

GRATITUDE TIMES

October 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: Every Monday and Wednesday from 2-6pm, Tuesday 2-6pm on Oct 7th and 24th, Wednesday 10-2am on Oct 22nd and 29th. Please call the Central Office if you are interested in any volunteer opportunities. Our number is 423-499-6003.
- **The role of volunteer coordinator is open again.** The vc@chattanooga-aa.com email address is not being monitored.
- **Treatment** Shultz Center is in desperate need of chairs and panels for the adolescent boys at the center. The girls have meetings but not the boys. Meetings are Tuesdays and Saturdays at 7:00 PM. One year sobriety to chair, 6 months to panel. 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.
- **Looking for service work?** Consider attending one of the committee meetings listed on page four! We're always looking for additional participants!
- **Creepy Crawl** is scheduled for Saturday, Oct. 25th. There is a volunteer sign-up sheet in the Central Office.
- **Looking ahead:** The next Club Crawl: 3/14/26. Founder's Day: 6/6/26. Creepy Crawl 2026: 10/31/26.

Area 64 (Tennessee)

- **The 2025 State Convention is October 24 – 26, 2025** at the Holiday Inn Convention Center, Manchester, TN.

AA World Services

- **AAWS is requesting content ideas for the 77th General Service Conference (in 2027).** You can see the history of the Conference at the following link. The first page is to be used to submit an idea: <https://drive.google.com/file/d/1Nw64lh4MDnY16z4n7Pb02XfykiabwVOb/view?usp=sharing>
- **Reminder that the GSO offices at 475 Riverside Drive in New York will be closed** for renovations through early November. Visits to the office will not be possible during the renovation.
- **AAWS reduced the price of the facsimile First Edition Big Book** to \$2. Find details here: <https://www.aa.org/sites/default/files/literature/REDUCT~1.PDF>
- **AAWS published Highlights of the June Board Meeting.** Find them here: https://www.aa.org/sites/default/files/newsletters/AAWS_2025_June_Highlights.pdf
- **AAWS announced a sale on "rack" literature** through January 15th. Find details here: <https://www.aa.org/sites/default/files/literature/REFRES~1.PDF>
- **AA Grapevine announced a request for support.** Find it here: https://www.aa.org/sites/default/files/literature/EN_Grapevine_Letter_to_AA_Fellowship.pdf

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.

Step Ten: Discipline - Daily Inventory

“Continued to take personal inventory and when we were wrong promptly admitted it”

The Twelve Step program rests on a notion of spirituality that is not about having the "right" beliefs. Instead, it is about adopting daily practices that help people stay clean and sober.

These daily practices are the subject of Step 10 of the Twelve Steps of Alcoholics Anonymous: "Continued to take personal inventory and when we were wrong promptly admitted it."

Here the word "inventory" means taking stock of our emotional disturbances, especially those that can return us to drinking. Step 10 suggests that we watch for these disturbances every day and make an immediate response. Taking a daily inventory is important to all people, but especially to those in recovery.

"After several years of recovery and doing vigorous work in completing Steps One to Nine, I felt I had arrived, that my work was done," says one long-time practitioner of the Twelve Steps. "I stopped talking regularly to a sponsor. I stopped going to as many meetings. I started going it alone in the fellowship. I was shocked when, after three years of recovery, I drank one day. That led to two decades of repeated relapses."

This woman's desperation led her to read the Big Book of AA for the second time. While studying the suggestions for Step Ten, she recalls, "I realized something that I had been missing: daily work."

The Big Book's suggestion for daily work on this Step is to "watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help"

What's most important is being willing to release selfishness, dishonesty, resentment, and fear in the very moment that they occur. And this calls for a radical change in how we deal with negative emotions.

Source: HazeldenBettyFord.org

Tenth Step Promises

By this time will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid.

(pp. 84-85 of the Big Book)

Tenth Step Prayer

I pray I may continue: To grow in understanding and effectiveness; To take daily spot check inventories of myself; To correct mistakes when I make them; To take responsibility for my actions; To be ever aware of my negative and Self-defeating attitudes and behaviors; To keep my willfulness in check; To always remember I need Your help; To keep love & tolerance of others as my code; and To continue in daily prayer how I can best serve You, My Higher Power.

Source: NHAA.NET



**My character defects
have a group chat.**

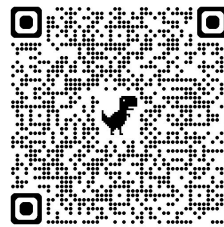
Source: Punsclick.com

Step # 10 Big Book Reference: https://www.aa.org/assets/en_us/en_step10.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.



Service Opportunities Fair

2nd Saturdays 10-1pm @ CACO

Rabbi & Simon will be your hosts, snacks provided.

Why Come?

Take a tour of Central Office, learn about Service Opportunities in our area and purchase your AA Service Manual. Sponsors welcome to bring spouses when completing the 12th Step!

COMING THIS YEAR	
June 8	July 6
August 2	September 15
October 13	November 8
December 13	

Not available these dates and would like an integrating service opportunities tour? Sign up by email and someone will reach out to you.

PYSO

CACO

Chattanooga Area Central Office

142 Regency Rd. Box 100
Chattanooga, TN 37422
423-499-0003

info@chattanooga-aa.com
chattanooga-aa.com

You Can Help!

"The world of the future awaits those who are here now, and if you are well prepared, God will take care of the rest." — Alan Watts

God is calling us to be confident and strong. As you move toward God's plan, He will reward you. You shall remember that God is in control. There has been no previous grace, freedom from is doubly certain! It is the experience that enables us to share that grace freedom to others, and a vision of His love. We hold reality and all its love."

— Our Great Responsibility Page 95

Service Opportunities Fair (Repeating)

1515 GROUP

FRIDAY SPEAKERS

8PM

OCT 3 RD	SOMMER M.
OCT 10 TH	JOSHUA H.
OCT 17 TH	CASSIDY M.
OCT 24 TH	SAM A.
OCT 31 ST	ZACH W.

Session meetings are held on page 4 of the newsletter!

1515 Speakers
Fridays @ 8
Suburban Club

Speaker Meetings are Billed as a Special Event

OCTOBER 2025
SPEAKER MEETINGS
 Friday's 8:00 p.m.
 Hixson Serenity Club

10/3 Beth
 10/10 Ted
 10/17 Michael
 10/24 David B.
 10/31 Lindsey
 "Sabrinety Birthday Night"

If you have an October sobriety birthday,
 please sign clipboard on Chair desk.

HALLOWEEN

Vision for You Speakers
Fridays @ 8
Hixson Serenity Club

This event is not affiliated with the Chattanooga Area Central Office or Interagency Remember Anonymous! Post no images of A.A. website online

**STEPPING INTO SEVENTY-2
SUPPORTIVE EVENT**

October 4th

Time:
4:30 Doors Open
5:00 A.A. Speaker
6:00 Dinner
7:00 Cake Auction
A.A. Speaker to follow

**New Hope Presbyterian
7608 Shallowford Rd.
Chattanooga, TN 37421**

Suggested Donation \$10.00

Cakes Auction
Cake needs

AMERICANSEVENTY-2.COM

Pasta Night
Supporting Stepping
Into Serenity
October 4th

3 LEGACIES OF AA

Workshop

Guest Speakers From Lebanon T.N.
JOHN E. & RENNE E.

DATE OCTOBER 11TH
TIME 8:45-11:30 AM

LOCATION 2002 E. MAIN STREET
 CHATTANOOGA T.N.

ALL CONTRIBUTIONS WILL GO TO SUPPORT THE NATIONAL
 CORRECTIONS COALITION IN NASHVILLE TN IN NOVEMBER

3 Legacies Workshop
Oct 11
Chattanooga, TN



A poster for the 2025 TN State Convention. The background features a stylized landscape with mountains in shades of orange and purple, a dark silhouette of a cabin with a glowing yellow light, and several evergreen trees. At the top, a white banner contains the text 'RULE 62'. Below this, the dates 'OCTOBER 24-26 2025' are printed. The main title 'TN STATE CONVENTION' is in large, bold, white capital letters. At the bottom, the text 'Registration Open' is followed by 'WEBSITE AVAILABLE WITH UPDATED DETAILS' and the URL 'https://www.2025areagastateconvention.com/'. A QR code is located in the bottom right corner.

RULE 62

OCTOBER 24-26 2025

**TN STATE
CONVENTION**

Registration Open
WEBSITE AVAILABLE WITH UPDATED DETAILS
<https://www.2025areagastateconvention.com/>



TN State Convention
Oct 22-24
Manchester, TN

[illegible]

Creepy Crawl
Oct 25
Various Locations

[illegible]

National Corrections
Conference Nov 7-9
Nashville, TN

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

13th Annual
National A.A. Technology Workshop

November 7-9, 2025

Registration is Now Open
for our **Hybrid Workshop!**

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

Or register to attend
online via Zoom

<https://naate.org/2025-naate-workshop/>

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

 Scan Here
for 2025
Event Page



Distribute Themes *August 2025* *Chattanooga*

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

This event is not affiliated with the Chattanooga Area Central Office or Intergroup.
Remember: Jeopardy. Don't mix images of LeAnn Rimes and

WOMEN'S RETREAT

Restored & Renewed

NOVEMBER 8th

Speakers

Patriot Hall
320 Emberson Dr
Ringgold, GA
Registration 8am
Event 9am - 2pm

*Priscilla M. - Sandy Springs, GA
Jan G (M-Armel) - Chattanooga
MFB - Marietta, GA*

Bring a dish
"Potluck"
Lunch @ Noon

Pre-Registration Accepted
Text: 425-448-5283
Please include:
First Name & Current Email

HOSTED ANNUALLY BY
SISTERS IN SOBRIETY OF DALTON, GA

Women's Retreat
November 8th
Ringgold, GA

[illegible]

SSAASA
Dec 5-7
Herndon, VA

This event is not affiliated with the Chattanooga Area Chapter of the Interagency
 Partnership Association. For more images of AA events online

Shoulder to Shoulder

STEEPING INTO SERENITY
 WOMEN'S MEETING

FRIDAY 01-05-2020
 CHATTANOOGA, TN

SPEAKERS

- GEORGIA H. GLENN, MD
- MARION M. BOCA RATON, FL
- PAULA P. CHAMPAGNE, IL
- CHRIS H. CHIO, IL
- JANE L. TALLAHASSEE, FL
- ANGELINA L. LOS ANGELES, CA
- BETH H. DORSET, FL
- LINDA M. ROWLING GREEN, KY

- STEP 1
- STEP 2
- STEP 3
- STEP 4
- STEP 5
- STEP 6
- STEP 7
- STEP 8
- STEP 9
- STEP 10
- STEP 11
- STEP 12
- STEP 13

Registration fee: \$20 January 10, 2020
 12:00 PM - 1:00 PM
 Please make online payment only to: "SIP"

Stopping Into Serenity
 2020 Jan 5 - 11 PM

AA	ALANNA VOLUNTEER	AA	ALANNA VOLUNTEER
NAME:	NAME:	NAME:	NAME:
ADDRESS:	ADDRESS:	ADDRESS:	ADDRESS:
CITY:	CITY:	CITY:	CITY:
STATE:	STATE:	STATE:	STATE:
ZIP:	ZIP:	ZIP:	ZIP:
PHONE:	PHONE:	PHONE:	PHONE:
EMAIL:	EMAIL:	EMAIL:	EMAIL:

Hotel/Inn: Knoxville Resor. \$152.00. Reservations by: 01/02/2020
 Reservations Call: 800-451-4511
 1211 Lickfield Dr
 Knoxville TN 37921
 615-522-4444
 Email: reservations@knoxresort.com
 Email: reservations@knoxresort.com@gmail.com
 Website: www.knoxresort.com

Stepping Into Serenity
Women's Conference
Feb 20-22, 2026
Chattanooga, TN

FINANCIALS

End of August 2025

Notes on the Understanding of the Financial Statements

	2024		2023		2022		2021		2020	
	Actual	Revised	Actual	Revised	Actual	Revised	Actual	Revised	Actual	Revised
Assets										
Current Assets	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000
Cash	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000
Accounts Receivable	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000
Inventory	100,000	100,000	100,000	100,000	100,000	100,000	100,000	100,000	100,000	100,000
Prepaid Expenses	50,000	50,000	50,000	50,000	50,000	50,000	50,000	50,000	50,000	50,000
Other Current Assets	100,000	100,000	100,000	100,000	100,000	100,000	100,000	100,000	100,000	100,000
Non-Current Assets	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000
Property, Plant, and Equipment	800,000	800,000	800,000	800,000	800,000	800,000	800,000	800,000	800,000	800,000
Intangible Assets	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000
Other Non-Current Assets	0	0	0	0	0	0	0	0	0	0
Liabilities										
Current Liabilities	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000
Accounts Payable	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000
Short-Term Debt	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000
Other Current Liabilities	300,000	300,000	300,000	300,000	300,000	300,000	300,000	300,000	300,000	300,000
Non-Current Liabilities	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000
Long-Term Debt	800,000	800,000	800,000	800,000	800,000	800,000	800,000	800,000	800,000	800,000
Other Non-Current Liabilities	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000	200,000
Equity										
Current Equity	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000
Common Stock	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000
Retained Earnings	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000	500,000
Non-Current Equity	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000	1,000,000
Other Equity	0	0	0	0	0	0	0	0	0	0
Total	2,000,000	2,000,000	2,000,000	2,000,000	2,000,000	2,000,000	2,000,000	2,000,000	2,000,000	2,000,000

Notes on the Understanding of the Financial Statements:

- The financial statements are prepared on a cash basis.
- The financial statements are prepared on a consolidated basis.
- The financial statements are prepared on a historical cost basis.
- The financial statements are prepared on a going concern basis.
- The financial statements are prepared on a accrual basis.
- The financial statements are prepared on a pro forma basis.
- The financial statements are prepared on a modified basis.
- The financial statements are prepared on a non-audited basis.
- The financial statements are prepared on a unaudited basis.
- The financial statements are prepared on a preliminary basis.
- The financial statements are prepared on a final basis.

Chattanooga Central Office Financials

CRATITUDO TIMES

What you'll find packed into every issue:

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

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

Cratitudo Times is a publication of the Chattanooga Chapter of Alcoholics Anonymous which is a not-for-profit organization. The newsletter is intended as an educational service to the community of members and nonmembers in the area under the Chapter's jurisdiction. The newsletter reserves the right to refuse to publish any advertisement and the information is a digital copy sent by email to the email address provided.

Cratitudo Times June 2020 Page 1

What is Gratitude Times?

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 24 Hour AA Hotline
- Acts as a Conduit to Area 64 (TN)
- Maintains Area Website
- Carries The Message
- Is an Outlet for News & Events
- Distributes AA News
- Publishes Gratitude Times
- Sponsors Committees

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

September 2008 JUNE 2013 APRIL 2014

What is Central Office?

MEETINGS PAGE

Central Office, Committee, District & Speaker Meetings

Meeting	Meeting Location	Meeting Day/Time ¹	Contact	Notes
Accessibilities	TBA	TBA	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	Meeting Flyer
CPC/PI Committee	Central Office	2nd Sat @ 10 AM	Linda W. cpc_pi@chattanooga-aa.com	Meeting Flyer
District 7 Meeting	Zoom ID 862-778-6420 PW: Serenity	4th Thu @ 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. dc81@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		Oct 3 - Summer M., 10 - Joshua H., 17 - Cassidy N., 24 - Sam A., 31 - Zach W.
Speaker: East Ridge Serenity	Suburban Club	Sun @ 8 PM		
Speaker: High Nooners	East Brainerd Club	Last Fri @ Noon		
Speaker: Sponsorship Group	Suburban Club	Sat @ 8 PM Last Sat is Birthdays	Tom H. 423-490-5724	Oct 4 - Kate P., 11 - Renee G., 18 - Kevin G., 25 - Jessie G., 31 Chair - Jake T.
Speaker: Vision for You	Hixson Serenity Club	Fri @ 8 PM		Oct 3 - Beth, 10 - Ted, 17 - Michael, 24 - David B., 31 - Lindsey

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	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!**

Gratitude Times Content is either 1) submitted by members of A.A. in the service area, or 2) borrowed under fair use copyright rules from A.A.-related and other websites. Most borrowed content comes from and references AA.ORG which is copyrighted by Alcoholics Anonymous World Services. Source citations and links to the original content are provided for any borrowed material used in the newsletter and copyright remains with the original publisher. Where there are no source citations, the content is provided by AA members or AA organizations and is free to print and post within your group for your groups needs.

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 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

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

Concept 10

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

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

Final Thought

Learning How To Really Smile

--by Jump4Joy

Bell's Palsy makes it difficult to smile with your face. The author learned to smile with actions! By the way, you can do this even if you don't have Bell's Palsy.



Have you ever considered what it would be like to not be able to smile? I hadn't, up until a few months ago, when I found that I actually couldn't. Well, that is exaggerating it a little bit...Technically I could smile, but only with one side of my face!

I went to the doctor, and was diagnosed with Bell's Palsy-A relatively unknown condition that paralyses one half of the face. As you could imagine, this was quite a shock to me, and made me very upset. Although this was a major bomb that was dropped on my life, this story is not about how hard life is, but how awesome it is when God challenges you in different ways.

Anyway, so smiling is a part of everyday life for me. It is my way of greeting people, of laughing, silent communication (hehe) and consolidation. "Losing" half my face (temporarily) caused me to think "What is a smile? Is it the lifting of the sides of a person's mouth, the twinkling of the eye, or is it something beyond...or should I say behind the physical smile?" The dictionary definition of smile is " **to assume a facial expression indicating pleasure, favor, or amusement, but sometimes in derision or scorn, characterized by an upturning of the corners of the mouth**". So according to the dictionary, a smile is characterized by the turning up of the corners of the mouth, but what about the cause? What is behind the smile, that causes us to show this expression of pleasure?

After thinking about this for a while, I came up with the conclusion that a smile is not only characterized by the upturning of the corners of the mouth, but also by the actions, words, and thoughts of the 'smiler'. This gave me hope, as I realised that smiling is not just an outward expression, but an inward lifestyle.

With this in mind, I set to learning how to smile with my life through my actions. There's a few things I had to change, but thanks to this challenge that God has given me, I have grown closer to him. I have become more confident in myself, and triumphed over the downcast un-smilers!

I would really encourage you to smile more often-and not just with your face! A smile can be anything that makes you joyful, or even someone else happy. For example - Smile Cards with a chocolate bar / bookmark / bible verse / voucher! Slip it into someone's bag and let them experience a true smile!

Source: KindSpring.org