

GRATITUDE TIMES

October 2024

www.chattanooga-aa.com

Chattanooga Area Central Office
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Chattanooga, TN 37412

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Email: manager@chattanooga-aa.com

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

Tenth Step Promises

By this time will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid.

(pp. 84-85 of the Big Book)

Step # 10 Big Book Reference: https://www.aa.org/assets/en_us/en_step10.pdf

FINANCIALS

End of August 2024

Greater Area Chattanooga Board/Intergroup Financial Statement

	08/24			YTD 2024			Annual	
	Actual	Budget	Variance	Actual	Budget	Variance	Budget	Variance
Income								
Group Contributions (51.44)	(1,083.33)	((1,031.89)	(5,837.73)	(8,666.67)	((2,828.94)	(13,000.00)	((7,162.27)
Individual Contributions (612.17)	(550.83)	(61.34)	(2,863.64)	(4,406.67)	((1,543.03)	(6,610.00)	((3,746.36)
Special Events (-)	(1,083.33)	((1,083.33)	(4,757.00)	(8,666.67)	((3,909.67)	(13,000.00)	((8,243.00)
Interest Income (35.66)	(-)	(35.66)	(139.62)	(-)	(139.62)	(-)	(139.62)
Total Income	(699.27)	(2,717.50)	((2,018.23)	(13,597.99)	(21,740.00)	((8,142.01)	(32,610.00)	((19,012.01)
Expenses								
Rent (550.00)	(550.00)	(-)	(4,400.00)	(4,400.00)	(-)	(6,600.00)	(2,200.00)
Zoom (15.99)	(17.50)	(1.51)	(136.80)	(140.00)	(3.20)	(210.00)	(73.20)
Website Management (46.00)	(50.00)	(4.00)	(477.17)	(400.00)	((77.17)	(600.00)	(122.83)
Chattanooga Gas (49.65)	(110.00)	(60.35)	(918.51)	(880.00)	((38.51)	(1,320.00)	(401.49)
Office Supplies (140.25)	(125.00)	((15.25)	(736.35)	(1,000.00)	(263.65)	(1,500.00)	(763.65)
Alarm System (27.00)	(27.00)	(-)	(216.00)	(216.00)	(-)	(324.00)	(108.00)
EPB (Electric, Phone, Internet) (268.14)	(250.00)	((18.14)	(1,568.01)	(2,000.00)	(431.99)	(3,000.00)	(1,431.99)
Pest Control (35.00)	(35.00)	(-)	(315.00)	(280.00)	((35.00)	(420.00)	(105.00)
Taxes and Licenses (-)	(10.00)	(10.00)	(949.96)	(80.00)	((869.96)	(120.00)	((829.96)
Property Insurance (-)	(42.00)	(42.00)	(393.00)	(336.00)	((57.00)	(504.00)	(111.00)
Payroll (1,120.00)	(1,000.00)	((120.00)	(7,210.42)	(8,000.00)	(789.58)	(12,000.00)	(4,789.58)
QuickBooks (14.75)	(30.00)	(15.25)	(727.28)	(240.00)	((487.28)	(360.00)	((367.28)
Paypal (20.09)	(27.50)	(7.41)	(106.83)	(220.00)	(113.17)	(330.00)	(223.17)
Volunteer Appreciation Dinner (-)	(40.00)	(40.00)	(-)	(320.00)	(320.00)	(480.00)	(480.00)
C. O. Manager Conference (-)	(146.00)	(146.00)	(-)	(1,168.00)	(1,168.00)	(1,752.00)	(1,752.00)
Special Events-club crawl x 2 (-)	(35.00)	(35.00)	(671.00)	(280.00)	((391.00)	(420.00)	((251.00)
Intergroup Standing Committees (125.00)	(250.00)	(125.00)	(710.32)	(2,000.00)	(1,289.68)	(3,000.00)	(2,289.68)
Misc. (-)	(-)	(-)	(25.00)	(-)	(25.00)	(-)	(25.00)
Total Expenses	(2,411.87)	(2,745.00)	(333.13)	(19,511.65)	(21,960.00)	(2,423.35)	(32,940.00)	(13,428.35)
Income Variance	((1,712.60)	((1,685.10)	((5,913.66)	((5,718.66)	((5,583.66)	((5,583.66)	((5,583.66)	
Central Office Store								
Sales (1,427.31)	(1,083.33)	(343.98)	(11,435.82)	(8,666.67)	(2,769.15)	(13,000.00)	((1,564.18)
AAWS (500.94)	(500.00)	((0.94)	(7,955.29)	(4,000.00)	((3,955.29)	(6,000.00)	((1,955.29)
Bright Star (180.70)	(250.00)	(69.30)	(3,439.57)	(2,000.00)	((1,439.57)	(3,000.00)	((439.57)
Custom Imprints (-)	(25.00)	(25.00)	(294.21)	(200.00)	((94.21)	(300.00)	(5.79)
Square (32.45)	(40.00)	(7.55)	(336.60)	(320.00)	((16.60)	(480.00)	(143.40)
Tn Sales Tax (-)	(84.83)	(84.83)	(333.00)	(678.67)	(345.67)	(1,018.00)	(685.00)
Total Expense	(714.09)	(899.83)	(185.74)	(12,358.67)	(7,198.67)	((5,160.00)	(10,798.00)	((1,560.67)
Variance	(713.22)	(529.72)	((922.85)	((2,390.85)	((2,390.85)	((2,390.85)	(2,202.00)	((3,124.85)
Total Net Income	((999.38)	(156.00)	((1,155.38)	((6,836.51)	(1,248.00)	((8,084.51)	(1,872.00)	((8,708.51)

GET INVOLVED!

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

Meeting	Meeting Location	Meeting Day/Time ¹	Contact	Notes
Accessibilities	TBA	TBA	Open	To inquire call 423-499-6003 or email manager@chattanooga-aa.com
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	Suburban Club	1st Sat @ 11 AM	Eliott S. coorections@chattanooga-aa.com	
CPC/PI Committee	Central Office	2nd Sat @ 10 AM	Linda W. cpc_pi@chattanooga-aa.com	
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 st Sunday of odd months @ 2:30 PM	Roger M. district15a@aageorgia.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	William H. d84dcm@area64assembly.org	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. grapevine@chattanooga-aa.com	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 September

-
- The July issue of AAWS Highlights was published and can be found here:
https://www.aa.org/sites/default/files/literature/AAWS_2024_July_Highlights.pdf
- AA Releases Audio Interviews with Military Members in Recovery. See the announcement here:
https://www.aa.org/sites/default/files/literature/MilitaryAudio_PR_EN.pdf
- The Central Office now has a new committee; "Accessibilities". We are looking for a chair. To inquire call 423-499-6003 or email manager@chattanooga-aa.com
- AA announced a Treatment and Accessibilities Activity Update that can be found here:
https://www.aa.org/sites/default/files/literature/Treatment_Accessibilities_Activity_Update_Aug_2024.pdf

NEW GROUP!

MALADJUSTED TO LIFE GROUP

STARTING SUNDAY OCT. 6TH @ 6:30PM

**Closed Discussion
Sundays @ 6:30pm
St. Mary's Parish Hall**

Address: 1607 W 43rd St, Chattanooga, TN 37409

- Located next to Thankful Memorial Episcopal Church in St. Elmo.

Contact for info: Phillip W. 706-944-1909

Matt H. 423-647-5321



AA Slogans (part 1)

Editor’s Note: This is the first of a short series on slogans that you will hear in AA meetings and literature. It is inspired by a collection put together by James Haggerty which is linked at the bottom of the article. For those early in recovery, these slogans might not be automatically understood. This “Focus On” series hopes to help with that...Enjoy!

Taking It One Day at a Time in Recovery” and Other Favorite AA Sayings

The journey of recovery is a rewarding one, but it can also be overwhelming to consider navigating this road for years to come. That is why quotes and phrases that encourage people to approach recovery “one day at a time” are used in the iconic 12-step group Alcoholics Anonymous (AA). More specifically, these reminders to take it “one day at a time” can help you avoid worrying about remaining sober for the rest of your life, and instead, focus on the day ahead of you. What you did yesterday does not matter, and what you might do tomorrow is not a concern. The focus is on doing what you need to do to stay sober for the next twenty-four hours ahead.

This focus on tackling each day as it comes was incredibly beneficial for me as I approached early recovery. Over my years as an addiction professional, I’ve found that many clients find it helpful as well. I encourage everyone who is traveling the winding road to recovery to embrace “one day at a time” and other AA slogans to help you take steps toward a brighter future.

Why Do You Need Slogans in Recovery?

It can be difficult and overwhelming to remember everything you have to do in recovery. Seeing the bigger picture and staying focused on your long-term goals and your present reality can be difficult. However, short but meaningful slogans to reflect on, like “one day at a time,” can quickly bring to mind the most important ideas of the recovery process. Better yet, these slogans take just a second of your time to think, say out loud, or write down so you can remember to stay focused on your healing and your growth.

“One Day at a Time”



Image Source: [RedBubble](#)

When you reflect on the phrase “One day at a time,” try to think of it as a way to focus on the, at times, concept of staying sober. Instead of worrying about all the days that lie ahead or anything that happened in your past, focus on what’s right in front of you. After all, at the end of the day, life is made up of individual days, one after another.

When you do your best to remain sober for a day at a time, the road looks more manageable, and you start to see that you are capable of enjoying each day.

“Just For Today”

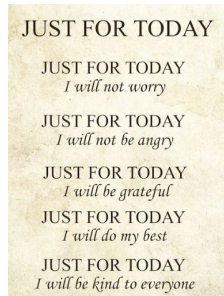


Image Source: [Etsy](#)

AA groups sometimes distribute a small resource known as a “Just for Today” card. This card features many commitments that you can stick to just for one day. These are all concepts that can be overwhelming to think about following for a long period of time, but if you can think of them in increments of one day at a time, you can find a healthier path.

Significant concepts include:

- Living through your next 24 hours
- Being happy for your next 24 hours
- Enjoying your life for your next 24 hours
- Performing an act of kindness in your next 24 hours

This will be continued next month. The full article can be found at: <https://jameshaggertyrecovery.com/blog/favorite-aa-sayings/>

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
Oct 4 Amanda S.
Oct 11 Samantha G.
Oct 18 Sommer M.
Oct 25 Seth R.
Chair: Paige R.
How they did it? One Day at a Time!

Sponsorship Group

Suburban Club Saturday @8:00 pm

Oct 5	William H.
Oct 12	Derek P.
Oct 19	Bill W.
Oct 26	Adam H.

(Creepy Crawl)

Chair: Tom H.

(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

Oct 6	Jeff Mc.
Oct 13	Tim D.
Oct 20	George H.
Oct 27	Tom H.

Chair: Nick A.

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.

FROM
Q3 2024
TO Q1 2025



Area 64 Grapevine Drive

Purpose: to get members of the fellowship to donate old Grapevines/Lavina for use in outreach to members in need, Corrections Facilities, and Treatment Centers

Please contact
your local Pool
Rep or Area
64 Grapevine
Chair @
(901)317-9603

Local Pool Rep:
Chattanooga Area Grapevine Chair
Mike S. 423-316-8500
Grapevine@chattanooga-aa.com

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

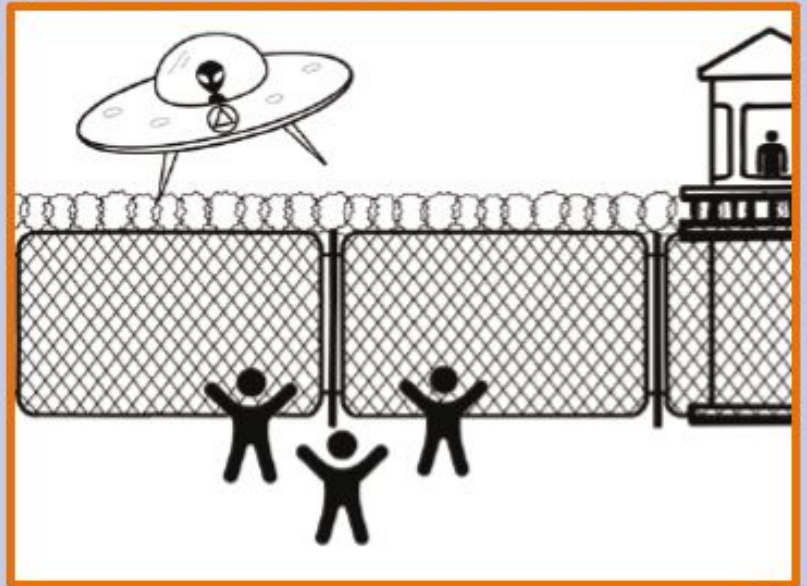
2002 EAST MAIN ST, CHATTANOOGA, TN

TICKETS
\$5.00
SUGGESTED CONTRIBUTION*

OCTOBER 26, 2024

7th Annual National Corrections Conference

Rocketed Into A 4th 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 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 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!

Additional information on the next page...

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

[What is a Regional Forum? Click here to find out!](#)

Alcoholics Anonymous Southeast Regional Forum

DECEMBER 6 - 8th, 2024

Regional forums provide opportunities for A.A. members across the U.S. and Canada to connect with people throughout the service structure, bringing together The General Service Board, A.A. World Services, Inc., AA Grapevine, Inc., The General Service Office and Grapevine Staff, A.A. Members, Service Newcomers, and Trusted Servants.

Please consider being a part of the committee. Trusted servants are needed for this forum to be a success.!

**Golden Nugget
Biloxi, MS**



For Info:
Rita N. (Forum Committee Chair)
PH: (731) 445-4601 EMAIL: ezduzit83@yahoo.com

AREA 64 Q1 ASSEMBLY 2025

NASHVILLE

JANUARY 17th - 19th



“ROCKETED INTO A 4TH DIMENSION”

INN AT OPRYLAND

2401 MUSIC VALLEY DRIVE

NASHVILLE TN 37214

PHONE: 1-800-901-4211



ROOM RATE: \$145/NIGHT + TAX

**MENTION: AA AREA ASSEMBLY CONFERENCE ROOM BLOCK
RATE IS VALID 3 DAYS ON EITHER END OF THE ASSEMBLY FOR
AN EXTENDED NASHVILLE TRIP!**

CONTACT FOR QUESTIONS:

MARSHA R

615-934-4121 | nashvillehostcommittee@gmail.com

VISIT OUR WEBSITE

WWW.NASHVILLEHOSTCOMMITTEE.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:	Ellen V.	secretary@chattanooga-aa.com
At Large:	Linda W.	
At Large:	Burck S.	
Office Manager:	Katie T.	manager@chattanooga-aa.com
Volunteer Coordinator:	Cindy C.	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). Over 130 AA members receive the newsletter each month. You may receive a digital copy by sending an email to gratitude@chattanooga-aa.com asking to be added to the list.

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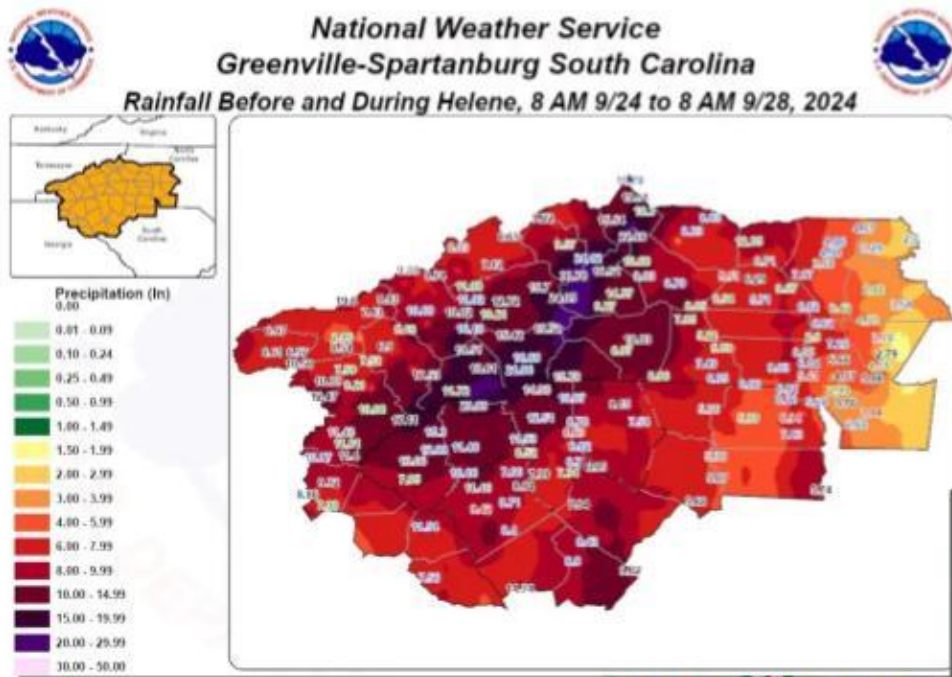
If you have a content idea for Gratitude Times, send the request to gratitude@chattanooga-aa.com. The publication limits content to that which benefits the recovery of members of Alcoholics Anonymous in the Chattanooga Central Office service area. Content focuses mainly on the events and operations of 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.

The impact of Hurricane Helene will resonate for days and weeks for many, and for some, it will be felt for months or even years.

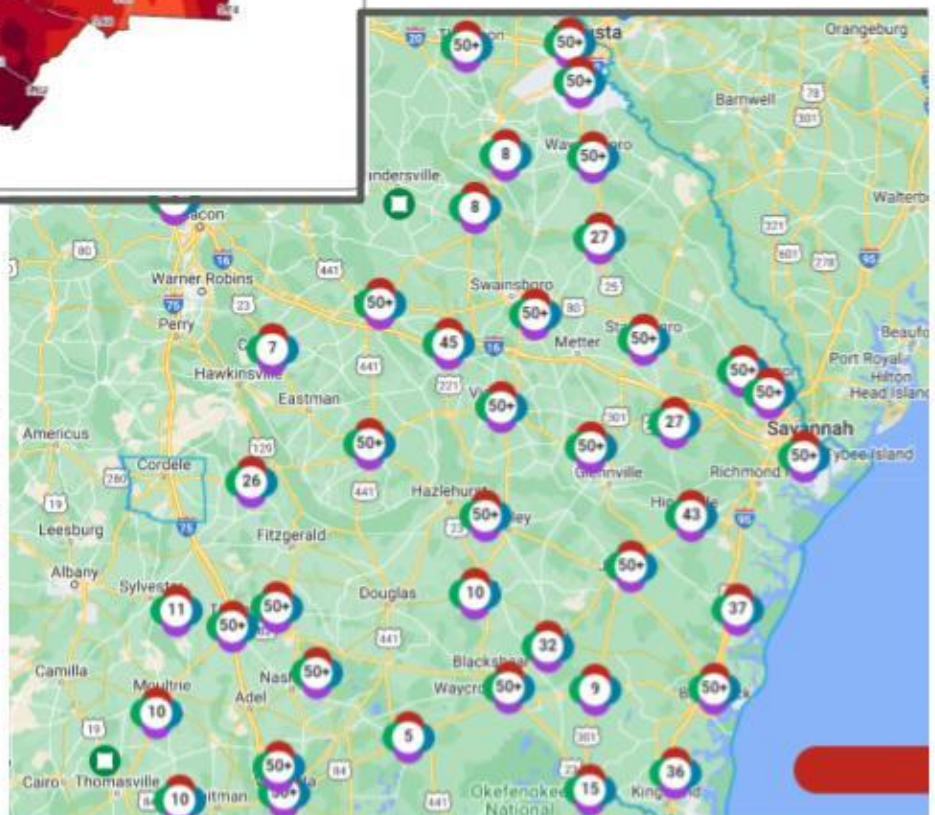
Let's take a moment to reflect on the difficulties faced by those struggling with alcoholism in the storm's path.

Reach out to your higher power on their behalf, and offer your support in any way you can. Your compassion can make a difference.



Rainfall totals in the area where Tennessee, North Carolina, South Carolina and Georgia meet. Western North Carolina saw 20 inches +.

Unresolved power outages in Eastern Georgia on October 1st...five days after the storm.
(Georgia Power)



Tradition 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

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

Concept 10

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

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

Final Thought



Her Leg Was Crushed But Her Spirit Soared to Newer Heights

--by BlissForgive

True Story: I was on my way to work on a two wheeler one day when a truck rammed into me and completely crushed my leg. It wasn't the driver's fault - there was a pillar which hindered his vision.

People around immediately took me to the hospital and even though it happened around 9:30 am I was only operated upon at 5:30 pm. The doctors tried to save my leg but after a few days it got infected and I had to be amputated. When the doctor told me, I asked him 'why did you take so long? I knew for a while that this would happen.'

What got me through this whole ordeal is acceptance - that this is my fate, now I can either choose to cry about it or take it with a pinch of salt and push myself. I picked the latter. In fact, when people used to come to visit me in the hospital and get emotional — I would tell them jokes to make them laugh!

So I took the physiotherapy and began to learn how to walk all over again. My biggest fear was that I wouldn't be able to play badminton which has been my passion since childhood — but somehow even while I was facing difficulty in walking, I could play.

I began winning corporate badminton tournaments, and on the suggestion of one of my amputee friends decided to try out at a National Level. I went on to win several medals at the National level and, this year I won Silver in the Para-Badminton World Championship held in England. I've trained for 5 hours a day, whilst juggling my job as a software engineer, almost completed my training in Scuba Diving and traveled pretty much all over India.

When people ask me, 'how do you do so much?' I just ask one question —

'what's stopping you?' :) :)

Source: KindSpring.org

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