

GRATITUDE TIMES

January 2024

www.chattanooga-aa.com

Chattanooga Area Central Office
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Step One: Honesty - I Can't

***“WE ADMITTED WE WERE POWERLESS OVER ALCOHOL—
THAT OUR LIVES HAD BECOME UNMANAGEABLE.”***

When people first encounter Step 1, they're likely to pause at the idea of being “powerless” while others scratch their heads at “life has become unmanageable.”

The first order of business should be to explain the meaning of powerless within this context, because that's the term that confuses and upsets the most people, and it may turn some people away from Twelve Step recovery for good.

People often scoff at the idea that they're powerless. The person who is first getting sober could be a single mother to four amazing kids. They could be a tenured professor with a doctorate in a highly specialized field of study. And more than that, each and every person on Earth has power: the power to change, to love and grow, to try new things and to become new people.

No one is powerless in the general sense of the word, but a person can be powerless to the effects of alcohol. And that's what the First Step is saying—once an addict or alcoholic drinks that first drink or takes a hit of their favorite drug, they will only want more.

Unmanageability should also be defined more tightly, because the person who has a great job or a loving spouse or a nice home might say, “My life feels pretty manageable, actually.” They might look at everything that's going well and completely resist the idea that life is no longer manageable. And that's only fair and natural. But the terminal stages of addiction will strip everything away, and an addicted person who refuses to recover will often be left with nothing.

There's a simpler way to think of unmanageability: drinking or using drugs is causing problems in a person's life. Maybe life hasn't become fully unmanageable yet, but a person has lost friends or romantic partners because of their addiction, or they face criminal punishment or work-related consequences and they continue to use. The warning signs are there, and it might not be unmanageable now, but it will be.

The main criterion for a successful First Step is a person's acceptance that they do, indeed, have the disease of addiction. A person shouldn't consider themselves weak-willed or incapable when they admit to their powerlessness, and they don't have to do anything about their addiction yet. Step One is just asking a person to acknowledge that they have the disease of addiction, and life is harder because of it.

If you can acknowledge and accept those two things—that you have an addiction and it's causing problems—then you have completed the First Step of Alcoholics Anonymous, and you have officially begun your recovery.

Source: hazeldenbettyford.org

CURRENT FINANCIALS

FINANCIAL STATEMENT				
GROUP CONTRIBUTIONS	District	Nov-23	Nov-23	YTD
1515 Group	83	\$90.00		\$360.00
Rush Hour Group	84	\$50.00		\$383.00
Total		\$140.00	\$0.00	\$9,273.38

INCOME		Nov-23	Nov-23	YTD
Group Contributions		\$140.00		\$8,536.92
Individual Contributions		\$170.00		\$8,612.32
Treatment Committee		\$2.00		\$41.00
Sales		\$2,174.13		\$8,486.14
TOTAL INCOME		\$2,486.13	\$0.00	\$33,613.65

EXPENSE	PURPOSE	Nov-23	Nov-23	YTD
AA World Services	Literature	\$125.12		\$7,447.38
Zoom Video Conference	Intergroup/ Board Mtg	\$17.47		\$189.99
Paypal Fees	Paypal Fees	\$3.98		\$141.72
Square Fees	Square Fees	\$52.26		\$365.18
C&A Properties	Rent	\$550.00		\$6,050.00
Chattanooga Gas	Gas	\$66.83		\$1,135.36
Dependable Security Systems	Alarm system	\$27.00		\$324.00
EPB	Electric/internet/phone	\$187.68		\$2,038.20
Lookout Pest	Pest Control	\$70.00		\$420.00
Payroll Expense	Office Manager	\$597.71		\$7,684.48
Quickbooks Online	Monthly Fee w/ Payroll	\$114.71		\$507.99
Standing Committee	Standing Committee	\$0.00	\$2,284.60	\$715.40
Tn Dept Revenue	Sales Tax	\$18.17		\$1,315.54
Various Vendors (Costco, Staples, etc)	Office Supplies	\$356.86		\$1,370.95
TOTAL EXPENSE		\$2,187.79	\$2,284.60	\$33,773.04

INCOME VERSUS EXPENSES		\$298.34	-\$2,284.60	-\$159.39
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PRUDENT RESERVE		Nov-23	Nov-23	YTD
6 months expenses	Needed	\$23,100.00	\$23,100.00	\$23,100.00
Amount over Prudent Reserve	Excess	\$2,348.53	\$0.00	\$2,348.53
Amount under Prudent Reserve	Shortfall	\$0.00	-\$234.41	\$0.00

CHECKING ACCOUNT		Nov-23	Nov-23	YTD
Beginning Balance	Starting Balance	\$25,150.19	\$25,150.19	\$25,607.92
INCOME		\$2,486.13	\$0.00	\$33,613.65
EXPENSES		\$2,187.79	\$2,284.60	\$33,773.04
Ending Balance	Account Balance	\$25,448.53	\$22,865.59	\$25,448.53

GET INVOLVED!

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

Meeting	Meeting Location	Meeting Day/Time ¹	Contact	Notes
Archives Committee			Tim L.	
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	Elliott C.	
CPC/PI Committee	Zoom ID: 885-0755-2366 PW: KCB123	4 th Fri @ 6 PM	Linda W.	
District 7 Meeting	Zoom ID 861-778-6420 PW: serenity	4 th Thu @ 6:30 PM	Larry A.	Bradley, McMinn, Meigs, Monroe, Polk, Rhea
District 10 Meeting			Jeff W.	Bledsoe, Grundy, Marion, Sequatchie
District 15a (GA) Meeting	Dalton Serenity Club	Saturday before the 1 st Sunday of odd months @ 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	Mike S.	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.	Southwest Hamilton
District 84 Meeting	Zoom ID 814 9916 7629 Password: 298 592	3 rd Thu @ 6:30 PM	Chrissie H.	East Hamilton
Events Committee Club Crawl, Founder's Day, Creepy Crawl, etc.	Central Office	Every Tue @ 6:30 PM	Angie M. events@chattanooga-aa.com	Zoom ID 380-967-7665
Grapevine/La Vina Committee	Zoom ID: 989-026-8931 PW: grapevine	1 st Sun @ 7 PM	Mike S.	
Intergroup Board	Central Office	2 nd Mon @ 7 PM	ChattCOB@gmail.com	
Treatment Committee	Central Office	1 st Sat @ 11 AM	Jessica B.	

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.

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 December.

AA News

February 23-25 - TCYPAA Jackson TN – Save the Date

March 22-24 - Save the Date – Q2 Assembly – Knoxville

Focus On – Self-Assessment

If you (or a friend) want to assess whether you might be alcoholic, take this self-assessment. The list is provided by AA World Services and is available at aa.org/self-assessment.

These are twelve questions only you can answer. Check the box next to the questions which you answer with "YES".

- ☐ Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
- ☐ Do you wish people would mind their own business about your drinking--stop telling you what to do?
- ☐ Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
- ☐ Have you had to have a drink upon awakening during the past year?
- ☐ Do you envy people who can drink without getting into trouble?
- ☐ Have you had problems connected with drinking during the past year?
- ☐ Has your drinking caused trouble at home?
- ☐ Do you ever try to get "extra" drinks at a party because you do not get enough?
- ☐ Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
- ☐ Have you missed days of work or school because of drinking?
- ☐ Do you have "blackouts"?
- ☐ Have you ever felt that your life would be better if you did not drink?

When you've completed the list, count the checkmarks. If you have four or more, you may have trouble with alcohol. There is no disgrace in facing up to the fact that you have a problem. Come to AA meetings to learn more.

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

Jan 5	TBD
Jan 12	TBD
Jan 19	TBD
Jan 26	TBD

(changes may be necessary)

How they did it? One Day at a Time!

Sponsorship Group

Suburban Club Saturday @8:00pm

Jan 6 Bill O.

Jan 13 Susan G.

Jan 20 AA Event.

(Speakers @ 3, 5 7 & 8 pm)

Jan 27 Chili Cook Off

(Speaker TBA)

Chair: Jake (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

Jan 7 TBD

Jan 14 TBD

Jan 21 TBD

Jan 28 TBD

(changes may be necessary)

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



AREA 64 Q1 ASSEMBLY 2024

N A S H V I L L E

JANUARY 19TH - 21ST

"WE ARE RESPONSIBLE"

INN AT OPRYLAND

2401 MUSIC VALLEY DRIVE

NASHVILLE TN 37214

PHONE: 1-800-901-4211

SCAN TO BOOK:



ROOM RATE \$137/NIGHT + TAX

MENTION: AA AREA ASSEMBLY CONFERENCE ROOM BLOCK

RATE IS EXTENDED 3 DAYS ON EITHER END OF
THE ASSEMBLY FOR AN EXTENDED
NASHVILLE TRIP!

CONTACT FOR QUESTIONS:

Heather M 615-225-7136

hmarkman81@gmail.com

AN EVENT FOR THE ENTIRE RECOVERY COMMUNITY

2024 New Year New Life

Potluck and Speaker jam

LIVING RECOVERY OUT LOUD,
SO OTHERS DON'T DIE IN SILENCE..!

JANUARY 20 | 3 PM - 9 PM

3PM- SPEAKER
4PM- POTLUCK DINNER
5PM- SPEAKER
6PM- DESSERT SOCIAL
7PM- SPEAKER
8PM- SPEAKER

SUBURBAN CLUB 2002 E MAIN ST. CHATTANOOGA

SOUTHERN STATES *Women's Conference*

January 26-28, 2024 Jacksonville, Florida



STEPS 1 & 2	DEBBIE D. - CONCORD CA
STEP 3	SHARON C. - LOS ANGELES CA
STEPS 4 & 5	MICHAELNE - ESCONDIDO CA
STEPS 6 & 7	AMANDA B. - MONTGOMERY AL
ALANON	JUANITA U. - SANTA FE NM
STEPS 8 & 9	TINA A. - HOLLISTER CA
STEPS 10 & 11	MILDRED F. - TORONTO ON
STEP 12	MARY T. - TAMPA FL

EARLY REGISTRATION \$40 ENDS AUG 31ST - BEGINNING SEPT 1ST \$50 - \$60 AT THE DOOR.

Name: _____ Phone #: _____

Address: _____ Email: _____

Program: AA _____ Alanon _____ Alateen _____

Check here if you would like to volunteer: _____

Check here if you need assistance with accessibility (hearing, vision, mobility): _____

Make Checks payable to: SSWC PO Box: 35100 Elmwood Park, IL 60707



ASL Interpreter Provided

Conference Location:
Hyatt Riverfront Jacksonville
225 E Coastline Drive
Jacksonville, FL 32202
Use QR Code for Hotel booking!
904-588-1234



CENTRAL OFFICE CONTACTS

Trusted Servants

Chair:	Chad B.	chair@chattanooga-aa.com
Alt-Chair:	Cheri H.	
Treasurer:	Justeen V	treasurer@chattanooga-aa.com
Secretary:	Devin V.	secretary@chattanooga-aa.com
At Large:	Linda W.	
At Large:	OPEN	
Office Manager:	Darcey W.	manager@chattanooga-aa.com
Volunteer Coordinator	Linda W.	volunteercoordinator@chattanooga-aa.com

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.

Tradition & Concept

1st Tradition: “Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

1st Concept: “Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”

Final Thought

The Snake and the Saw

(author unknown)



One night, after closing time, a snake found its way inside a carpentry shop. As the snake slithered around, it clipped itself on a hand saw that was lying on the floor. Thinking the saw was a threat, the snake turned around and bit the saw. This only led to the snake cutting its mouth on the saw's edge.

Becoming convinced it was under attack, the snake decided to quickly wrap itself around the saw and to squeeze the life out of it. As it did so, the snake did no damage to the saw. Instead, as the snake's grip on the saw tightened, it only led to increasing damage to the snake. Damage that became fatal as the snake squeezed ever more tightly.

The snake ended up being killed by its own anger. By its reaction to something that it thought was “out to get it.”

There is a powerful message here. Often, we might react in anger when we think others have hurt us, or when we assume they are “out to get us.” We react when we don't really need to. We hold on to resentment and we may hope the other person feels some kind of consequence...some kind of damage.

We only end up hurting ourselves. Holding on to anger and resentment makes US suffer. The other person has moved on. It was never as important to them as we have made it to ourselves. We suffer...they don't.

This is a common result of reacting with anger. As an alternative, try to react with compassion. Perhaps the other person is simply having a bad day or, at the very least, doesn't begin to have the nefarious motives to which we credit them. Reacting with compassion rather than anger allows us to be caring friends rather than abrasive enemies.

It's always better to let go of negative feelings toward others. To focus instead on creating the best life we can...for them and for ourselves. When we look at things from the perspective of compassion rather than anger, it is much easier to move on...leaving all that negative energy behind.

Holding on to resentment does nothing good for us.

We must let go.

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"Add me to the distribution list" to GratitudeTimes@hotmail.com.
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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: _____

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Amount Enclosed: \$ _____

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