

OCTOBER

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

GRATITUDE TIMES

www.chattanooga-aa.com

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

Telephone: (423) 499-6003
Fax: (423) 499-3566
Email: chattcentraloffice@gmail.com

Step Ten

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

STEP TEN 12&12 “AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul.” (12&12 pg.88)

Big Book Directions: “Continue 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. Love and tolerance of others is our code.”

Step Ten Prayer: “When these crop up, we ask God at once to remove them.”

Tenth Step Promises: “And we have ceased fighting anything or anyone—even alcohol. For by this time sanity 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!”

AUGUST FINANCIALS

FINANCIAL STATEMENT			
GROUP CONTRIBUTIONS	District	Aug-22	YTD
1515 Group	83	\$90.00	\$360.00
A Vision For You	81	\$145.26	\$313.39
Bradley Group	7	\$500.00	\$500.00
Foundation of Hope	7	\$131.27	\$448.27
Friends Of Bill & Dorothy	83	\$282.43	\$355.48
Pass it On	82	\$1,000.00	\$1,000.00
Primary Purpose	7	\$20.00	\$560.94
Signal Mountain Group	81	\$40.00	\$78.00
Total		\$2,208.96	\$6,613.31

INCOME		Aug-22	YTD
Group Contributions		\$2,208.96	\$5,985.34
Individual Contributions		\$822.34	\$4,717.10
Sales		\$1,217.16	\$9,132.26
TOTAL INCOME		\$4,248.46	\$32,152.17

EXPENSE	PURPOSE	Aug-22	YTD
Zoom Video Conference	Intergroup/ Board Mtg	\$16.38	\$131.04
Paypal Fees	Paypal Fees	\$12.97	\$61.29
Square Fees	Square Fees	\$19.17	\$158.58
C&A Properties	Rent	\$550.00	\$4,400.00
Chattanooga Gas	Gas	\$38.31	\$887.52
Dependable Security Systems	Alarm system	\$27.00	\$186.00
EPB	Electric/internet/phone	\$266.33	\$1,787.22
LookOut Pest Control	Pest Control	\$70.00	\$315.00
Payroll Expense	Office Manager	\$814.85	\$6,030.58
Various Vendors (Costco, Staples, etc)	Office Supplies	\$142.52	\$1,365.93
TOTAL EXPENSE		\$1,957.53	\$26,759.20

INCOME VERSUS EXPENSES		\$2,290.93	\$5,392.97
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PRUDENT RESERVE		Aug-22	YTD
6 months expenses	Needed	\$21,000.00	\$21,000.00
Amount over Prudent Reserve	Excess	\$2,546.59	\$2,546.89
Amount under Prudent Reserve	Shortfall	\$0.00	\$0.00

CHECKING ACCOUNT		Aug-22	YTD
Beginning Balance	Starting Balance	\$21,255.66	\$18,153.92
INCOME		\$4,248.46	\$32,152.17
EXPENSES		\$1,957.53	\$26,759.20
Ending Balance	Account Balance	\$23,546.59	\$23,546.89

CENTRAL OFFICE NEWS/EVENTS

Central Office/Intergroup Board Meeting

The second Monday of the month

All are welcome to attend

Meeting via Zoom and live Contact ChattCOB@gmail.com for details

CENTRAL OFFICE BOARD

6:00 PM

INTERGROUP BOARD

7:00 PM

Group and District Intergroup representatives are voting members

INTERGROUP NEWS/EVENTS

(Sponsored by the Groups & Districts serviced by Central Office)

Greater Chattanooga A.A. Corrections Committee Meetings

Second Sunday of

Meeting via Zoom –
check website for details

Valley
Road, Hixson, TN

SERVICE OPPORTUNITIES

The Intergroup Events
Committee needs members
from each district to help plan
the fellowship events.

Currently this includes the
Club Crawl (March), Founders
Day Picnic (June), and the
Creepy Crawl (Oct). Contact
Central Office for meeting
days and time.

To become involved with one
of the Standing
Committees, contact your
DCM or Central Office for
ways to volunteer.

- Archives
- Cooperation With the Professional Community (CPC)
- Corrections
- Grapevine / La Vina
- Public Information (PI)
- Treatment

DISTRICT & GROUP HAPPENINGS

If you would like to have your group, district or intergroup activity listed in the Gratitude Times, please send information to the editor at gratitudetimes@hotmail.com by the 26th of the previous month

District Meeting & DCM info

District 7: Jeff F.

Meets at 6:30 PM on the 4th Thursday via Zoom ID 861 778 6420. Password: serenity

District 15A: Cathy K.

Meets 1st Sunday at 9:00 AM at Dalton Serenity Club

District 80: Vacant

Meets First Wednesday at 7:00 PM at New Way Club

District 81: Devan V.

Meets Last Monday at 7:30 PM at Hixon Serenity Club

District 82: Vacant

Meets 3rd Saturday at 6:30 PM at Downtown Fellowship Club

District 83: Alexis L.

Meets 3rd Monday at 7:00 PM at Suburban Club

District 84: Char B.

Meets 3rd Thursday at 6:30 PM at East Brainerd Club.

MEETING UPDATES

*** Please check the website for the latest updates. ***

10th Tradition (long form): “No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside -controversial issues—particularly those of politics, alcohol -reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can -express no views whatever.”

10th Concept: ““Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.”

LOOK WHO'S TALKING

Send your meeting's speaker information to gratitudetimes@hotmail.com

High Nooners

Speaker Meeting and Birthday Celebration is
the last Friday of each month East Brainerd
Club@ Noon

1515 Group Speakers

Suburban Club
Friday @8:00pm

How they did it! One Day at a Time

East Ridge Serenity Group

Speaker Meeting
Where: Suburban Club
When: Sunday Night
Time: 8PM

Happy Hour

SUPER SUNDAYSPEAKER MEETING
Where: Downtown Fellowship Club
When: Sunday At 5:15 PM

Please check the website
(www.chattanooga-aa.com) or
Central Office to ensure
meetings are being held

Sponsorship Group Speakers

Suburban Club
Saturday @8:00pm

October 15 Alisha B.
October 22 Nick H.
October 29 Darcy W.
Chairperson Peggy T

The Sponsorship Group is looking for
chairperson each month. If you would
like to chair a month, contact Tom H.
423-490-5724.

Last Saturday is Birthday Night.
Desserts @7:30, Speaker @8:00

Vision For You

HIXSON SERENITY CLUB
FRIDAY – 8 PM
FAMILY & FRIENDS WELCOME –
Come Early & Stay Late

“Each individual, in the personal stories, describes in his own language and from his own point of view the way he established his relationship with God.”

CREEPY CRAWL 2022

SATURDAY OCTOBER 29TH, 2022

*****TICKETS***** \$5.00



Happy
Halloween

ODAAAT CLUBHOUSE – CLEVELAND
255 Broad Street SW, Cleveland, TN

BREAKFEAST

9:00AM-10:30AM

CENTRAL OFFICE – EAST RIDGE
5611 Ringgold Road, Suite 130, East Ridge TN

LUNCH

11:30AM-1:00PM

EAST BRAINERD CLUB
8115 East Brainerd Road, Chattanooga TN

APPETIZERS

2:00PM-3:00PM

DALTON SERENITY CLUB
513 Benjamin Way, Dalton GA

SOUP & SALAD

4:00PM-5:00PM

SUBURBAN CLUB
2002 E. Main Street

DINNER
(sponsored by 1515 Group)

6:00PM-7:00PM

HIXSON SERENITY CLUB **DESSERTS, SPEAKER, DANCE** **7:30PM-11:30PM**
5695 Middle Valley Road, Hixson TN 7:30pm 8:00pm 9:00pm best costume prizes

*** ALL CONTRIBUTIONS GO TO OUR LOCAL CENTRAL OFFICE ***

SCHOLARSHIP TICKETS AVAILABLE-CENTRAL OFFICE-423-499-6003



VOLUNTEERS NEEDED: CALL OR TEXT LINDY LOU 423-355-0827

COMMITTEE MEETINGS: TUESDAYS @ SUBURBAN CLUB AND ZOOM 7:00PM ZOOM ID: 380 967 7665

CENTRAL OFFICE CONTACTS

TRUSTED SERVANTS

Chair:	Linda W.
Vice-Chair:	Megan S.
Treasurer:	Bonnie S.
Secretary:	Kelli W.
At Large:	Bryan C.
At Large:	Myra W.
Office Manager:	Vacant

Your Central Office is open from 9AM – 5PM Monday – Friday and is currently closed on Saturday's. Stop by for your personal or group supply needs.

Central Office Is the Hand of AA

We come to Alcoholics Anonymous by many routes – treatment centers, court, clergy, doctors, Al-Anon, at the insistence of family members and friends, and – sometimes – because we have simply had enough. The common thread is that it happens when we are out of options. How many times have we heard a fellow say, “AA is the last house on the block?”

In my case, I confided in a friend and co-worker that I thought I might have a drinking problem. She asked whether I thought I needed to go to AA. I had been acquainted with the fellowship by my father, who was 27 years sober by this time. I just didn't know how or where to start. So, I opened the phone book to the Yellow Pages and found the number for Alcoholics Anonymous Central Office. The name was not very inviting, but I called the number anyway.

What I heard was the voice of another alcoholic who offered kindness, empathy, and simple guidance to get me started. This nameless stranger spoke as if she knew me and understood my aimlessness. She gave me names, locations, and times of meetings in my part of town, women's meetings, and some that accommodated my work schedule. She did not tell me what to do. Rather, she was patient with my embarrassed ramblings and helped me to see the trail head – to find my first meeting.

Since that day, I have watched so many AA members work to support Central Office and its services. Here is what you can do: volunteer to help with fund-raisers, attend city-wide events, take a shift at the desk in Central Office, serve on the 12th Step Call List, put a dollar (or more) in the basket at meetings, buy literature and supplies there (they are cheaper!), keep the number of Central Office handy and give it to people who have not yet found their trail head...there are many ways to contribute.

I may have come to Alcoholics Anonymous if had not made that Wednesday afternoon phone call. I may have found my first meeting without that kind member of AA who gave her time to make sure the hand of AA was there when I reached out for help. I may even have discovered the love of the fellowship if she had not told me where to find it, but I will never know, and it doesn't matter. What matters is that we of Alcoholics Anonymous support Central Office for alcoholics who have not yet reached out or made that phone call.

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To get your FREE copy of the Gratitude Times, send an email with a message of "Add me to the distribution list" to GratitudeTimes@hotmail.com. Paper copies are still available for \$10/year through the address on the cover page of this newsletter.

IS IT TIME TO RENEW???

An annual minimum donation of \$10.00 is suggested to help defray the costs of producing and mailing the Gratitude Times. Check the expiration date on your mailing label.

Detach this section and mail with payment to:

5611 Ringgold Road, Suite 130; Chattanooga, TN 37412

Name: _____

Address: _____

City _____ **State** _____ **Zip** _____

Amount Enclosed: \$ _____

Make checks payable to "Chattanooga Central Office"