

# GRATITUDE TIMES

September 2024

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

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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 requires one to be willing to go to any lengths to make amends, provided they don't end up causing somebody new or additional harm. The individual must be willing to take this step no matter how severe the personal consequences. If making amends requires the person to report a past crime, he or she must be willing to go to jail to complete this step on the road to recovery. The spiritual aspect of the mandate encourages the recovering individual to seek strength and guidance to do the right thing from a higher power and from the others engaged in the program.

Making amends must involve sincere efforts to apologize. The notion of being sincere involves adopting the right attitude before making an approach. One may need to forgive oneself, as well as forgive people for actions done in retaliation. Step 9 should be pursued according to a plan that does not assign blame and allows the person who has been harmed the freedom to respond, even if the response is angry or unforgiving.

One may find it easier to break into categories what one needs to make amends for. These categories determine the way the person approaches the process of making amends. The first category should include all of the people to whom the person can make full amends as soon as he or she is sober. The second category should include those people to whom the person will make partial amends, because full restitution would cause more harm than good.

The third category should include the people who should not be contacted until a full and certain recovery has been achieved. This might include a child who could be disappointed if a recovery process results in a relapse. Last, the fourth category should separate out anyone to whom it is impossible to make amends, such as a person who has since passed away. The guiding principle of this step is to make full amends at the earliest opportunity, as long as such action is feasible, proper, and will not cause additional harm.

Source: [alcohol.org](http://alcohol.org)

### The 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..

*Page 79 of the Big Book*

### *Step Nine Promises*

- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity.
- We will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- That feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows.
- Self-seeking will slip away.
- Our whole attitude and outlook on life will change.
- Fear of people and economic insecurity will leave us.
- We will intuitively know how to handle situations which used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves.

*Page 83-84 of the Big Book*

**Step # 9 Big Book Reference:** [https://www.aa.org/assets/en\\_us/en\\_step9.pdf](https://www.aa.org/assets/en_us/en_step9.pdf)

# FINANCIALS

## End of July 2024

### Greater Area Chattanooga Board/Intergroup Financial Statement

	06/24			YTD 2024			Annual	
	Actual	Budget	Variance	Actual	Budget	Variance	Budget	Variance
<b>Income</b>								
Group Contributions	( 220.00)	( 1,083.33)	( 863.33)	( 4,167.18)	( 6,500.00)	( 2,332.82)	( 13,000.00)	( 8,832.82)
Individual Contributions	( 72.00)	( 550.83)	( 478.83)	( 1,978.19)	( 3,305.00)	( 1,326.81)	( 6,610.00)	( 4,631.81)
Special Events	( 2,488.00)	( 1,083.33)	( 1,404.67)	( 4,404.00)	( 6,500.00)	( 2,096.00)	( 13,000.00)	( 8,596.00)
Interest Income	( 34.27)	( - )	( 34.27)	( 68.42)	( - )	( 68.42)		( 68.42)
<b>Total Income</b>	<b>( 2,814.27)</b>	<b>( 2,717.50)</b>	<b>( 96.77)</b>	<b>( 10,617.79)</b>	<b>( 16,305.00)</b>	<b>( 5,687.21)</b>	<b>( 32,610.00)</b>	<b>( 21,992.21)</b>
<b>Expenses</b>								
Rent	( 550.00)	( 550.00)	( - )	( 3,300.00)	( 3,300.00)	( - )	( 6,600.00)	( 3,300.00)
Zoom	( 17.47)	( 17.50)	( 0.03)	( 104.82)	( 105.00)	( 0.18)	( 210.00)	( 105.18)
Website Management	( - )	( 50.00)	( 50.00)	( 339.17)	( 300.00)	( 39.17)	( 600.00)	( 260.83)
Chattanooga Gas	( 49.65)	( 110.00)	( 60.35)	( 819.21)	( 660.00)	( 159.21)	( 1,320.00)	( 500.79)
Office Supplies	( 23.22)	( 125.00)	( 101.78)	( 425.05)	( 750.00)	( 324.95)	( 1,500.00)	( 1,074.95)
Alarm System	( 27.00)	( 27.00)	( - )	( 162.00)	( 162.00)	( - )	( 324.00)	( 162.00)
EPB (Electric, Phone, Internet)	( 189.49)	( 250.00)	( 60.51)	( 1,083.92)	( 1,500.00)	( 416.08)	( 3,000.00)	( 1,916.08)
Pest Control	( 70.00)	( 35.00)	( 35.00)	( 245.00)	( 210.00)	( 35.00)	( 420.00)	( 175.00)
Taxes and Licenses	( - )	( 10.00)	( 10.00)	( 949.96)	( 60.00)	( 889.96)	( 120.00)	( 829.96)
Property Insurance	( - )	( 42.00)	( 42.00)	( - )	( 252.00)	( 252.00)	( 504.00)	( 504.00)
Payroll	( 1,250.00)	( 1,000.00)	( 250.00)	( 5,155.42)	( 6,000.00)	( 844.58)	( 12,000.00)	( 6,844.58)
QuickBooks	( 98.33)	( 30.00)	( 68.33)	( 697.78)	( 180.00)	( 517.78)	( 360.00)	( 337.78)
Paypal	( 2.77)	( 27.50)	( 24.73)	( 71.43)	( 165.00)	( 93.57)	( 330.00)	( 258.57)
Volunteer Appreciation Dinner	( - )	( 40.00)	( 40.00)	( - )	( 240.00)	( 240.00)	( 480.00)	( 480.00)
C. O. Manager Conference	( - )	( 146.00)	( 146.00)	( - )	( 876.00)	( 876.00)	( 1,752.00)	( 1,752.00)
Special Events-club crawl x2	( 396.93)	( 35.00)	( 361.93)	( 671.00)	( 210.00)	( 461.00)	( 420.00)	( 251.00)
Intergroup Standing Committees	( 582.32)	( 250.00)	( 332.32)	( 582.32)	( 1,500.00)	( 917.68)	( 3,000.00)	( 2,417.68)
Misc.	( - )	( - )	( - )	( 25.00)	( - )	( 25.00)	( - )	( 25.00)
<b>Total Expenses</b>	<b>( 3,257.18)</b>	<b>( 2,745.00)</b>	<b>( 512.18)</b>	<b>( 14,582.08)</b>	<b>( 16,470.00)</b>	<b>( 1,862.92)</b>	<b>( 32,940.00)</b>	<b>( 18,357.92)</b>
<b>Income Variance</b>	<b>( 442.91)</b>		<b>( 415.41)</b>	<b>( 3,964.29)</b>		<b>( 3,824.29)</b>		<b>( 3,634.29)</b>
<b>Central Office Store</b>								
Sales	( 1,680.70)	( 1,083.33)	( 597.37)	( 8,498.05)	( 6,500.00)	( 1,998.05)	( 13,000.00)	( 4,501.95)
AAWS	( 592.20)	( 500.00)	( 92.20)	( 6,196.96)	( 3,000.00)	( 3,196.96)	( 6,000.00)	( 196.96)
Bright Star	( - )	( 250.00)	( 250.00)	( 2,798.60)	( 1,500.00)	( 1,298.60)	( 3,000.00)	( 201.40)
Custom Imprints	( 199.51)	( 25.00)	( 174.51)	( 294.21)	( 150.00)	( 144.21)	( 300.00)	( 5.79)
Square	( 114.96)	( 40.00)	( 74.96)	( 274.05)	( 240.00)	( 34.05)	( 480.00)	( 205.95)
Tn Sales Tax	( - )	( 84.83)	( 84.83)	( - )	( 509.00)	( 509.00)	( 1,018.00)	( 1,018.00)
<b>Total Expense Variance</b>	<b>( 906.67)</b>	<b>( 899.83)</b>	<b>( 6.84)</b>	<b>( 9,563.82)</b>	<b>( 5,399.00)</b>	<b>( 4,164.82)</b>	<b>( 10,798.00)</b>	<b>( 1,234.18)</b>
<b>Total Net Income</b>	<b>( 331.12)</b>	<b>( 156.00)</b>	<b>( 175.12)</b>	<b>( 5,030.06)</b>	<b>( 936.00)</b>	<b>( 5,966.06)</b>	<b>( 1,872.00)</b>	<b>( 6,902.06)</b>

# GET INVOLVED!

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

Meeting	Meeting Location	Meeting Day/Time <sup>1</sup>	Contact	Notes
Archives Committee	TBA	TBA	Tim L.	
Central Office Board	Central Office All are welcome Only members vote	2 <sup>nd</sup> Mon @ 6 PM	Chad B. <a href="mailto:chair@chattanooga-aa.com">chair@chattanooga-aa.com</a>	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. <a href="mailto:cpc_pi@chattanooga-aa.com">cpc_pi@chattanooga-aa.com</a>	
District 7 Meeting	Zoom ID 883 142 1436 PW: 123456	Last Wed @ 7:00 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 <sup>st</sup> Sunday of odd months @ 2:30 PM	Roger M. <a href="mailto:district15a@aaeorgia.org">district15a@aaeorgia.org</a>	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 <sup>rd</sup> Mon @ 7:00 PM	Richard O. <a href="mailto:d83dcm@area64assembly.org">d83dcm@area64assembly.org</a>	Southwest Hamilton
District 84 Meeting	Zoom ID 814 9916 7629 Password: 298 592	3 <sup>rd</sup> 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. <a href="mailto:events@chattanooga-aa.com">events@chattanooga-aa.com</a>	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 <sup>nd</sup> Mon @ 7 PM	<a href="mailto:chair@chattanooga-aa.com">chair@chattanooga-aa.com</a>	
Technology Committee	TBA	TBA	Alex B. <a href="mailto:tech@chattanooga-aa.com">tech@chattanooga-aa.com</a>	
Treatment Committee	Suburban Club	1 <sup>st</sup> Sat @ 11 AM	Jessica B. <a href="mailto:treatment@chattanooga-aa.com">treatment@chattanooga-aa.com</a>	

<sup>1</sup> 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](mailto: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	<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

### AA News from August

- The latest issue of Box 4-5-9 can be found here: [https://www.aa.org/sites/default/files/newsletters/f-36\\_summer2024.pdf](https://www.aa.org/sites/default/files/newsletters/f-36_summer2024.pdf)



# RELAPSE PREVENTION

People in recovery know that it requires consistent effort to maintain their sobriety, even if it's been years since they last took a drug or drink. However, just as life has its ups and downs, so too does recovery. The important thing is to acknowledge the relapse warning signs you can't afford to ignore and safeguard your well-earned recovery.

In some recovery groups, relapse is stigmatized, leaving members feeling like they weren't working hard enough at their recovery or like they've let others down. The reality, however, is very different once you consider that addiction is a well-established medical condition (substance use disorder), not a moral failing.

While any of life's stressors can be a trigger for relapse, the warning signs we're talking about are big red flags. In other words: a sign that your recovery could be in imminent danger. Below you'll find three major stressors/red flags that can lead to relapse.

## #1 Grief and loss

We often associate grief and loss with the death of a loved one. But grief and loss can apply to other events too, like losing your job, breaking up a romantic relationship, the loss of your home, or a family pet. These are all valid losses that can stir up the same sense of emotions that can be difficult to handle and could make you vulnerable to relapse.

## #2 Thinking you can return to drinking normally

Perhaps you've been in recovery for a while and see your friends drinking, and maybe thinking to yourself that maybe enough time has passed since your addiction that you could drink normally if you gave it another chance. Or maybe you reflect on your past drinking and accept that drinking was a problem, but question other drugs, like marijuana, that you could return to and use normally.

## #3 Withdrawing from recovery

When you stop attending meetings or therapy, stop answering your phone to friends in recovery, and let the demands of life take over, you may find yourself getting further and further away from the things that kept you sober. We're not talking about missing one or two meetings or sessions with your therapist; we mean stopping for several weeks or months and maybe even feeling like they're no longer necessary.

It is important to recognize these relapse "triggers" and to develop responses to help mitigate their effect. A short list is:

- Developing a relapse prevention plan
- Stick to your recovery routines.
- Maintain mental and physical health
- Manage stress levels.
- Be mindful of old thought patterns.
- Stay away from using buddies and environments.
- Be adventurous while maintaining recovery.

This content is an excerpt from a more lengthy article on the subject of relapse. The full article includes further commentary on the stressors and on the mitigation strategies that help one cope.

The full article can be found at: <https://sober.com/3-relapse-warning-signs-you-cant-afford-to-ignore/>

**3 STAGES OF RELAPSE**

- EMOTIONAL**  
The person starts to bottle up emotions and isolate themselves
- MENTAL**  
The person starts to experience cravings and anxiety
- PHYSICAL**  
Discomfort starts to happen and the person relapses to avoid the sensation

Image Source: [chsofwi.org](https://chsofwi.org)

# 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

Sep 7	Ned B.
Sep 14	Andrew A.
Sep 21	Angel E.
Sep 28	Dave K.
Chair:	Matt T.

(changes may be necessary)

To volunteer to speak or to chair contact  
Tom H. 423-490-5724  
Last Saturday is Birthday Night.

### East Ridge Serenity Group

Suburban Club - Sunday @ 8 PM

Send your speaker meeting information to [gratitude@chattanooga-aa.com](mailto:gratitude@chattanooga-aa.com)

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



# THIRD QUARTER ASSEMBLY

Hosted by Districts 11 & 12

September 6-8, 2024

**SIMPLE,**

but not

**EASY**

MANCHESTER CONFERENCE CENTER

147 HOSPITALITY BLVD  
MANCHESTER, TN 37355

Holiday Inn: \$110

Comfort Suites: \$110

LaQuinta Inn: 20 rooms King Bed: \$119  
10 suites: \$129



Code: Area 64



Code: Area 64



Code: AA

CUT-OFF DATE IS AUGUST 6

SAVE THE DATES!  
**SEPTEMBER 13 – 15, 2024**

WHEN IT COMES TO TECHNOLOGY . . . WE'RE GOING . .



- FOR ITS 10<sup>TH</sup> ANNIVERSARY THE **NATIONAL AA TECHNOLOGY WORKSHOP (NAATW)** IS RETURNING TO WHERE IT ALL BEGAN: **ST. LOUIS, MISSOURI.**
- JOIN US FOR A *WEEKEND OF IN-DEPTH PRESENTATIONS, DISCUSSION AND FELLOWSHIP.* THE *CALL FOR PRESENTATIONS, AS WELL AS IN-PERSON AND ONLINE REGISTRATION INFORMATION, IS FORTHCOMING.*
- OUR WEBSITE ([NAATW.ORG](http://NAATW.ORG)) WILL BE UPDATED FREQUENTLY ABOUT WORKSHOP INFORMATION.





Sunday, September 22nd, 2024  
[ypaasummit.wixsite.com/home](http://ypaasummit.wixsite.com/home)

## Conference Reports

1:00 PM - 2:00 PM CDT  
2:00 PM - 3:00 PM EDT

YPAA Conference Hosts and Advisory Councils  
give brief reports on the health and status of their conference

## Round Tables for Committees

2:15 PM - 3:00 PM CDT  
3:15 PM - 4:00 PM EDT

Discussion Topics: Advisory Councils, Host  
Committees, Bid Committees, Service Committees

## Round Tables for Positions

3:15 PM - 4:00 PM CDT  
4:15 PM - 5:00 PM EDT

Discussion Topics: Events, Hotels, Outreach,  
Service & Unity

## EACYPAA Advisory Presents: How to Bid for a Conference

4:15 PM - 4:45 PM CDT  
5:15 PM - 5:45 PM EDT

## AA Grapevine Presents: YPAA World Tour

4:45 PM - 5:00 PM CDT  
5:45 PM - 6:00 PM EDT

## Main Speaker & Sobriety Countdown

5:15 PM - 6:00 PM CDT  
6:15 PM - 7:00 PM EDT

# **Twelve Steps Workshop**

**(Panel Discussion)**

**Sponsored by District 84**

**TIME: 1:30-3:30, Saturday the 28th of September**

**WHERE: EAST BRAINERD CLUB**



**REFRESHMENTS WILL BE SERVED**

**(Feel Free to bring a covered dish or snacks to share)**

**If you would like to be on the panel, notify your GSR or Group Representative or text me: William H. at 423-762-2142**

**THANK YOU FOR YOUR SERVICE!**

**DISTRICT 34**  
PRESENTS

TIME TO GET YOUR  
RECOVERY ON!

# **DISTRICT**

SATURDAY

*Picnic*

SEPTEMBER 28

**WITH GUEST SPEAKER MARY ANN E**

**POTLUCK STYLE-BRING A SIDE  
SILENT AUCTION/CAKE WALK/LIVE MUSIC**

POTLUCK 12PM  
SPEAKER 1PM  
SILENT AUCTION, CAKE WALK, LIVE MUSIC TO FOLLOW



# CREEPY CRAWL 2024

**9am-10:30am Breakfast ODAAT Club**  
255 BROAD ST SW, CLEVELAND, TN

**11:30am-1pm Lunch AA Central Office**  
5611 RINGGOLD RD SUITE 130, CHATTANOOGA, TN

**2pm-3pm Appetizers East Brainerd Club**  
8115 EAST BRAINERD RD, CHATTANOOGA, TN

**4pm-5pm Soup & Salad Dalton Serenity**  
513 BENJAMIN WAY, DALTON, GA

**6pm-7pm Dinner Hixson Serenity Club**  
5695 MIDDLE VALLEY RD, HIXSON, TN

**7:30 pm Desserts**

**8PM SPEAKER ADAM H**

**9 pm Dance**

**11 pm Costume Contest**  
SUBURBAN CLUB

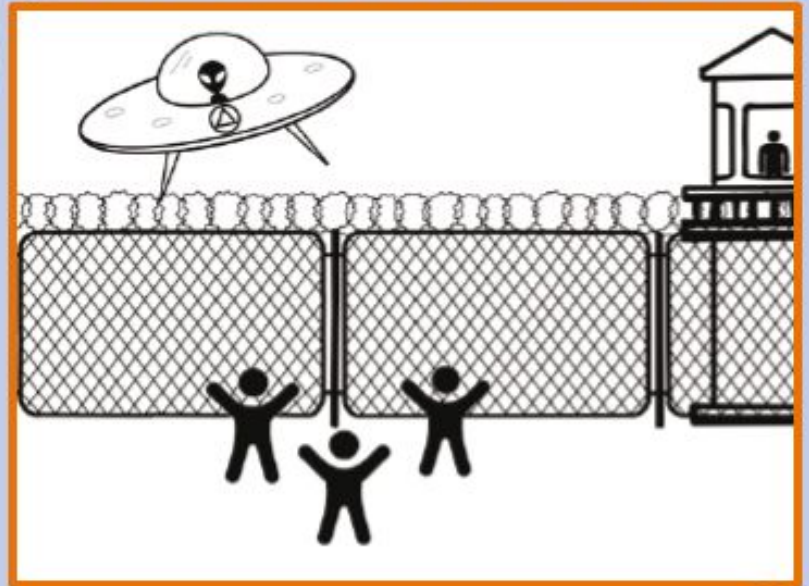
2002 EAST MAIN ST, CHATTANOOGA, TN

**TICKETS**  
**\$500**  
SUGGESTED CONTRIBUTION\*

# OCTOBER 26, 2024

# 7<sup>th</sup> Annual National Corrections Conference

Rocketed Into A 4<sup>th</sup> Dimension



Sheraton Charlotte Airport Hotel  
3315 Scott Futrell Drive,  
Charlotte, NC 28208

**Death Row Package:** Registration; Banquet, Ice Cream Social, Hospitality, Coffee, T-shirt = \$140 (save \$20)

**Medium Security Package:** Registration; Banquet, Hospitality; Coffee, T-shirt = \$130 (save \$15)

**Juvie Package:** Registration; Hospitality; Coffee, T-shirt = \$80 (save \$10)

**Individual prices:** Registration or Scholarship -\$50; Banquet-\$55; Ice Cream Social-\$15; Hospitality-\$10; Coffee-\$10; Zoom-\$25; T-shirt-\$20

For more information, contact: Angel – AngelNCC2024@gmail.com 305-972-7979  
Registration information: Sandy – 252-813-1055

**Nov.  
8 – 10,  
2024**



## Registration

Name \_\_\_\_\_ Scholarship Name (if purchased) \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

Area \_\_\_\_\_ Name on badge \_\_\_\_\_ Phone number \_\_\_\_\_

Package purchase \_\_\_\_\_ Individual events purchase \_\_\_\_\_

If a t-shirt was ordered, please state size \_\_\_\_\_

If you purchased the banquet, please choose one option: Chicken \_\_\_\_\_ Fish \_\_\_\_\_ Vegetarian \_\_\_\_\_

Checks payable to: National Corrections Conference P.O. Box 1201, Mebane, NC 27302

# FOURTH QUARTER AREA 64 ASSEMBLY 2024

## RIGHT of PARTICIPATION

**Holiday Inn  
and Suites  
Memphis  
Southeast -  
Germantown**

**7730  
Centennial  
Dr.  
Memphis  
TN.  
38125**

**NOVEMBER  
15-17**

Contact: Mark M.  
(882)874-7144

**ROOM CODE:  
AREA 64  
ASSEMBLY**

The cut off date to book at \$119 + tax room rate is October 16. Please be sure to book with room code.

Parking is free and inside a gated lot.

Hotel Number:  
(901) 730-0015



# SOUTHEAST

## REGIONAL FORUM

December 6-8, 2024

*You are invited to the Southeast Regional Forum!*

### PURPOSE OF REGIONAL FORUMS

- ▶ Regional Forums are hosted by the A.A. General Service Board and “open” to all A.A. members or to anyone interested in A.A.
- ▶ Regional Forums are designed to enhance trust and communication between A.A. members, the General Service Board, Staff and Directors from the General Service Office and AA Grapevine.

### PROGRAM

- ▶ Your Southeast Regional Trustee will moderate the event. You will also hear from General Service Office Staff Members, the General Manager, General Service Board Trustees, AA Grapevine, Inc. Publisher and Staff, A.A. World Services, Inc. Director, your region’s Delegates, and past Trustees
- ▶ There will be presentations, workshops, panels, and more. There will also be sharing sessions to allow for comments and questions. A sample program is posted on [www.aa.org](http://www.aa.org) under the Regional Forums tab.
- ▶ The event will take place from Friday at 6:30 p.m. through Sunday, 12:00 p.m.

### REGISTRATION

- ▶ Registration is FREE and will open online at [www.aa.org](http://www.aa.org) on October 7, 2024.
- ▶ All registration information is confidential and will not be used for anything except communicating about the event and sending the digital Final Report.
- ▶ Pre-registration is encouraged, and on-site registration will be available.

### HOTEL INFORMATION

Golden Nugget Biloxi  
151 Beach Boulevard

- ▶ For hotel reservations: <https://goldennuggetbiloxi.reztrip.com/ext/promoRate?property=1262&mode=b&pm=true&sr=883087&vr=3>  
or Call 1-800-777-7568
- ▶ November 14, 2024 is the room reservation deadline.
- ▶ Rate: Double Occupancy, \$129.99 per night U.S. or Canadian
  - Use the group code S240301 to receive the group rate.

*We look forward to seeing you in Biloxi!*

For more information, please contact, Regional Forums’ Staff Coordinator, at [regionalforums@aa.org](mailto:regionalforums@aa.org) or call (212) 870-3120.

# CENTRAL OFFICE CONTACTS

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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.

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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 9

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Source: [https://www.aa.org/assets/en\\_US/en\\_tradition\\_longform.pdf](https://www.aa.org/assets/en_US/en_tradition_longform.pdf)

## Concept 9

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.

Source: [https://www.aa.org/sites/default/files/literature/assets/smf-114\\_en.pdf](https://www.aa.org/sites/default/files/literature/assets/smf-114_en.pdf)

## Final Thought



### One Stormy Night

--by BlissForgive

One stormy night many years ago, an elderly man and his wife entered the lobby of a small hotel in Philadelphia. Trying to get out of the rain, the couple approached the front desk hoping to get some shelter for the night. "Could you possibly give us a room here?" – the husband asked. The clerk, a friendly man with a winning smile, looked at the couple and explained that there were three conventions in town.

"All of our rooms are taken," the clerk said. "But I can't send a nice couple like you out into the rain at one o'clock in the morning. Would you perhaps be willing to sleep in my room? It's not exactly a suite, but it will be good enough to make you folks comfortable for the night." When the couple declined, the young man pressed on. "Don't worry about me, I'll make out just fine," the clerk told them.

So the couple agreed. As he paid his bill the next morning, the elderly man said to the clerk, "You are the kind of manager who should be the boss of the best hotel. Maybe someday I'll build one for you." The clerk looked at them and smiled. The three of them had a good laugh.

As they drove away, the elderly couple agreed that the helpful clerk was indeed exceptional, as finding people who are both friendly and helpful isn't easy.

Two years passed. The clerk had almost forgotten the incident when he received a letter from the old man. It recalled that stormy night and enclosed a round-trip ticket to New York, asking the young man to pay them a visit. The old man met him in New York, and led him to the corner of Fifth Avenue and 34th Street. He then pointed to a great new building there, a pale reddish stone, with turrets and watchtowers thrusting up to the sky. "That," said the older man, "is the hotel I have just built for you to manage." "You must be joking." – the young man said. "I can assure you I am not." – said the older man, a sly smile playing around his mouth.

The older man's name was William Waldorf-Aster, and that magnificent structure was the original Waldorf-Astoria Hotel. The young clerk who became its first manager was George C. Boldt. This young clerk never foresaw the turn of events that would lead him to become the manager of one of the world's most glamorous hotels.

Source: [KindSpring.org](http://KindSpring.org)

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