

GRATITUDE TIMES

October 2023

www.chattanooga-aa.com

Chattanooga Area Central Office
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Chattanooga, TN 37412

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Step Ten: Discipline - Daily Inventory

*Continued to take personal inventory and
when we were wrong promptly admitted it"*

With Step 10, we are reminded to continue reviewing our actions, thoughts, and behaviors to identify when we fall short, and to immediately admit it. Step 10 provides us an opportunity to keep watch over ourselves, allowing us to quickly nip any backsliding in the bud.

Step 10 is a call to action. It isn't enough to simply be aware that we have wronged someone along our recovery journey. Instead, Step 10 asks us to not only recognize the misstep, but to take it to heart. To do so, we not only admit that we made a mistake in our actions or behaviors, but that we also strive to do better.

As we have learned in the earlier steps, the A.A. 12 Step Program is about growing in humility. Being willing to humbly admit when we are wrong is a brand-new skillset for many of us in recovery. From a place of humility, we are able to take the next action, which is to apologize and correct the misstep. No one is expected to be perfect! Step 10 just allows us to "clean house" on a regular basis so the "clutter" doesn't collect and begin to bog us down again.

Working Step 10 can be compared to getting in shape. You can't build muscle without making the effort to work out regularly. In recovery, we can't achieve the hoped for spiritual awakening without practicing humility and taking inventory regularly.

Working Step 10 can be simplified by implementing a daily practice of reviewing the day. This can be accomplished through meditation, prayer, or journaling. By noting the things we should have handled differently, we then actively repair any damage done.

Source: AshleyTreatment.Org

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)

*it works
if you
work it*

CURRENT FINANCIALS

FINANCIAL STATEMENT				
GROUP CONTRIBUTIONS	District	Aug-23	Aug-23	YTD
1515 Group	83	\$90.00		\$270.00
A Vision for You	81	\$152.06		\$278.75
Bradley Group	7	\$1,250.00		\$2,250.00
Cookies and Cream	83	\$25.00		\$175.00
Friends of Bill & Dorothy	83	\$103.60		\$291.97
Upon Awakening	Zoom	\$330.00		\$340.00
Total		\$1,950.66	\$0.00	\$8,491.92

INCOME		Aug-23	Aug-23	YTD
Chattanooga Area Picnic	T-Shirt Sales	\$388.35		\$1,349.35
Group Contributions		\$1,950.66		\$6,541.26
Individual Contributions		\$715.45		\$7,663.32
Treatment Committee		\$11.00		\$39.00
Sales		\$1,886.96		\$8,486.14
TOTAL INCOME		\$4,952.42	\$0.00	\$31,655.85

EXPENSE	PURPOSE	Aug-23	Aug-23	YTD
AA World Services	Literature	\$510.42		\$4,242.54
Zoom Video Conference	Intergroup/ Board Mtg	\$17.47		\$137.58
Paypal Fees	Paypal Fees	\$11.61		\$96.97
Square Fees	Square Fees	\$56.65		\$231.20
Bright Star	Medallions	\$96.00		\$1,531.00
C&A Properties	Rent	\$550.00		\$4,400.00
Chattanooga Gas	Gas	\$43.98		\$974.20
Dependable Security Systems	Alarm system	\$27.00		\$243.00
EPB	Electric/internet/phone	\$214.73		\$1,404.97
INMotion	Website Host	\$239.76		\$239.76
Payroll Expense	Office Manager	\$597.71		\$5,891.35
Quickbooks Online	Monthly Fee w/ Payroll	\$54.62		\$163.86
Standing Committee	Standing Committee	\$0.00	\$2,740.00	\$0.00
Tennessee Secretary	Annual Report	\$16.04		\$16.04
Custom Imprint	Chips	\$94.31		\$202.86
Various Vendors (Costco, Staples, etc)	Office Supplies	\$39.25		\$770.73
Vendor Special (Square Equipment)	Office Equipment	\$130.01		\$1,560.09
Website Management	Website Maintenance	\$138.00		\$322.00
TOTAL EXPENSE		\$2,837.66	\$2,740.00	\$30,222.79

INCOME VERSUS EXPENSES		\$2,114.86	-\$2,740.00	\$1,433.06
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PRUDENT RESERVE		Aug-23	Aug-23	YTD
6 months expenses	Needed	\$23,100.00	\$23,100.00	\$23,100.00
Amount over Prudent Reserve	Excess	\$5,440.64	\$585.78	\$5,440.64
Amount under Prudent Reserve	Shortfall	\$0.00	\$0.00	\$0.00

CHECKING ACCOUNT		Aug-23	Aug-23	YTD
Beginning Balance	Starting Balance	\$26,425.78	\$26,425.78	\$25,607.92
INCOME		\$4,952.42	\$0.00	\$31,655.85
EXPENSES		\$2,837.56	\$2,740.00	\$28,723.13
Ending Balance	Account Balance	\$28,540.64	\$23,685.78	\$28,540.64

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 nd 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 th Fri @ 6 PM	Angel M.	
District 7 Meeting	Zoom ID 861-778-6420 PW: serenity	4 th 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 rd Mon @ 7:00 PM	Alexis L.	Southwest Hamilton
District 84 Meeting	Zoom ID 814 9916 7629 Password: 298 592	3 rd 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 st Sun @ 7 PM	Justeen	
Intergroup Board	Central Office	2 nd Mon @ 7 PM	ChattCOB@gmail.com	
Treatment Committee	Central Office	1 st Sat @ 11 AM	Patty R.	

Send corrections or suggestions to gratitudetimes@hotmail.com

WHERE IT HAPPENS

Locations with multiple meeting types

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

JUST NEWS

New Meetings

None added in September.

AA News

Box 4-5-9, Summer 2023 - www.aa.org/sites/default/files/newsletters/f-36_summer2023.pdf

Introducing a newly revised "Young People in AA" pamphlet -

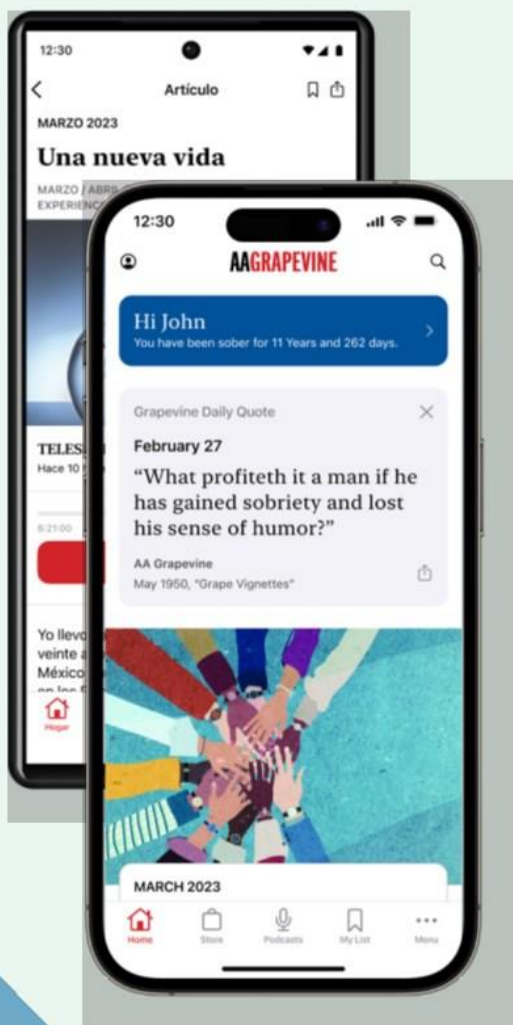
<https://www.aa.org/sites/default/files/literature/EN%20Young%20People%20in%20AA%20Announcement.pdf>

Announcing the Grapevine and La Vina Apps - <https://www.aagrapevine.org/apps>

A list of Frequently Asked Questions has been added to the AA Website - <https://www.aa.org/faqs>

AVAILABLE NOW!

THE NEW GRAPEVINE & LA VIÑA APPS!



- Read or listen to every issue
- Search our vast GV/LV Archives
- Keep track of your sobriety and spiritual practices
- Listen to our podcast
- Share AA stories and area events with friends
- Find meetings and connect to aa.org



**EASY
TO USE!**
Take GV &
LV wherever
you go!

For more information visit:
www.aagrapevine.org/apps

Focus On – Remote Communities

Remote Communities Committees work to ensure access to A.A. is available to those in underserved or remote communities. Committees focus on overcoming barriers that could make it hard to access the A.A. program – barriers such as geography, language or culture. Remote Communities Committees are less common than other AA Group Committees.

Remote Communities Committee Workbook

This workbook is intended as a guide for A.A. members involved in Remote Communities Committee work.

Read the Workbook: <https://www.aa.org/accessibilities-workbook>

Order the Workbook: <https://onlineliterature.aa.org/Accessibilities-Workbook>

Remote Communities Kit

Remote Communities Committees use the Accessibilities Kit. The kit contains the workbook and a selection of pamphlets, guidelines and order forms associated with Remote Communities Committee work.

View the Kit: <https://www.aa.org/remote-communities-kit-list>

Order the Kit: <https://onlineliterature.aa.org/Accessibilities-Kit>

Source: [AA.ORG](https://www.aa.org)

LOOK WHO'S TALKING

Speaker meetings

Send your speaker meeting information to 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

Oct 6	TBD
Oct 13	TBD
Oct 20	TBD
Oct 27	TBD

(changes may be necessary)

How they did it? One Day at a Time!

Sponsorship Group

Suburban Club Saturday @8:00pm

Oct 7	Charlie M.
Oct 14	Nichol M.
Oct 21	Sammie H.
Oct 28 - Creepy Crawl	John H.
Chair	Kelly B.

(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

Oct 8	TBD
Oct 15	TBD
Oct 22	TBD
Oct 29	TBD

(changes may be necessary)

Please check 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

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. 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.

District 81 Presents

SERVICE AND SWEETS

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

SATURDAY, OCTOBER 7

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

**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

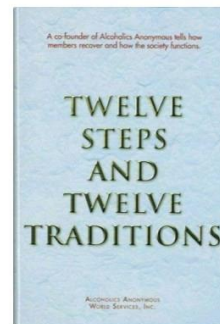
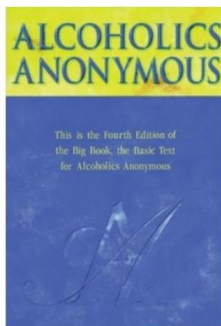
12 STEP WORKSHOP

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

CREEPY CRAWL 2023

OCTOBER 28, 2023



******PRE-ORDER YOUR SHIRT TODAY******

(DEADLINE OCT 1, 2023)

TEE SHIRTS - BLACK/WHITE ART NEON GREEN/PURPLE ART PURPLE/GREEN ART

SM, M, L, XL \$20.00 2X, 3X, 4X \$25.00

HOODIES - BLACK/WHITE ART AND GREY/PURPLE ART

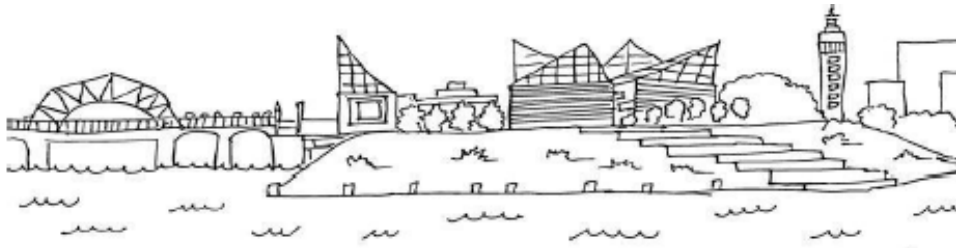
SM, M, L, XL - \$25.00 2X, 3X, 4X - \$30.00

CONTACT: SHOCKEY - (423-432-7843), ANGIE (423-883-4170), ALISHA (321-557-0654), STEPHANIE (770-654-6135)
CINDY/HIXSON (423-903-3205), NICOLE (423-316-0429), KELLY B. (423-242-5364)

****VOLUNTEERS NEEDED** COMMITTEE MEETING - TUESDAYS 6:00PM @ CENTRAL OFFICE OR ZOOM**
ZOOM ID 380 967 7665

CRAWL SCHEDULE:

ODAAT CLUB	BREAKFAST ----	9:00AM-10:30AM
CENTRAL OFFICE	LUNCH -----	11:30AM-1:00PM
EAST BRAINERD CLUB	APPETIZERS -----	2:00PM-3:00PM
DALTON SERENITY GROUP	SOUP & SALAD ---	4:00PM-5:00PM
HIXSON SERENITY CLUB	DINNER -----	6:00PM-7:00PM
SUBURBAN CLUB	DESSERTS SPEAKER DANCE	
	7:30PM 8:00PM 9:15PM-?	



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

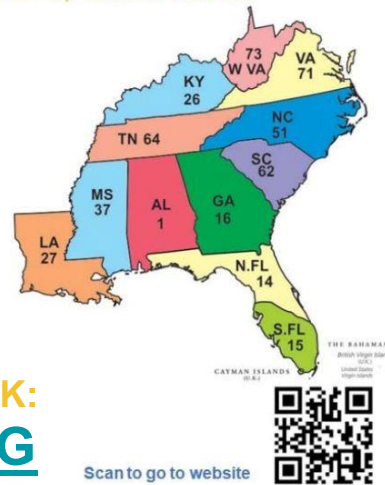
South East Region Service Assembly

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.

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

Tradition & Concept

10th Tradition: “Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

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

Final Thought

This Cup of Coffee in the Morning

By Nicola O'Hanlon

This cup of coffee in the morning gives me a small glimpse into my future. I sit in the chair by my living room window with my cup warming my hands. I sip and savor the sweet woody taste and inhale the aroma. Peace. I have choices today. Rising early allows me time to consider those choices. I didn't always allow myself this time, this cup of coffee in the morning. I would fall out of bed into the shower, into my clothes and go to some job or other that broke me. Ignoring my heart and the whispers of my soul was my way and eventually, I lost connection with both.



I watch the tiny birds outside feeding from the bird table my husband made, appreciating their activity and song without panic or intrusive thoughts. I notice the color and movement of each bird and the direction they fly in. It's almost time for chicks. Another sip from my cup. The warmth of this Colombian delight makes its way down to warm my chest.

This morning I have chosen to care for myself. I will make myself a priority and reinforce that even though I have a responsibility towards others, I matter too. I will wear something I love, with bright colors. Nutritious food will be my choice today and of course, a treat will be included. My work now is fulfilling and brings me a sense of achievement. I will move my body, study, and find time to rest. My future looks bright and comfortable this morning as I take the last sip of coffee.

Every morning, for quite some time, I have chosen myself first. These choices may seem simple and mundane, but it is in the mundane that we begin to reconnect with ourselves. Choosing ourselves first thing over a cup of coffee leaves space for our hearts and whispering souls to be heard again.

Source: intherooms.com

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"Add me to the distribution list" to GratitudeTimes@hotmail.com.
Paper copies are available for \$10/year by completing the form below.

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: \$ _____

Please make checks payable to "Chattanooga Central Office"