creek Falls State Park</p> <p>Speakers: Drs. Recovery/Steps/Unity/Traditions/Service/Concepts</p> <p>Gratitude Times May 2025 Page 1</p>	 <p>Girlstock International</p> <p>We Are Going to Know a New Freedom and a New Happiness</p> <p>Friday, May 30 to Sunday, June 1, 2025</p> <p>Atlanta, Georgia</p> <p>Gratitude Times May 2025 Page 1</p>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
 <p>Treatment Opportunities for Service May 18</p>	 <p>Area 64 Corrections Workshop May 24 New Hope Presbyterian</p>	 <p>Oxford House Memorial Day Picnic May 26</p>	 <p>3rd Annual Legacies Weekend May 30-June 1 Fall Creek Falls</p>	 <p>Girlstock International May 30-June 1 Atlanta, GA</p>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
 <p>I Am Responsible Group Summer Picnic</p> <p>Saturday, June 14, 2025</p> <p>Bring lawn chairs, hammocks, kayaks, beach towels, sunscreen, and sunscreen for a day of fun, food, and fellowship on the shores of beautiful Wattsuga Lake.</p> <p>We'll provide hamburgers and hot dogs, and you'll bring your own beverages and side dishes. We'll be glad to share it with you!</p> <p>Gather at 11. Burgers hit the grill in time to eat at 12.</p> <p>Speaker immediately following</p> <p>9eelin from Johnson City</p> <p>Hope to see you there!</p> <p>Wattsuga Point Recreation Area Lake Wattsuga Highway 321 / BT W between Hampton and Butler.</p> <p>Gratitude Times May 2025 Page 1</p>	 <p>2025 Founder's Day Picnic</p> <p>To benefit & celebrate 40 years of service for AA Central Office</p> <p>SUNDAY, JUNE 8 11:30am - 4:00pm</p> <p>11:30am - 1pm LUNCH</p> <p>1 - 3pm DESSERT and CRAFT AUCTION</p> <p>Speaker JIMMY W</p> <p>Harrison Bay State Park Recreation Hall 7855 Bay Marina Circle Harrison, TN 37354</p> <p>Gratitude Times May 2025 Page 1</p>	 <p>2025 A.A. INTERNATIONAL CONVENTION</p> <p>Join your friends in Vancouver, British Columbia, Canada July 3-6</p> <p>HIGHLIGHTS INCLUDE...</p> <ul style="list-style-type: none">► Thursday night black party► Flag Ceremony► Stadium meetings► Old Times Meeting <p>AND MORE... including 2024 meetings, hospitality suites, and a full slate of parties and workshops</p> <p>REGISTER NOW</p> <p>Gratitude Times May 2025 Page 1</p>	 <p>NATIONAL CORRECTIONS CONFERENCE 2025</p> <p>November 7-9, 2025</p> <p>Join us for the 8th Annual National Corrections Conference at the Nashville Convention Center</p> <p>Speakers: Drs. Recovery/Steps/Unity/Traditions/Service/Concepts</p> <p>Gratitude Times May 2025 Page 1</p>	 <p>FINANCIALS</p> <p>End of January 2025</p> <table border="1"><thead><tr><th></th><th>2024</th><th>2023</th><th>2022</th><th>2021</th><th>2020</th><th>2019</th><th>2018</th><th>2017</th><th>2016</th><th>2015</th><th>2014</th><th>2013</th><th>2012</th><th>2011</th><th>2010</th><th>2009</th><th>2008</th><th>2007</th><th>2006</th><th>2005</th><th>2004</th><th>2003</th><th>2002</th><th>2001</th><th>2000</th><th>1999</th><th>1998</th><th>1997</th><th>1996</th><th>1995</th><th>1994</th><th>1993</th><th>1992</th><th>1991</th><th>1990</th><th>1989</th><th>1988</th><th>1987</th><th>1986</th><th>1985</th><th>1984</th><th>1983</th><th>1982</th><th>1981</th><th>1980</th><th>1979</th><th>1978</th><th>1977</th><th>1976</th><th>1975</th><th>1974</th><th>1973</th><th>1972</th><th>1971</th><th>1970</th><th>1969</th><th>1968</th><th>1967</th><th>1966</th><th>1965</th><th>1964</th><th>1963</th><th>1962</th><th>1961</th><th>1960</th><th>1959</th><th>1958</th><th>1957</th><th>1956</th><th>1955</th><th>1954</th><th>1953</th><th>1952</th><th>1951</th><th>1950</th><th>1949</th><th>1948</th><th>1947</th><th>1946</th><th>1945</th><th>1944</th><th>1943</th><th>1942</th><th>1941</th><th>1940</th><th>1939</th><th>1938</th><th>1937</th><th>1936</th><th>1935</th><th>1934</th><th>1933</th><th>1932</th><th>1931</th><th>1930</th><th>1929</th><th>1928</th><th>1927</th><th>1926</th><th>1925</th><th>1924</th><th>1923</th><th>1922</th><th>1921</th><th>1920</th><th>1919</th><th>1918</th><th>1917</th><th>1916</th><th>1915</th><th>1914</th><th>1913</th><th>1912</th><th>1911</th><th>1910</th><th>1909</th><th>1908</th><th>1907</th><th>1906</th><th>1905</th><th>1904</th><th>1903</th><th>1902</th><th>1901</th><th>1900</th><th>1899</th><th>1898</th><th>1897</th><th>1896</th><th>1895</th><th>1894</th><th>1893</th><th>1892</th><th>1891</th><th>1890</th><th>1889</th><th>1888</th><th>1887</th><th>1886</th><th>1885</th><th>1884</th><th>1883</th><th>1882</th><th>1881</th><th>1880</th><th>1879</th><th>1878</th><th>1877</th><th>1876</th><th>1875</th><th>1874</th><th>1873</th><th>1872</th><th>1871</th><th>1870</th><th>1869</th><th>1868</th><th>1867</th><th>1866</th><th>1865</th><th>1864</th><th>1863</th><th>1862</th><th>1861</th><th>1860</th><th>1859</th><th>1858</th><th>1857</th><th>1856</th><th>1855</th><th>1854</th><th>1853</th><th>1852</th><th>1851</th><th>1850</th><th>1849</th><th>1848</th><th>1847</th><th>1846</th><th>1845</th><th>1844</th><th>1843</th><th>1842</th><th>1841</th><th>1840</th><th>1839</th><th>1838</th><th>1837</th><th>1836</th><th>1835</th><th>1834</th><th>1833</th><th>1832</th><th>1831</th><th>1830</th><th>1829</th><th>1828</th><th>1827</th><th>1826</th><th>1825</th><th>1824</th><th>1823</th><th>1822</th><th>1821</th><th>1820</th><th>1819</th><th>1818</th><th>1817</th><th>1816</th><th>1815</th><th>1814</th><th>1813</th><th>1812</th><th>1811</th><th>1810</th><th>1809</th><th>1808</th><th>1807</th><th>1806</th><th>1805</th><th>1804</th><th>1803</th><th>1802</th><th>1801</th><th>1800</th><th>1799</th><th>1798</th><th>1797</th><th>1796</th><th>1795</th><th>1794</th><th>1793</th><th>1792</th><th>1791</th><th>1790</th><th>1789</th><th>1788</th><th>1787</th><th>1786</th><th>1785</th><th>1784</th><th>1783</th><th>1782</th><th>1781</th><th>1780</th><th>1779</th><th>1778</th><th>1777</th><th>1776</th><th>1775</th><th>1774</th><th>1773</th><th>1772</th><th>1771</th><th>1770</th><th>1769</th><th>1768</th><th>1767</th><th>1766</th><th>1765</th><th>1764</th><th>1763</th><th>1762</th><th>1761</th><th>1760</th><th>1759</th><th>1758</th><th>1757</th><th>1756</th><th>1755</th><th>1754</th><th>1753</th><th>1752</th><th>1751</th><th>1750</th><th>1749</th><th>1748</th><th>1747</th><th>1746</th><th>1745</th><th>1744</th><th>1743</th><th>1742</th><th>1741</th><th>1740</th><th>1739</th><th>1738</th><th>1737</th><th>1736</th><th>1735</th><th>1734</th><th>1733</th><th>1732</th><th>1731</th><th>1730</th><th>1729</th><th>1728</th><th>1727</th><th>1726</th><th>1725</th><th>1724</th><th>1723</th><th>1722</th><th>1721</th><th>1720</th><th>1719</th><th>1718</th><th>1717</th><th>1716</th><th>1715</th><th>1714</th><th>1713</th><th>1712</th><th>1711</th><th>1710</th><th>1709</th><th>1708</th><th>1707</th><th>1706</th><th>1705</th><th>1704</th><th>1703</th><th>1702</th><th>1701</th><th>1700</th><th>1699</th><th>1698</th><th>1697</th><th>1696</th><th>1695</th><th>1694</th><th>1693</th><th>1692</th><th>1691</th><th>1690</th><th>1689</th><th>1688</th><th>1687</th><th>1686</th><th>1685</th><th>1684</th><th>1683</th><th>1682</th><th>1681</th><th>1680</th><th>1679</th><th>1678</th><th>1677</th><th>1676</th><th>1675</th><th>1674</th><th>1673</th><th>1672</th><th>1671</th><th>1670</th><th>1669</th><th>1668</th><th>1667</th><th>1666</th><th>1665</th><th>1664</th><th>1663</th><th>1662</th><th>1661</th><th>1660</th><th>1659</th><th>1658</th><th>1657</th><th>1656</th><th>1655</th><th>1654</th><th>1653</th><th>1652</th><th>1651</th><th>1650</th><th>1649</th><th>1648</th><th>1647</th><th>1646</th><th>1645</th><th>1644</th><th>1643</th><th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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 access@chattanooga-aa.com	
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	Zoom call for info	Last 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 Zoom ID: 380-967-7665	Every Tue @ 6:30 PM	Angie M. events@chattanooga-aa.com	
Grapevine/La Vina Committee	At Hixson Serenity Club OR Zoom ID: 989-026-8931 PW: grapevine	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	May Speakers Derek P (3), Jason J (10), Bridget K (17), Angel E (24), Dave K (31); Chair Matt T.
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
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Treasurer:	Justeen V.	treasurer@chattanooga-aa.com
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At Large:	Burck S.	
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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.

Tradition 5

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

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

Concept 5

Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

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

Final Thought

What Stops You From Making It So?

The old woman sat on the park bench, a small, worn book clutched in her hands. Around her, the park buzzed with a muted disharmony: a discarded wrapper danced in the breeze, graffiti marred the once-pristine fountain, and a general air of neglect hung heavy in the afternoon sun.

Maya, a young woman rushing by, almost didn't notice her. But something in the old woman's serene gaze, a quiet strength, made her pause. "Beautiful day," the old woman said, her voice a gentle whisper.

Maya, caught off guard, mumbled a reply. "It would be, if..." she gestured vaguely at the park.

The old woman smiled. "If what, child?"

"If it were... better," Maya admitted, feeling a flush of embarrassment. "Cleaner, more cared for."

"And what stops you from making it so?"

The question hung in the air, a simple yet profound challenge. Maya, a whirlwind of complaints and criticisms, suddenly felt exposed. She had always waited for someone else to fix things, to care.



Image Source: [iStock](#)

The old woman opened her book, its pages filled with pressed flowers. "Gandhi said, 'Be the change that you wish to see in the world.' He didn't wait for others, child. He began."

That afternoon, Maya bought a trash bag and gloves. She started small, picking up the discarded wrappers, the stray bottles. A few children, initially curious, joined her. Then a young man, walking his dog, offered to help.

The change wasn't instant, but it was real. The park wasn't perfect overnight, but it was a little better. And Maya, her heart lighter than it had been in years, finally understood. The world wouldn't change itself. But maybe, just maybe, she could.

Source: [Google Gemini](#)