

Step Three: Surrender - Let God

“Step 3: Made a decision to turn our will and our lives over to the care of God as we understood God.”

The first two steps lay the foundation for this momentous act of faith that is the essence of Step Three—to submit our will to the care of our Higher Power. Step Three is one of the most difficult of all the Steps. Those individuals who don't have a history of participating in a particular faith belief system can struggle somewhat with this concept.

The beauty of Alcoholics Anonymous is that the program meets you where you are. There is great latitude in what constitutes your Higher Power, providing each person the freedom to define it as they wish. For some, a Higher Power is a religious entity, but for others, it may be anything or anyone that inspires them to make fundamental life changes.

About Step Three in Alcoholics Anonymous

Where the first two steps of the 12 Step Program were cognitive, based on thoughts or reflections, Step Three is an action step. This step requires us to move forward in recovery underneath the umbrella of a Higher Power, fully submitting to its protection, provision, and Will to guide your way.

The 12 Step Program is about embracing spiritual growth. By accepting Step Three, you make a proactive choice, a decision, to surrender your recovery journey to your Higher Power. This step embodies the concept of “Let go and let God,” versus muscling your way through the recovery journey on your own volition. Indeed, the key to moving beyond the disease of addiction starts with the decision to submit to your Higher Power.

The Third Step paves the way for the next important step, a difficult step that requires the painstaking process of taking a self-inventory. Unless we have willingly submitted our recovery to our Higher Power, we are not really capable of completing Step Four in an honest and thorough way. Step Three provides the foundation for the balance of the 12 Step Program.

Consider Alumni Coordinator Louis M's experience with Step Three:

“Making a decision to turn my will and my life over to my Higher Power was explained very well to me after the second step. Through having this honest and open conversation with a sponsor I was able to realize that this is not an action step. This is a decision, much like countless decisions I've made in the past, except this one I was going to stick too. My sponsor told me if I wanted to work this step, do a fourth and fifth step. Faith without works is dead became my motto here, and I began working fearlessly and thoroughly on my fourth step.”

Source: AshleyTreatment.org

Third Step Prayer

“God, I offer myself to Thee – To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.”

Shortened version:

“God, Take my will and my life. Guide me in my recovery. Show me how to live.”

January financials were unavailable at press time.

GET INVOLVED!

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

Meeting	Meeting Location	Meeting Day/Time ¹	Contact	Notes
Archives Committee	TBA	TBA	Tim L.	
Central Office Board	Central Office All are welcome Only members vote	2 nd Mon @ 6 PM	chair@chattanooga-aa.com	Zoom available Contact Central Office for Zoom info
Corrections Committee	Hixson Serenity Club	Last Sun @ 2 PM	Elliott C.	
CPC/PI Committee	TBA	TBA	Linda W. cpc_pi@chattanooga-aa.com	
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	TBA	TBA	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. district15a@aaageorgia.org	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. d83dcm@area64assembly.org	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	chair@chattanooga-aa.com	
Tech Committee	TBA	TBA	Alex B. tech@chattanooga-aa.com	
Treatment Committee	Central Office	1 st Sat @ 11 AM	Jessica B. treatment@chattanooga-aa.com	

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 gratitude@chattanooga-aa.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 January.

AA News from February

- AA GRAPEVINE, the international journal of Alcoholics Anonymous, will increase the price of its print magazine for the first time in over 12 years. The new price for a yearly subscription is \$36.00, effective April 15, 2024. [Please click this link to read the complete announcement including full price change information, from the Publisher.](#)
- Stay updated with the latest developments – [AAWS Highlights, December 2023](#)
- NNA Call for stories - extended submission time: [Please note the deadline for member story submissions has been extended to April 30, 2024](#)
- [A Letter to the Media About Anonymity](#) including a thank you from the General Service Office of Alcoholics Anonymous for continued cooperation.

Tools and Ideas for Doing Corrections Work (an excerpt from the [AA website](#))

- Show the video "[A New Freedom](#)" at workshops and other events; it has inspired many members to get involved with corrections service. The video is available in [3-](#), [15-](#) and [30-](#)minute length versions.
- Show the DVD "[A.A. in Correctional Facilities](#)" to share the professional's viewpoint on the value of A.A. as a resource in correctional facilities.
- Create PowerPoint presentations about A.A. corrections service, including photos and discussion topics.
- Discuss ways that groups, districts and areas have used to provide more literature for persons in custody - such as passing the "pink can" or a "jail box."
- Introduce members to the "[Sharing from Behind the Walls](#)" newsletter and highlight the annual Grapevine corrections issue when it comes out in July.
- Include local corrections events on area websites.
- Introduce someone to corrections service by bringing them to corrections events and/or A.A. meetings "on the inside," or obtain a guest pass to bring them to a meeting behind the wall.
- Encourage former persons in custody to share their stories about how A.A. helped them get sober and stay sober while in custody.
- Create a calendar of corrections events around U.S. and Canada.
- Emphasize that when carrying the message in a correctional facility, we share experience, strength and hope with other alcoholics as we do at any A.A. meeting. Having prison experience is not a prerequisite -- sobriety in A.A. is. Individuals in custody are more interested in learning how we got and stayed sober through A.A.'s Twelve Steps, rather than hearing about time we may have spent in prison.

For more ideas like this, see the [Corrections Committee Workbook](#).

Share Corrections Experience

The Corrections desk at the A.A. General Service Office is dedicated to Corrections activities. Committees are encouraged to share local experiences and challenges with this desk.

[CONTACT THE CORRECTIONS DESK](#)

LOOK WHO'S TALKING

Speaker Meetings

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 @8:00 pm
How they did it? One Day at a Time!

Sponsorship Group

Suburban Club Saturday @8:00 pm

Mar 2nd	Jerilyn M.
Mar 9th	Club Crawl
Mar 16th	Joe C.
Mar 23rd	Bekah T.
Mar 30th	Zack M.
Chair:	Delmus 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 @ 8 PM

Send your speaker meeting information to gratitude@chattanooga-aa.com

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

Chattanooga Area Treatment & Corrections Committee

"Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength, and hope" -Big Book pg xxii



MONTHLY - 11AM
1ST SATURDAY
SUBURBAN CLUB -
2002 E MAIN STREET



CONTACT JESSICA FOR
MORE INFO:
TREATMENT@
CHATTANOOGA-AA.COM
(423) 414-4880

Club Crawl

2024

Saturday, March 9

Breakfast 9am-10:30am ODAAT Club

255 Broad St SW, Cleveland, TN

Lunch 11:30am-1pm AA Central Office

5611 Ringgold Rd Suite 130, Chattanooga, TN

Appetizers 2pm-3pm East Brainerd Club

8115 East Brainerd Rd, Chattanooga, TN

Soup & Salad 4pm-5pm Dalton Serenity Group

513 Benjamin Way, Dalton, GA

Dinner 6pm-7pm Hixson Serenity Club

5695 Middle Valley Rd, Hixson, TN

Dessert 7:30pm

Speaker 8pm

Dance 9pm

Suburban Club

2002 East Main St, Chattanooga, TN



TICKETS

\$5.00

***Suggested
Donation**



the Pikeville Group

presents

Annual SOBRIETY CELEBRATION

And District 10 Meeting

March 16, 2024

First Southern Baptist Church 2827 S Main, Pikeville



3:30 – 4:30 District 10 Meeting

4:30 Food and Fellowship

5:00 Open AA Meeting

Chicken and plates/etc provided

Bring: Side dish, desserts, and

Attitude of Merriment

Call Ted 423-619-3772 / Mackie 972-740-3169

May 10 – 12th, 2024
Fall Creek Falls State Park
[Newton Ford Bunk]
Spencer TN



2nd Annual 3 LEGACIES WEEKEND

Speakers On: Recovery/Steps | Unity/Traditions | Service/Concepts
Dick C. . Jamie H. . Heather L.

Includes 5 meals and lodging with showers and a kitchen. Bring chairs, bedding, and/or sleeping bag and pillow. Join us for hiking, kayaking, and campfire meetings. Men's and women's dorms.

Price is \$70 prior to April 20th and \$75 after. Check, Cash, or Cash App accepted.

Check In 3:00-5:00 PM Friday.

For reservations, more information, or to mail the fee:

Make check or Money Order out to (3 Legacies Weekend)

Ted S. (423) 619-3772

28563 SR30, Pikeville, TN 37367

Scan for
Cash App



Name/s _____

Address _____

Phone _____ Email _____

Amt Included _____ Like to Volunteer? _____

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

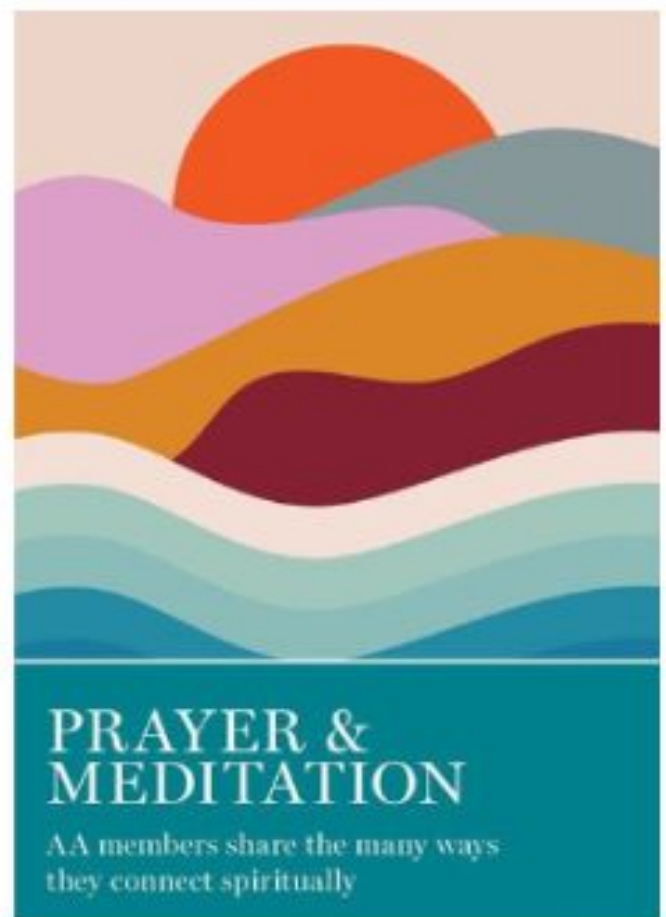
YOU CAN NOW LISTEN TO PRAYER & MEDITATION

AVAILABLE NOW - NEW AUDIOBOOK!

Features powerful stories by members of Alcoholics Anonymous

Anonymous about the many ways they pray and meditate in their daily lives. Available in English.

[Learn More Here](#)



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

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

Your Central Office is open:
Mon-Fri - 9 AM – 5PM
and Sat - 9 AM – 1 PM
Stop by for all your supply needs.

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 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.

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.

Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

Source: https://www.aa.org/assets/en_US/en_tradition_longform.pdf

Concept 3

To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”

Source: https://www.aa.org/sites/default/files/literature/assets/smf-114_en.pdf

Final Thought



How AA Got Started

AA was founded on 10 June 1935 but AA's origins are said to have begun when the renowned psychotherapist Carl Jung inspired Rowland H., an otherwise hopeless drunk, to seek a spiritual solution by sending him to the Oxford Group — a non-denominational, altruistic Christian movement modeled after first-century Christianity. Ebby Thacher got sober in that same Oxford Group and reached out to help his drinking buddy Bill Wilson. Thacher approached Wilson saying that he had "got religion", was sober, and that Wilson could do the same if he set aside objections and instead formed a personal idea of God, "another power" or "higher power".

Feeling a "kinship of common suffering", Wilson attended his first group gathering, although he was drunk.

Within days, Wilson admitted himself to the Charles B. Towns Hospital after drinking four beers on the way—the last alcohol he ever drank. Under the care of Dr. William Duncan Silkworth (an early benefactor of AA whose image appears above this article), Wilson's detox included the deliriant belladonna. At the hospital, a despairing Wilson experienced a bright flash of light, which he felt to be God revealing himself.

Following his hospital discharge, Wilson joined the Oxford Group and tried to recruit other alcoholics to the group. These early efforts to help others kept him sober, but were ineffective in getting anyone else to join the group and get sober. Dr. Silkworth suggested that Wilson place less stress on religion (as required by The Oxford Group) and more on the science of treating alcoholism.

Wilson's first success came during a business trip to Akron, Ohio, where he was introduced to Robert Smith, a surgeon and Oxford Group member who was unable to stay sober. After thirty days of working with Wilson, Smith drank his last drink on 10 June 1935, the date marked by AA for its anniversaries.

Source: [Wikipedia](https://en.wikipedia.org/wiki/Alcoholics_Anonymous)

PS: The Oxford Group has seen changes in its leadership, its mission and in its name over the years. It is now known as "Initiatives of Change International".

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 gratitude@chattanooga-aa.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”