

# GRATITUDE TIMES

September 2023

[www.chattanooga-aa.com](http://www.chattanooga-aa.com)

Chattanooga Area Central Office  
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Chattanooga, TN 37412

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## Step Nine: Responsibility - Make Amends

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

Step 9 of A.A. is a biggie. It is the culmination of all the previous steps, which have guided us through the process of admitting our character defects and taking responsibility for changing them.

In Step 8, we were tasked with creating a list of all those to whom we had caused harm as a result of our substance use disorder. Now, with Step 9, we take that next step and actively begin the process of making amends to them.

As scary as this might seem, to possibly face rejection by those unwilling to forgive us, Step 9 is an act of courage. This step will help us break the chains of guilt, shame, and remorse that would otherwise hold us back on our recovery journey.

As flawed humans with our prideful natures, it isn't easy to come clean about how our bad behaviors had hurt people that we care about. It takes courage and humility to push through thick layers of guilt and make a sincere apology to someone. But the rewards of Step 9 are immense. One study out of the University of Miami reported just how powerful making amends is in healing both parties. The study shows how immensely positive the resulting psychological effects are following conciliatory gestures.

When approaching Step 9, it is important not to rush the process. It is not a step you want to just cross off the list so you can move on to Step 10. No, Step 9 is a step you will want to carefully, methodically work through. Each human being that you have identified as deserving of a heartfelt apology is worthy of a sincere effort.

Before setting up the meeting, take the time to think about what you want to say. Make sure you are specific and thorough when making amends. Issue a humble, heartfelt apology, including an offer to do whatever you can to make things right.

Step 9 is a next step in the process of arriving at a spiritual awakening. Completing Step 9 doesn't just end with a simple apology. It requires you to move through your life in a different way, one in which you take swift responsibility for your shortcomings and missteps. As these new attitudes and commitments take hold, relationships with everyone in your life will improve and strengthen.

Note that not everyone on your Step 8 list should be contacted. There are some situations where making amends could result in more pain or damage. Your sponsor can help you discern whether making amends might be harmful or ill-advised in certain cases.

Source: [AshleyTreatment.Org](http://AshleyTreatment.Org)

## 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.

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

# CURRENT FINANCIALS

FINANCIAL STATEMENT				
GROUP CONTRIBUTIONS	District	Jul-23	Jul-23	YTD
ABC Group	84	\$54.69		\$131.69
East Chattanooga Group	84	\$84.45		\$269.19
Highway 58 Group	84	\$60.33		\$200.33
Pikeville Group	80	\$15.00		\$30.00
<b>Total</b>		<b>\$214.47</b>	<b>\$0.00</b>	<b>\$6,541.26</b>

INCOME		Jul-23	Jul-23	YTD
Group Contributions		\$214.47		\$6,541.26
Individual Contributions		\$20.00		\$6,947.87
Treatment Committee		\$14.00		\$28.00
Sales		\$1,081.54		\$8,486.14
<b>TOTAL INCOME</b>		<b>\$1,330.01</b>	<b>\$0.00</b>	<b>\$29,540.99</b>

EXPENSE	PURPOSE	Jul-23	Jul-23	YTD
AA World Services	Literature	\$1,247.55		\$3,732.12
Zoom Video Conference	Intergroup/ Board Mtg	\$17.47		\$120.11
Paypal Fees	Paypal Fees	\$9.22		\$85.36
Square Fees	Square Fees	\$36.94		\$174.55
Bright Star	Medallions	\$324.00		\$1,435.00
C&A Properties	Rent	\$550.00		\$3,850.00
Chattanooga Picnic	Picnic	\$1,242.00		\$1,242.00
Chattanooga Gas	Gas	\$43.98		\$930.22
Dependable Security Systems	Alarm system	\$27.00		\$216.00
EPB	Electric/internet/phone	\$186.20		\$1,190.24
Lookout Pest	Pest Control	\$35.00		\$280.00
Payroll Expense	Office Manager	\$597.71		\$5,293.64
Quickbooks Online	Monthly Fee w/ Payroll	\$54.62		\$109.24
Standing Committee	Standing Committee		\$2,500.00	\$500.00
Tn Dept Revenue`	Sales Tax	\$339.39		\$900.39
Various Vendors (Costco, Staples, etc)	Office Supplies	\$47.52		\$731.48
<b>TOTAL EXPENSE</b>		<b>\$4,758.60</b>	<b>\$2,500.00</b>	<b>\$28,273.13</b>

<b>INCOME VERSUS EXPENSES</b>		<b>-\$3,428.59</b>	<b>-\$2,500.00</b>	<b>\$1,267.86</b>
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PRUDENT RESERVE		Jul-23	Jul-23	YTD
6 months expenses	Needed	\$23,100.00	\$23,100.00	\$23,100.00
<b>Amount over Prudent Reserve</b>	Excess	\$3,325.78	\$825.78	\$3,325.78
<b>Amount under Prudent Reserve</b>	Shortfall	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>

CHECKING ACCOUNT		Jul-23	Jul-23	YTD
<b>Beginning Balance</b>	<b>Starting Balance</b>	<b>\$29,854.37</b>	<b>\$29,854.37</b>	<b>\$25,607.92</b>
INCOME		\$1,330.01	\$1,330.01	\$29,540.99
EXPENSES		\$4,758.60	\$7,258.60	\$28,723.13
<b>Ending Balance</b>	<b>Account Balance</b>	<b>\$26,425.78</b>	<b>\$23,925.78</b>	<b>\$26,425.78</b>

# GET INVOLVED!

Central Office, Committee & District Meetings – Remember: Service → Sobriety

Meeting	Meeting Location	Meeting Day/Time	Contact	Notes
Archives Committee			Larry A.	
Central Office Board	Central Office All are welcome Only members vote	2 <sup>nd</sup> Mon @ 6 PM	ChattCOB@gmail.com	Zoom available Contact Central Office for Zoom info
Corrections Committee	Hixson Serenity Club	Last Sun @ 2 PM	Chad B	
CPC/PI Committee	Zoom ID: 885-0755-2366 PW: KCB123	4 <sup>th</sup> Fri @ 6 PM	Angel M.	
District 7 Meeting	Zoom ID 861-778-6420 PW: serenity	4 <sup>th</sup> Thu @ 6:30 PM	Jeff F.	Bradley, McMinn, Meigs, Monroe, Polk, Rhea
District 10 Meeting			Jeff W.	Bledsoe, Grundy, Marion, Sequatchie
District 15a (GA) Meeting	Dalton Serenity Club	Sep 30 @ 2:30 PM	Roger M.	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	Devin V.	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	Alexis L.	Southwest Hamilton
District 84 Meeting	Zoom ID 814 9916 7629 Password: 298 592	3 <sup>rd</sup> Thu @ 6:30 PM	Char B.	East Hamilton
Events Committee Club Crawl, Founder's Day, Creepy Crawl, etc.	Central Office	Every Tue @ 6:30 PM	Angie M.	Zoom ID 380-967-7665
Grapevine/La Vina Committee	Zoom ID: 989-026-8931 PW: grapevine	1 <sup>st</sup> Sun @ 7 PM	Justeen	
Intergroup Board	Central Office	2 <sup>nd</sup> Mon @ 7 PM	<a href="mailto:ChattCOB@gmail.com">ChattCOB@gmail.com</a>	
Treatment Committee	Central Office	1 <sup>st</sup> Sat @ 11 AM	Patty R.	

Send corrections or suggestions to [gratitudetimes@hotmail.com](mailto:gratitudetimes@hotmail.com)

# WHERE IT HAPPENS

Locations with multiple meeting types

Location	Address	Notes
Dalton Serenity Club	513 Benjamin Way, Suite 310, Dalton, GA	<a href="http://www.daltonserenityclub.com">www.daltonserenityclub.com</a>
East Brainerd Club	8115 E. Brainerd Rd, Chattanooga, TN	<a href="http://chattanooga-aa.com/locations/east-brainerd-club/">chattanooga-aa.com/locations/east-brainerd-club/</a>
Grace House	17 S White St Athens, TN	<a href="http://chattanooga-aa.com/locations/grace-house/">chattanooga-aa.com/locations/grace-house/</a>
Hixson Serenity Club	5695 Middle Valley Rd, Hixson, TN	<a href="http://chattanooga-aa.com/locations/hixson-serenity/">chattanooga-aa.com/locations/hixson-serenity/</a>
New Way Club	1918 Union Ave, Chattanooga, TN	<a href="http://chattanooga-aa.com/locations/new-way-club/">chattanooga-aa.com/locations/new-way-club/</a>
ODAAT Clubhouse	255 Broad St SW Cleveland, TN	<a href="http://chattanooga-aa.com/locations/odaat-clubhouse/">chattanooga-aa.com/locations/odaat-clubhouse/</a>
Suburban Club	2002 E Main St, Chattanooga, TN	<a href="http://chattanooga-aa.com/locations/suburban-club/">chattanooga-aa.com/locations/suburban-club/</a>

## JUST NEWS

### New Meetings

None added in August.

### AA News

#### AA For the Older Alcoholic

Announcing: A.A. for the Older Alcoholic: now available in new Booklet format (B-28). [Click here for more information.](#)

#### AA Grapevine Job Opening

AA Grapevine has an opening for Digital Engagement Editor. [Click here for information.](#)

## Focus On – Literature

**Literature committees work to convey the importance of A.A. literature to recovery. They make sure that A.A. literature is available to A.A. groups, service meetings, A.A. events and the general public.**

### **Committee members:**

- Conduct A.A. literature workshops
- Provide displays, supplies of A.A. catalogs and order forms
- Consider proposed additions to and changes in Conference-approved literature and audiovisual material

### **Literature Committee Guidelines**

A.A. Guidelines are the shared experience of A.A. members. They also reflect guidance given through the 12 Traditions and the General Service Conference. [Click here for the Guidelines.](#)

### **A.A. Literature Catalog**

This catalog lists all Conference approved literature and A.A. material. It is available in three languages: English, French and Spanish. [Click here for the Catalog.](#)

Source: [AA.ORG](http://AA.ORG)

# LOOK WHO'S TALKING

## Speaker meetings

Send your speaker meeting information to [gratitudetimes@hotmail.com](mailto:gratitudetimes@hotmail.com)

### High Nooners

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

### Vision For You

Hixson Serenity Club - Friday @ 8 PM  
FAMILY & FRIENDS WELCOME  
Come Early & Stay Late

### 1515 Group

Suburban Club - Friday @8:00pm

Sep 1 <sup>st</sup>	TBD
Sep 8 <sup>th</sup>	TBD
Sep 15 <sup>th</sup>	TBD
Sep 22 <sup>nd</sup>	TBD
Sep 29 <sup>th</sup>	TBD

(changes may be necessary)

How they did it? One Day at a Time!

### Sponsorship Group

Suburban Club Saturday @8:00pm  
Sep 2<sup>nd</sup> District 83 Event  
Sep 9<sup>th</sup> Justeen V.  
Sep 16<sup>th</sup> Michael H.  
Sep 23<sup>rd</sup> Devin V.  
Sep 30<sup>th</sup> Dee S.  
Chair Zach C.  
(changes may be necessary)

To volunteer to speak or to chair contact  
Tom H. 423-490-5724  
Last Saturday is Birthday Night. Desserts  
@7:30, Speaker @8:00

### East Ridge Serenity Group

Suburban Club - Sunday @ 8PM

Sep 3 <sup>rd</sup>	TBD
Sep 10 <sup>th</sup>	TBD
Sep 17 <sup>th</sup>	TBD
Sep 24 <sup>th</sup>	TBD

(changes may be necessary)

Please check [www.chattanooga-aa.com](http://www.chattanooga-aa.com) or the Central Office to ensure meetings are being held.



# CENTRAL OFFICE CONTACTS

Trusted Servants

Chair: Linda W.  
Vice-Chair: Megan S.  
Treasurer: Bonnie S.  
Secretary: Kelli W.  
At Large: Bryan C.  
At Large: Cathy K.  
Office Manager: Darcey W.

Your Central Office is open:  
Mon-Fri - 9 AM – 5PM  
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

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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). 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.

If you have a content idea for Gratitude Times, send the request to [gratitudetimes@hotmail.com](mailto:gratitudetimes@hotmail.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.

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.

# Submitted Article

## HOW SPIRITUAL JOY DIFFERS FROM HUMAN HAPPINESS

For years I considered the Big Book statement: “*Happy, joyous and free*” as a bit redundant, for after all, are not happiness and joy the same? (p. 133) However, years later I found that **HAPPINESS** and **JOY** are two completely two different things:

**HAPPINESS** is a human experience. It disappears when we are sad or depressed. But **JOY** is a God experience that may take place even when we are sad or depressed. I have experienced said unexplained joy while feeling deeply depressed in a tent while camping in Sult Ste. Marie, Canada. I had recently been separated from my ex-wife and was feeling enormous depression. We had camped in that same tent in the Grand Canyon during our honeymoon previously. In the middle of the night, I became unexplainably full of energy, and everything seemed to wax extremely vivid and bright. I was full of **Joy**. This lasted throughout the night.

I believe Bill Wilson was experiencing great **Joy**—not ordinary happiness—after he went through his vital spiritual experience on page 14 of the Big Book: Doctor Silkworth told him: “*Something has happened to you I don’t understand. But you had better hang on to it. Anything is better than the way you were.*” I believe Bill’s resultant **Joy** prompted him to immediately go out and start helping alcoholics. So, I believe God’s **Joy** can be ongoing!

Then there is Fitz Mayo who had such an ongoing vital spiritual experience that: “*He couldn’t drink even if he would.*” (P. 57, Big Book) There must have been great Joy in that!

Again, Ebby Thacher (Bill’s sponsor), who was not a spiritual person prayed to God: “*as never before*” and was stuck sober for two years and seven months. Again, great **joy** must have been present. (**EBBY** *The Man Who Sponsored Bill W.*, by Mel B. – p. 58) Ebby died in 1966, two years sober.

I believe the blessing of spiritual Joy will come to me when God decides to send it—I cannot just wish for it. However, I believe my chances are all for the better if I try to maintain a fit spiritual condition by living the Twelve Steps.

Bob S – Richmond, IN



**Please direct all  
communications to:**

P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

Dear friends,

It is a common misconception that Alcoholics Anonymous is a religious-based or Christian organization, but that is not the case. In fact, a fundamental principle of A.A. is that the Fellowship is not affiliated with any religion, nor is it allied with any sect, denomination, politics, organization, or institution. In A.A., each person determines their own pathway in their recovery from alcoholism. [Click here to read more.](#)

In Fellowship,

Public Information Desk  
[publicinfo@aa.org](mailto:publicinfo@aa.org)

District 83 presents a supportive event for  
Area 64 Voting Assembly



Block party and Jam Session

🔥 September 2, 2023 6pm–10 🔥

Suburban Club

- 6–8 food, auction, fellowship,
- 8–9 Speaker–Angel E.
- 9pm–until.. Jam Session & smores

\$5.00 suggested donation at the door \*don't forget this is a supportive event\*



Save The Date

**September 8th - 10th, 2023**

**Shenandoah University  
Winchester, VA**

## **National AA Technology Workshop**

*"Solving, Sharing, and Scaling Solutions"*

<https://naatw.org>



**Inviting all AA members in Service  
(and Geeks in Recovery)**

We would love for you to join us in person if you can make it  
or we'll see you on Zoom!

Hotel rooms available at two local hotels for \$139/night  
Rooms also available with the "Stay with a Local" program  
Transportation from Dulles Airport will be coordinated

**Event & Hotel Registration coming soon!**

# DISTRICT 84 WORKSHOP

Service Worskhop

Heritage Park

Sept 16, 2023

1-3

Service Information on  
GSR to assembly level positions  
Conference positions  
Central Office Volunteering

Lunch provided, please bring a covered dish to share!

Call Chrissie H 423-355-2283  
for any information



NASHVILLE HOST COMMITTEE  
SUPPORTING EVENT

**District 34**  
**ANNUAL PICNIC**  
**SEPTEMBER 16 2023**

● ● ● ● ● 11:30 AM - 3:30 PM ● ● ● ● ●



**11:30 AM GAMES**

**12 PM FOOD**

**1 PM SPEAKER**

**CAKE WALK & SILENT AUCTION @ 2 PM**

Bring a Side Dish or Dessert  
Meat & Drinks Provided

MOSS WRIGHT PARK - SHELTER 3  
745 CALDWELL DR  
GOODLETTSVILLE TN 37072  
CONTACT: ANDY P 615-566-6094

# District 83 Presents

## Traditions Workshop



Suburban Club

September 23rd 1:15-3:15

Food, Fun and Fellowship

**\*Learn about Tradition 5-8 with speakers and food!\***

5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
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.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.



# Tennessee State Convention 2023

- Area 64 -

*...Do you know Bill W. ?*

*Hosted by District 11 & District 12*

September 29,30 Oct 1st 2023

*Advance registration and Information*

[www.tnaaconvention2023.com](http://www.tnaaconvention2023.com)

*AA Speakers*

*Craig W. CT, Peter M. FL, Ralph W. CA*

*Kevin H. AL, Jennifer D. NC, Amy D. KY*

*Al-Anon speakers - Bud S. NH and Sue P. VA*

*\$35.00 Pre-Registration*

*Registration \$40.00 per person after July 31, 2023*

*Workshops and Events*

*Manchester Hotels -*

Scan to go to  
registration  
page



**Holiday Inn Express**

111 Hospitality Blvd

Rate \$108 / code TSC

Phone 931-728-9383



**Comfort Inn**

152 Hospitality Blvd

Rate \$105 / code AA

Phone 931-228-8393



**LX Hotel (3miles)**

201 Murfreesboro Hwy

Rate \$99 / code TNCon23

Phone 931-954-0946

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District 81 Presents

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# SERVICE AND SWEETS

**PLEASE JOIN US FOR A SERVICE SIGN-UP AND  
BAKE SALE!**

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**SATURDAY, OCTOBER 7**

**Hixson Serenity Club  
2pm-4pm**

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**Come talk to the Corrections, Treatment and Grapevine  
Committees about how to be of service in our community!**

**Please bring your favorite homemade treat to help others  
contribute to District 81, so that we may continue to be of  
service to the alcoholic. Drinks provided.**

Chattanooga Area Central Office  
Presents  
Service Workshop



Service is part of recovery. Come join the Central Office Board  
and Chattanooga Intergroup to see what it's all about.  
Light refreshments will be served.

Where: Chattanooga Central Office  
5611 Ringgold Rd.  
When: October 8th, 2023 2pm-4pm

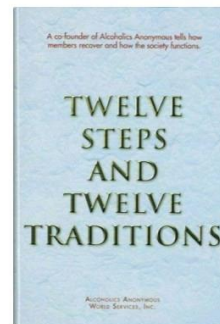
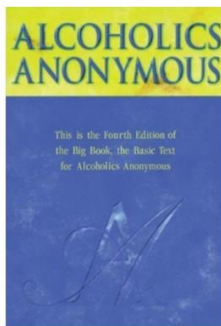
## **12 STEP WORKSHOP**

**When:** October 14 2:30PM - 6:00PM

**Where:** Southern Baptist Ch 2827 Main St.  
Pikeville, TN 37367

*a "Pikeville AA Group" Event*

*Come on by and go thru the steps with us  
Bring your Big Book & 12x12 if you can.*



### **AGENDA**

2:00 Doors Open

2:30 Introduction

2:40 First Step Speaker

3:00 Second/Third Step Speaker

3:20 BREAK

3:30 Steps Four thru Nine

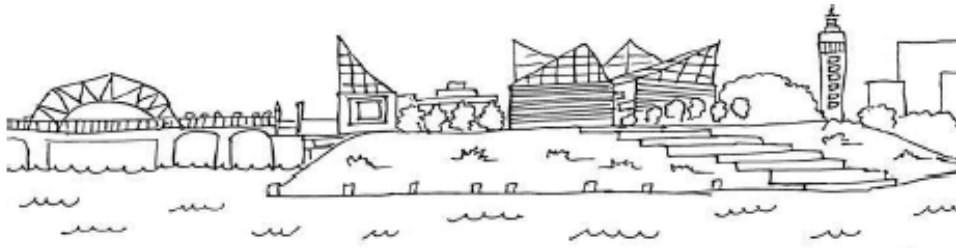
4:15 Steps 10, 11, 12

4:40 Food (Furnished)

5:00 Pikeville AA Meeting/Discussion

**For Info call Ted 989-429-8100**





# Area 64 4th Quarter Voting Assembly

*Hosted by: Districts 7, 81, 83, 84*

**We Stood at the Turning Point...**



© Can Stock Photo

***Marriott Chattanooga Downtown***

*Two Carter Plaza*

*Chattanooga, TN 37402*

*November 10th - 12th*

*Reservations:*

*Group Code:* *Area 64 Assembly  
Nov2023*

*Cut off: October 20, 2023*

*1(800) 228-9290 or (423)  
756-0002*

*\$129.00/Night +Tax*

*\$10 per Night/Vehicle Parking*



# Inspire and Attract!

# SSAASA7

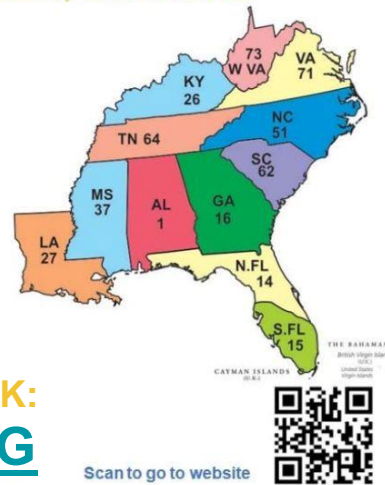
## South East Region Service Assembly

Meet your peers around the South East Region

Hosted by Area 14, North Florida

- ✓ Panel Discussions
- ✓ Service Workshops
- ✓ Share Your Service Experience
- ✓ Learn and Discover
- ✓ Volunteer Opportunities

**Southern States  
A. A.  
Service Assembly  
Orlando Florida  
Sheraton Orlando North  
November 17-19, 2023**



**REGISTRATION LINK:  
SSAASA7.ORG**

Questions? Chair.ssaasa7@gmail.com

Scan to go to website

**Service Workshops \* Panel Discussions \* Service Experience**

**YOU Are Invited!**

Inquiring minds and trusted servants from all over the South East Region will come together to discuss all things service. Come to Discover, Learn and Share. See old friends, and make new ones.

<b>Volunteer to help in so many ways:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Greeter</li> <li><input type="checkbox"/> Registration</li> <li><input type="checkbox"/> Hospitality</li> <li><input type="checkbox"/> Presenter</li> </ul>	<b>Discuss and Share:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> General Service Positions</li> <li><input type="checkbox"/> Grapevine</li> <li><input type="checkbox"/> Intergroup</li> <li><input type="checkbox"/> Traditions (Have fun)</li> <li><input type="checkbox"/> Concepts (Learn)</li> <li><input type="checkbox"/> Just checking out the 3<sup>rd</sup> Legacy?</li> </ul>
<b>Register and reserve your room at ssaasa7.org, or download paper registration form and FAQ</b> <b>Questions? Email <a href="mailto:chair.ssaasa7@gmail.com">chair.ssaasa7@gmail.com</a></b>	
<b>Need A Scholarship? We are able to offer a scholarship for <u>Registration Only</u>. Email <a href="mailto:chair.ssaasa7@gmail.com">chair.ssaasa7@gmail.com</a> for an application. Be sure to allow time to reserve your hotel room if one will be needed.</b>	



## Tradition & Concept

**9<sup>th</sup> Tradition:** “A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

**9<sup>th</sup> Concept:** “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.”

## Final Thought

### Love Yourself, Respect Yourself

There are a couple of caveats to this life lesson. Though countless entertainers espouse the virtue of loving and respecting yourself, it's not something that you can simply do. In order to reach a state of true self-love and genuine self-respect, you have to live in a way that falls in line with your values and beliefs.

Like any form of hollow love or feigned respect, the love and respect you direct at yourself **can only grow out of consistent behaviors that make you proud of yourself**. Don't let anyone tell you differently.

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

*If you value  
yourself, you  
understand that  
you are a gift to  
anyone you meet.*

~ RHONDA BRITTEN

**Learn to love yourself  
first, instead of loving  
the idea of other  
people loving you.**

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

To get your FREE digital copy of the Gratitude Times, send an email with a message of  
"Add me to the distribution list" to [GratitudeTimes@hotmail.com](mailto:GratitudeTimes@hotmail.com).  
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## IS IT TIME TO RENEW???

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