

GRATITUDE TIMES

September 2025

www.chattanooga-aa.com

Chattanooga Area Central Office
5611 Ringgold Road, Suite 130
Chattanooga, TN 37412

Telephone: (423) 499-6003
Email: info@chattanooga-aa.com

In The News

Central Office (Chattanooga)

- **The Central Office needs regular volunteers:** The Current vacancies: Mornings: Tuesdays, 2nd & 4th Wednesdays, Fridays; Afternoons: Mondays, Wednesdays. After hours service is also needed for the month of November. Please call the Central Office if you are interested in any volunteer opportunities. Our number is 423-499-6003.
- **Welcome Irene O. to the role of volunteer coordinator** for the Central Office. Irene is available at the vc@chattanooga-aa.com email address.
- **Treatment** is seeking volunteers to chair meetings in institutional settings and to serve on the committee. In particular, the boy's meeting at Scholze Center on Tuesdays and Saturdays at 7:00 needs males to lead the meetings. 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!
- **Looking ahead:** Creepy Crawl is scheduled for Saturday, Oct. 25th. The next Club Crawl: 3/14/26. Founder's Day: 6/6/26. Creepy Crawl 2026: 10/31/26.

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

Area 64 (Tennessee)

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

AA World Services

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

Don't bother walking a
mile in my shoes, that
would be boring.
Spend 30 seconds in
my head, that'll
freak you right out.

Source: [AA Humor](#)

Step Nine: Responsibility - Make Amends

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Completing this step requires repairing relationships with people you have wronged. The only exceptions are cases where engaging with someone would cause serious emotional or physical harm to them or others. This step encourages members to carefully consider how their confessions will affect the person and themselves.

AA Step 9 serves as a culmination of the preceding steps. Before Step 9, members learn to recognize their character flaws and take accountability to change them, exhibiting all the growth you’ve achieved so far. Members use courage and humility to confront those they have wronged, fighting the fear of possible rejection. This step is essential because it teaches members how to handle difficult situations without returning to substance use. Apologizing to others can also break the chains of guilt and shame that can hold you back in your recovery journey. Whether the people you must make amends with accept or decline your apology, you’ll no longer carry the burdens of your wrongdoings. This step can lead members closer to recovery as they recognize and take responsibility for how their actions affect others.

Completing the 12 steps in order is vital to benefit most from the program. Here are some guidelines on how to complete Step 9:

Reflect carefully on each instance. Think about how you’ve affected each person to make a heartfelt apology. Ensure your confessions are sincere by moving at your own pace. Have the right attitude. Feelings of guilt, reluctance, and fear can come up at the thought of confronting the people you’ve done wrong to. Take time to work through those feelings and prepare yourself for any outcome.

Carefully prioritize people. The Step 9 literature states, “We cannot buy our own peace of mind at the expense of others.” Using discretion in who you confront is essential. Remember to omit those who your apology could severely harm.

Make amends. Apologize to each person on your list. Offer to make things right in any way you can.

Source: [rehabs.com](https://www.rehabs.com)

The Ninth Step Prayer

Higher Power,
I pray for the right attitude to make my amends,
Being ever mindful not to harm others in the process.
I ask for Your guidance in making indirect amends.
Most important, I will continue to make amends
By staying abstinent, helping others and
Growing in spiritual progress..

Page 79 of the Big Book

Step Nine Promises

- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity.
- We will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- That feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows.
- Self-seeking will slip away.
- Our whole attitude and outlook on life will change.
- Fear of people and economic insecurity will leave us.
- We will intuitively know how to handle situations which used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves.

Page 83-84 of the Big Book

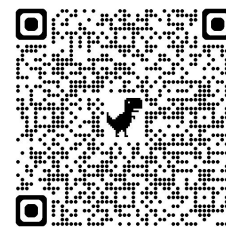


Step # 9 Big Book Reference: https://www.aa.org/assets/en_us/en_step9.pdf

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 Fall

2nd Saturdays 11-1pm & CACO
Rubin & 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.

2025 Dates

June 1st <i>M-F</i>	September 1st <i>S-M</i>
August 1st <i>T-W</i>	November 1st <i>F-S</i>

Not available those dates used for integrating service opportunities tour!
 Please call or email someone who needs to go to you.

CACO

Catholic Charriage Area Central Office
 401 Kingsfield Rd. Box 150
 Chatham, NJ 07822
 610-497-0003
info@cathchar-nj.org
cathchar-nj.org

You can Help!

"The world of the future emerges before you, and you are well prepared. Do not see us, leaving standing. Our faith in you is confident and strong. As you move forward, remember your destiny must be clearly realized that God in His wisdom has placed in you the precious graces, freedom from all previous actions, the assurance that you have been made holy by the graceless freedom to others, and a vision - ever widening, of Christ's reality and of his love."

Our Great Responsibility Page 85

Service Opportunities Fair (Repeating)

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

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

Louisville Point Park
3298 Cox Road
Louisville, TN 37177

Fried chicken and soft drinks will be provided
Bring a side dish or dessert to share
Friends and Family are welcome!
Bring lawn chairs
7th Tradition contributions
will benefit District 4

Contact Suzanne A. at msp@ncsm.org
or DNACM@ncsm.org
with any questions.

A cartoon illustration of a wicker picnic basket filled with various food items like a sandwich, a watermelon slice, and a cookie. Next to the basket is a small, round, smiling character with a single eye and a wide grin, wearing a small hat. The background of the illustration is a blue and white checkered pattern.

District 4 Picnic
Sep 28
Pikeville, TN

This event is not affiliated with the Chattanooga Area Center of the Interagency Alzheimer's Association. Proceeds go to the U.S. Senate office.

STEPPING INTO SERENITY
SUPPORTIVE EVENT
October 4th

Pasta Night

New Hope Presbyterian
 7608 Skellower Rd.
 Chattanooga, TN 37401

4:30 Doors Open
5:00 Alzheimer Speaker
6:30 Dinner
7:00 Cake Auction
AA Speaker to follow

Alonon & AA
TO BE ANNOUNCED

Suggested Donation \$70.00

Cake Auction
Cakes needed

DONATIONS: WWW.DONATIONS2008.COM

Pasta Night
Supporting Stepping
Into Serenity
October 4th



RULE 62

OCTOBER 24-26 2025

**TN STATE
CONVENTION**

Registration Open

WEBSITE AVAILABLE WITH UPDATED DETAILS
[HTTPS://WWW.2025AREA64STATECONVENTION.COM/](https://www.2025AREA64STATECONVENTION.COM/)



TN State Convention
Oct 22-24
Manchester, TN

This event is not affiliated with the Charlottesville Area Council office or Interfaith.
Remember: You are invited. Post no images of L.G. women online.

WOMEN'S RETREAT

Restored & Renewed

NOVEMBER 8th

Speakers:

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

Paula M. - Sandy Springs, GA
Jen. G. (M.Ann) - Chattanooga
MFB - Millgrove, GA

Pre-Registration Accepted
Text: 423-428-5288
Please include
First Name & Current Email

Bring a dish
"Potluck"

Lunch @ Noon

HOSTED ANNUALLY BY
SISTERS IN SOBRIETY OF DALTON, GA

Women's Retreat
November 8th
Ringgold, GA

[illegible]

National Corrections
Conference Nov 7-9
Nashville, TN

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

11th Annual
National A.A. Technology Workshop

November 7-9, 2025

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

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

Or register to attend
online via Zoom

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

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



Scan Here
for 2025
Event Pages



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

[illegible]

Chattanooga Central Office Financials

GRATITUDE TIMES

What you'll find packed into every issue:

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

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

Gratitude Times is a publication of the Chattanooga Central Office of Alcoholics Anonymous which is a part of the international organization of Alcoholics Anonymous. It is published for the benefit of members of Alcoholics Anonymous in the area served by the Chattanooga Central Office. This material is not to be sold, rented, or otherwise distributed for profit. It is to be given away free. Send \$10.00 per year to the newsletter electronically each month. This may receive a digital copy by sending an email to gratitude@chattanooga.aa.com asking to be added to the list.

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

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

September 2008 JUNE 2013 7/2014

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	Last Wed @ 7:00 PM	Larry A.	Bradley, McMinn, Meigs, Monroe, Polk, Rhea
District 15a (GA) Meeting	Not currently meeting		Vacant	Catoosa, Chattooga, Dade, Gordon, Murray, Walker, Whitfield
District 80 Meeting	Not currently meeting		Vacant	South Central Hamilton
District 81 Meeting	Hixson Serenity Clubhouse	4th Mon @ 7:30 PM	Mike S. 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		
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	Sep 6 - Whitney R., 13 - Dakota C., 20 - Marla B., 27 - Teresa T.; Chair - Tracy R.
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:	Irene O.	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 9

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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

Concept 9

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

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

Final Thought



“I cried because I
had no shoes...

...then I met a man
who had no feet.”

~ Ancient proverb

Life is full of
blessings.
That we often
fail to value.

