

Step Five: Integrity - Admit Wrongs

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Step 5 of Alcoholics Anonymous, commonly known as the “Confession” step, encourages members to acknowledge their struggles and whatever harm they caused to themselves and others in pursuit of alcohol. Step 5 of AA reads that one, “admitted to God, to oneself, and to another human being the exact nature of our wrongs.” Put simply, Step 5 is the point in the process in which one will speak openly and honestly about their struggles with addiction, with focus on how they harmed themselves and others through their actions and behaviors. This confession should be honest, and can begin in a written form and evolve into conversations. step 5

Completing Step 5 of Alcoholics Anonymous can look different for everyone. It may include tasks such as overcoming fear, confessing to yourself, calling upon inspiration, and/or confessing to another person.

Fear is a natural reaction to confession. Although one may want recovery, confronting the nature of one’s wrongs and admitting long-held secrets can be terrifying. If you allow these feelings to stop your progress at Step 5, you stop moving forward in your recovery and the disease of alcohol addiction will take over once more. Alcoholics Anonymous Step 4 has prepared you for Step 5, and by finding the courage to overcome that fear of rejection or the shame of your confession, you experience honesty on a deeper level than in your first step of admission, and you break the pattern of denial that often plagues those suffering with alcohol use disorder.

Confessing to Yourself

Step 5 requires not only that one admit to themselves the exact nature of one’s wrongs, but that they embark on an honest self-evaluation of their faults. This part of the step helps to remove egoism and minimize your fear. This enables one to work on the remaining confessions to God/higher power and another human being with honesty, openness, and courage.

Confessing to Another Individual

One can struggle to break the cycle of addiction without help. Part of recovering from alcohol addiction is building your self-esteem so that you realize what you have to share is worth listening to, and that you are worthy of forgiveness and respect. The person you select to share your fifth step confession with should be someone who understands the process of recovery and someone who wants to help you get through it. For this reason many choose to complete step five with a sponsor, or someone from within your AA group who will understand the process of recovery and who will be compassionate and respectful of your desire not to share your confidences with anyone else. A sponsor will also help you maintain perspective as to the exact nature of the wrongs you are confessing and will not allow you to slip into denial by blaming others for what you’ve shared.

Source: Alcohol.org

Fifth Step Prayer

Higher Power,

My inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me, and be with me, in this Step, for without this step, I cannot progress in my recovery. With Your help, I can do this, and I do it.

Source: NHAA.net

Step Five Promise

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the broad highway, walking hand in hand with the spirit of the universe.

Source: Sobertostay.com

Step # 5 Big Book Reference: https://www.aa.org/assets/en_us/en_step5.pdf

FINANCIALS

End of March 2024

Greater Area Chattanooga Board/Intergroup Financial Statement

	03/24			YTD 2024			Annual	
	Actual	Budget	Variance	Actual	Budget	Variance	Budget	Variance
Income								
Group Contributions	812.19	1,083.33	(271.14)	2,119.97	3,250.00	(1,130.03)	13,000.00	(10,880.03)
Individual Contributions	796.55	550.83	245.72	908.66	1,652.50	(743.84)	6,610.00	(5,701.34)
Special Events	225.00	1,083.33	(858.33)	615.00	3,250.00	(2,635.00)	13,000.00	(12,385.00)
Total Income	1,833.74	2,717.50	(883.76)	3,643.63	8,152.50	(4,508.87)	32,610.00	(28,966.37)
Expenses								
Rent	550.00	550.00	-	1,650.00	1,650.00	-	6,600.00	4,950.00
Zoom	17.47	17.50	0.03	52.41	52.50	0.09	210.00	157.59
Website Management	138.00	50.00	(88.00)	184.00	150.00	(34.00)	600.00	416.00
Chattanooga Gas	305.32	110.00	(195.32)	735.80	330.00	(405.80)	1,320.00	584.20
Office Supplies	132.87	125.00	(7.87)	241.00	375.00	134.00	1,500.00	1,259.00
Alarm System	27.00	27.00	-	81.00	81.00	-	324.00	243.00
EPB (Electric, Phone, Internet)	183.55	250.00	66.45	523.68	750.00	226.32	3,000.00	2,476.32
Pest Control	70.00	35.00	(35.00)	140.00	105.00	(35.00)	420.00	280.00
Taxes and Licenses	610.04	10.00	(600.04)	610.04	30.00	(580.04)	120.00	(490.04)
Property Insurance	-	42.00	42.00	-	126.00	126.00	504.00	504.00
Payroll	1,020.00	1,000.00	(20.00)	2,015.42	3,000.00	984.58	12,000.00	9,984.58
QuickBooks	114.71	30.00	(84.71)	344.13	90.00	(254.13)	360.00	15.87
Paypal	14.36	27.50	13.14	47.43	82.50	35.07	330.00	282.57
Volunteer Appreciation Dinner	-	40.00	40.00	-	120.00	120.00	480.00	480.00
C. O. Manager Conference	-	146.00	146.00	-	438.00	438.00	1,752.00	1,752.00
Special Events-club crawl x 2	279.53	35.00	(244.53)	279.53	105.00	(174.53)	420.00	140.47
Intergroup Standing Committees	-	250.00	250.00	-	750.00	750.00	3,000.00	3,000.00
Misc.	-	-	-	-	-	-	-	-
Total Expenses	3,462.85	2,745.00	(717.85)	6,904.44	8,235.00	1,330.56	32,940.00	26,035.56
Income Variance	(1,629.11)		(1,601.61)	(3,260.81)		(3,178.31)		(2,930.81)
Central Office Store								
Sales	1,967.54	1,083.33	884.21	4,455.00	3,250.00	1,205.00	13,000.00	(8,545.00)
AAWS	2,380.38	500.00	(1,880.38)	3,757.13	1,500.00	(2,257.13)	6,000.00	2,242.87
Bright Star	547.00	250.00	(297.00)	2,443.60	750.00	(1,693.60)	3,000.00	556.40
Square	54.39	40.00	(14.39)	93.33	120.00	26.67	480.00	386.67
Tn Sales Tax	-	84.83	84.83	-	254.50	254.50	1,018.00	1,018.00
Total Expense	2,981.77	874.83	(2,106.94)	6,294.06	2,624.50	(3,669.56)	10,498.00	4,203.94
Variance	(1,014.23)		(1,222.73)	(1,839.06)		(2,464.56)	2,502.00	(4,341.06)
Total Net Income	(2,643.34)	181.00	(2,824.34)	(5,099.87)	543.00	(5,642.87)	2,172.00	(7,271.87)

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	Chad B. chair@chattanooga-aa.com	Zoom available Contact Central Office for Zoom info
Corrections Committee	Hixson Serenity Club	1st Sat @ 11 AM	Elliott C.	
CPC/PI Committee	Central Office	2nd Sat @ 10 AM	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@aaeorgia.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 (Hybrid)	Every Tue @ 6:30 PM	Angie M. events@chattanooga-aa.com	Zoom ID 380-967-7665
Grapevine/La Vina Committee	Hixson Serenity Club (Hybrid)	3rd Sat @ 4 PM	Mike S.	Zoom ID: 989-026-8931 PW: grapevine
Intergroup Board	Central Office (Hybrid)	2 nd Mon @ 7 PM	chair@chattanooga-aa.com	
Technology Committee	TBA	TBA	Alex B. tech@chattanooga-aa.com	
Treatment Committee	Suburban Club	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

AA News from April

- AAWS published an overview of the Regional and Local Forums for 2024. Find it here: <https://www.aa.org/regional-and-local-forums>
- AAWS published Box 459 for Winter 2024: https://www.aa.org/sites/default/files/newsletters/f-36_winter2023_0.pdf
- AAWS announced a Flash Sale on the Big Book from May 1 through July 30. Details here: https://www.aa.org/sites/default/files/literature/EN_Big%20Book_Flash_Sale_2024.pdf
- AAWS published the Quarterly Report from the GSO for the first quarter of 2024: https://www.aa.org/sites/default/files/newsletters/F-14_Quarterly_Report_2024_First_Quarter_ONLINE.pdf



FOCUS ON

Public Information Committee (PI)

Members of Public Information Committees convey A.A. information to the general public. They are often combined with Cooperating with the Professional Community (CPC) Committees and are called “PI/CPC” Committees.

PI Committees focus on:

- Giving presentations about A.A. to schools and organizations.
- Providing information about A.A. through digital and print materials.
- Insuring local media have accurate information about A.A. through PSAs, anonymity-protected interviews and press kits.

[Public Information Workbook](#)

This workbook is intended as a guide for A.A. members involved in Public Information community work.



[Public Information Kit](#)

The Public Information Kit contains the workbook and a selection of pamphlets, guidelines and order forms associated with Public Information work.



Related Information (these are active links)

- [AA Guidelines on Public Information](#)
- [Information for new Committee chairs](#)

Source: [AA.ORG](#)

Public Service Announcements on YouTube

The General Service office maintains a YouTube channel. Videos on the channel are useful for P.I. work.

[A.A. ON YOUTUBE](#)



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

May 4th Ted S.

May 11th Ellen V.

May 18th Joe F.

May 25th Klarissa B.

Chair: Mike S.

(changes may be necessary)

To volunteer to speak or to chair contact

Tom H. 423-490-5724

Last Saturday is Birthday Night.

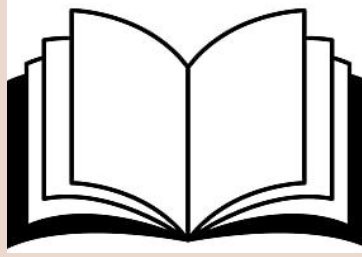
Desserts @ 7:30, Speaker @ 8:00

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.



A JOURNEY THROUGH THE BIG BOOK WORKSHOP

**Starting Thursday, April 4th at 6:30 PM
Every Thursday at 6:30 PM through June 20th.**

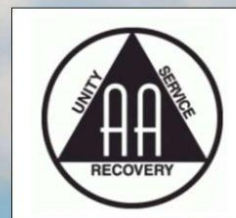
**St. Mark's United Methodist Church
701 Mississippi Ave.
Chattanooga, TN**

**Steve W. (Dirt) and Matt H. will be sharing their
Experience, Strength and Hope with the "Big Book"
Over the course of several weeks**

**The workshop will be held in Venur 701 on the side
of the church (Gym Entrance).**

**Contact: Matt H. (423) 647-5321
or
Steve W. (Dirt) (504) 481-1345
For more information or questions.**

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? _____

HACYPAA VIII

Heartland Area Conference of Young People in AA

“Their roots grasped a new soil”

OMAHA, NE
MAY 17-19
2024

REGISTER
NOW!
hacypaa8.com



Wyndham Omaha

655 North 108th Ave, Omaha NE 68154

402-509-5535 (mention HACYPAA to get \$89 room rate)



GIRLSTOCK INTERNATIONAL

“Do I Now Believe”

Friday, May 31 to Sunday, June 2, 2024

Overflow Hotels

La Quinta Inns & Suites

(2 Minute Walk)
1200 Virginia Ave
Atlanta, GA 30344
(404) 209-1800
Free Breakfast • Free Wifi
Free Airport Shuttle (30 Minutes)

Drury Inn Atlanta Airport

(2 Minute Walk)
1270 Virginia Ave • Atlanta, GA 30344
(404)761-4900
Free Breakfast & Dinner
Free Wifi • Free Parking
Free Airport Shuttle (30 Minutes)

Hampton Inn & Suites
Atlanta Airport North

(5 Minute Walk)
3450 Bobby Brown • Atlanta, GA 30344
(404)767-9300
Free Breakfast • Free Wifi • Free Parking
Free Airport Shuttle (30 Minutes)

Hyatt Place Atlanta Airport-North

(5 Minute Walk)
3415 Norman Berry Dr
East Point, GA 30344
(404)768-8484
Free Breakfast • Free Wifi • Free Parking
Free Airport Shuttle (30 Minutes)

Hilton Atlanta Airport • 1031 Virginia Ave., Atlanta, GA 30354

Located 5 minutes from Hartsfield Jackson International Airport. Free shuttle from and to the airport.

FREE parking for ALL conference attendees - hotel guests AND day parking.

Call 404-767-9000 for reservations.

Room block is under “Girlstock 2024”

Hotel rate is \$122.00*

*Rate is also good for one day before and one day after event.

*Reserve your room by May 4, 2024 for this rate.

Pets allowed with additional deposit. Coffee in every room.

Featuring Nine Wonderful Speakers

- Friday 7:00 p.m. Tami P., Coverdale, CA ~ “Steps 1 & 2”
9:00 p.m. April S., Boca Raton, FL ~ “Step 3”
Saturday 9:00 a.m. Diane A., Nashville, TN ~ “AlAnon”
10:30 a.m. Debra V., Jacksonville Beach, FL ~ “Steps 4 & 5”
2:00 p.m. Nancy B., Denton, TX ~ “Steps 6 & 7”
4:00 p.m. Georgia B., Montrose, CA ~ “Steps 8 & 9”
8:00 p.m. Mari G., Toronto, Canada ~ “Her Story”
Sunday 9:00 a.m. Marilyn S., Los Angeles CA ~ “Steps 10 & 11”
10:30 a.m. Lisa Lee L., Boynton Beach, FL ~ “Step 12”

For additional information call:

- Amanda B., 334-300-2501 (Alabama) • Nita C., 901-210-1562 (Tennessee)
Suzanne S., 678-231-6510 (Delaware) • Kristi G., 501-615-5943 (Arkansas)
Amy D., 502-758-7326 (Kentucky) • Denise H., 860-798-2434 (California)
Beth H., 919-337-3451 (Florida) • Ann P., 407-371-1575 (Florida)
Mary Emma H., 843-683-0032 (South Carolina) • Cathy D., 843-422-8994 (South Carolina)

Event Registration \$30 Before May 4th. After May 4th and at the Door is \$35.

Register by PayPal at http://girlstockinternational.com

or make check or money order payable to “Special Events” and mail to:
c/o Girlstock, PO Box 6095, Sherwood, AR 72124

Girlstock International - Do I Now Believe 2024

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____
Email _____
Name on Badge _____

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____
Email _____
Name on Badge _____

Sponsorship Contribution \$_____. Lend a hand to those unable to pay the registration fee.

This flyer may be copied for distribution or downloaded from www.girlstockinternational.com • No Vendors Allowed

Volunteers Needed

2024

Founder's Day Picnic

\$5
Suggested Contribution*

SUNDAY, JUNE 9

11:30am - 4:00pm

11:30am - 1pm

LUNCH

Please bring a side dish or dessert to share

3 - 4pm

Speaker

SCOTTIE B

1 - 3pm

DESSERT and CRAFT AUCTION

Show Off your skills and help us raise money!

Harrison Bay State Park Recreation Hall

7855 Bay Marina Circle, Harrison, TN 37341

JUL * 4-7 * 2024

JW MARRIOTT AUSTIN

110 E 2nd St. Austin, TX 78701

THE 64TH **ICYPAAUSTIN** TEXAS

INTERNATIONAL CONFERENCE OF YOUNG PEOPLE IN AA

PRESENTS:



**ERA OF
CHANGE**



← **BOOK ROOM**



REGISTER TODAY →



www.the64thicypaa.org

Register Online (or use a form) at:
67.floridastateconvention.com

¡Versión en español en el sitio web!
67.floridastateconvention.com



August 1-4, 2024
67.floridastateconvention.com
Hyatt Regency Jacksonville Riverfront
Jacksonville, Florida

67th Florida State Convention
JACKSONVILLE 2024

PROGRAM & ACTIVITIES

Workshops ■ Young People Meetings ■ Golf Tournament
LGBTQ Meetings ■ Shark Tooth Hunt ■ ASL Interpreter ■ River Run/Walk
Ice Cream Socials ■ Entertainment ■ Marathon Meetings ■ Cornhole
Spanish Speaking Meetings ■ Grapevine ■ Archives Room ■ Kayak Event
Old-Timer's Meeting ■ Banquets ■ Meditation ■ Al-Anon/Alateen
Convention Merchandise ■ Photo Ops With Co-Founders Bill and Dr. Bob ■ Yoga

World-Renowned Hospitality Room!



SCAN HERE
BE AMAZED

Guest Speakers:

Ed M. - Louisville, KY
Heather G. - Knoxville, TN
Ali H. - Toronto, ON
Mildred F. - Toronto, ON
Angie B. - Destin, FL (Al-Anon)
Chip B. - Destin, FL
Danny B. - Spring, TX
Kathryn A. - Jacksonville, FL

Host Hotel Information

Hyatt Regency Jacksonville Riverfront
225 East Coastline Dr. ■ Jacksonville, Florida 32202
1-877-803-7534 <https://www.hyatt.com/en-US/group-booking/JAXRJ/G-FS24>
Rates start at \$137+ Discount Rate Code: G-FS24
Rates honored 5 days before/after convention dates. All rooms subject to state/local taxes. Non-hotel is non-smoking. Designated smoking areas will be provided. Check-in 3 P.M. — Check-out 12 P.M.
Parking: \$15/day Self Park \$39/day Valet Park

Overflow Hotel Information

DoubleTree by Hilton Jacksonville Riverfront
1202 River Place Blvd ■ Jacksonville, Florida 32207
1-800-222-TREE (8733) <https://shorturl.at/ENPS4>
Rates start at \$119+ Group Code: FSC or CDTFSC
First night's room and tax due at booking. Two-night minimum stay. Cancellations must be 8 days before arrival or full booking will be charged. +\$10 each adult over two per room; cut off date 7/11/2024. All rooms subject to state/local taxes. Non-smoking hotel. Check-in 4 P.M. — Check-out 11 A.M.
Parking: Free - Self Park \$24/day - Valet Park
For hotel questions please contact Ruth R. at hotel67fsc@gmail.com

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:	Katie T.	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.

Tradition 5

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

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

Concept 5

Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

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

Final Thought

It's Never Too Late

In the 1950s, there was a man who, at the age of 65, was living off of \$99 social security checks in a small house, driving a beat-up car.

He decided it was time to make a change, so he thought about what he had to offer that other people may benefit from. His mind went to his fried chicken recipe, which his friends and family loved [he had operated a small cafe earlier in his life].

He left his home state of Kentucky and traveled throughout the country, trying to sell his recipe to restaurants. He even offered the recipe for free, asking for only a small chunk of the money that was earned.

However, most of the restaurants declined his offer. In fact, 1,009 restaurants said no.

But even after all of the rejections, he persisted. He believed in himself and his chicken recipe.

When he visited restaurant #1,010, he got a YES.

His name?

Colonel Harland Sanders.

The Moral:

There are a few lessons that you can take away from this story.

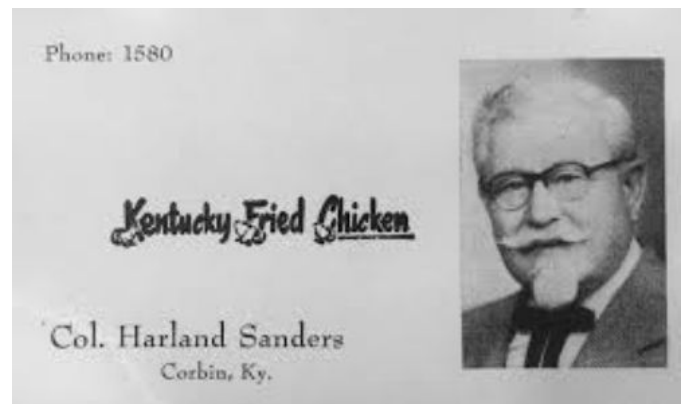
First, it's never too late in life to find success. In a society that often celebrates young, successful people, it's easy to start to think you're never going to be successful after a certain age.

However, Colonel Sanders is an example that proves that argument wrong.

This story also demonstrates the power of persistence. You have to have confidence in yourself and believe in your work for other people to believe it also.

Disregard anyone who tells you “no” and simply move on.

Source: DevelopGoodHabits.com



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:

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