



**EAST  
TENNESSEE  
INTERGROUP  
UNITY NEWSLETTER**

FEBRUARY 2018  
Volume 40, Issue 2



## TRADITION TWO CHECKLIST

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize or do I trust and support my group officers, AA committees and office workers? Newcomers? Oldtimers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibilities?
3. Do I look for credit in my AA jobs? Do I seek praise for my AA ideas?
4. Do I have to save face in group discussions, or can I yield in good spirit to the group conscience and cheerfully work along with it?
5. Although I have been sober a few years, am I still willing to take my turn at AA chores?
6. In group discussions, do I sound off about matters of which I have no experience and little knowledge?

## DISTRICT MEETINGS

District 1 meets at 11am on the second Saturday of the month at the Renaissance Center.

District 2 meets at 6:30pm on the second Thursday of the month at the Mountain Home VA, Johnson City.

District 3 meets at 12:30pm on the first Sunday of the month at the Morristown Group.

District 4 meets at 2:00pm on the first Sunday of the month at Happy Destiny.

District 50/51 meets at 6:30pm on the first Monday of the month at the Intergroup Office.

District 6 meets at 10:00am on the first Saturday of the month at the Serenity Club.

## SERVICE COMMITTEES

Intergroup Committee meets at 12:30pm on the 2nd Sunday of the month at the Intergroup Office.

District 50/51 Treatment Committee meets at 7:00pm on the 2nd Thursday at Park 40; includes Bridging the Gap.

## **Second Step:**

Came to believe a Power greater than ourselves could restore us to sanity.

## **Second Tradition:**

For our group purpose there is but one ultimate authority, a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern .

## **Second Concept:**

When A.A. groups confirmed the permanent charter for the General Service Conference in 1955, they delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—except for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and the effective conscience of our whole society.

## **Second Step Prayer:**

Heavenly Father,  
I know in my heart that only You can restore me to sanity. I humbly ask that You remove all twisted thought and alcoholic behavior from me this day. Heal my spirit and restore in me a clear mind.

We are on Facebook. ETIAA has a private FB group. If you would like to join, call the Intergroup Office at 865-522-9667 and we will include you in the group.

## UNITY NEWSLETTER

A monthly publication of East Tennessee Intergroup . . .

About, by, and for members of AA.

Opinions herein are not to be attributed to Alcoholics Anonymous.

Except when indicated, this publication does not imply endorsement by either AA or the Newsletter.

Delegates to the General Service Conference, April 24, 1972, agreed that the use of full names and addresses could improve communication within the Fellowship. We may use full names for AA service members.

To assure anonymity, it is requested that the Newsletter be kept within the Fellowship.

## MEETING ANNOUNCEMENTS

### INTERGROUP MOBILE EVENTS

General Service  
Pre-Conference  
Report  
March 10, 2018  
Johnson City

Appalachian  
Regional  
Roundup  
March 23-25, 2018  
Johnson City

Second Quarterly  
Area 64 Assembly  
April 6-8, 2018  
Gatlinburg

Is there an AA-related  
event you would like  
Intergroup to  
attend?  
If so, please contact  
us:  
865-522-9667 or  
manager@etiaa.org

**Downtown Knoxville:** A new open discussion women's meeting, Rule 62, has started at First Presbyterian Church on Friday at Noon. Children welcome. Room P2-A.

**West Knoxville:** The Phoenix Group has started a new meeting at 9:30am on Sunday at Park 40.

**Rockford:** The Daily Reprieve has added a big book study on Thursday at 7pm upstairs at Rockford.

**Rogersville:** The Rogersville Group at Wellmont Hospital on Sunday has changed their meeting time to 7:30pm.

**West Knoxville:** A new closed literature meeting will start at Ebenezer UMC, 1001 Ebenezer Road, Knoxville. The Tennessee Group meets on Thursday at 6pm for fellowship and 7pm for the meeting.

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*“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”*

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## INTERGROUP SERVICE NEEDS

### **Office Volunteers:**

Run the Intergroup office, answer the phone, sell big books and answer general questions.

### **Intergroup Reps:**

Attend the monthly Intergroup meetings at 12:30pm on the 2nd Sunday of the month. Bring back the information to your groups.

### **12-Step Volunteers:**

Respond to calls from alcoholics in need.

To serve, email us at [manager@etiaa.org](mailto:manager@etiaa.org), visit the website at [ETIAA.org](http://ETIAA.org), or call us at 865-522-9667.

## How can groups participate?

To help support A.A.'s essential services, the General Service Conference suggests that individual groups, through an informed group conscience, adopt a specific contribution plan tailored to meet the group's financial situation. Once the basic group expenses have been taken care of, for example: (rent, refreshments, A.A. literature, Grapevine literature, local meeting lists, G.S.R. travel expenses to attend service functions), and a "prudent reserve" has been set aside to cover any emergency contingencies that might arise, the group may decide to further carry the message by sending money to the following A.A. service entities.

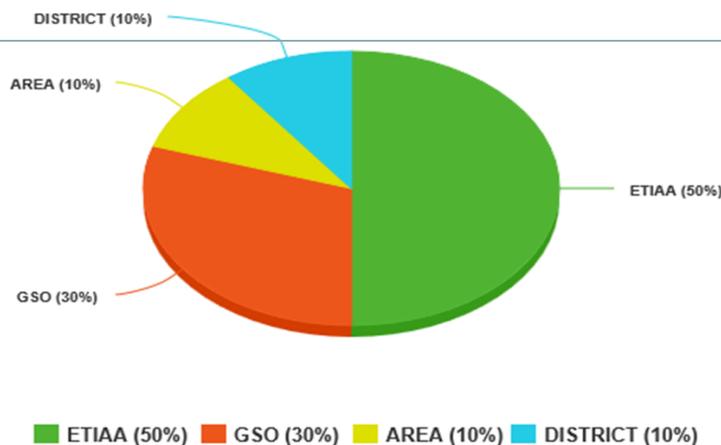
- The local district, which communicates directly with the groups, providing the district group conscience for the area assemblies, and serving as a link between the area delegates and the G.S.R.s.
- The area committee, which coordinates vital A.A. activities over a broad geographic area; sends a delegate to the annual General Service Conference; holds area assemblies to determine the needs of the Fellowship; and provides information at all levels of service.
- The local intergroup or central office, which may provide phone service for Twelfth Step calls and other inquiries; coordination of group activities; A.A. literature sales; institutions work; public information and cooperation with the professional community activities.
- A.A.'s General Service Office, which functions as a storehouse of A.A. information, communicating with members and groups around the world; publishes A.A.'s literature; and supplies information and experience to professionals and others interested in A.A.

(Self-Support: Where Money and Spirituality Mix, [www.aa.org/assets/en\\_US/f-3\\_selfsupport.pdf](http://www.aa.org/assets/en_US/f-3_selfsupport.pdf))

## 7TH TRADITION SUGGESTED CONTRIBUTIONS

### SUGGESTED DONATIONS

from "AA's Self Support: Where Money and Spirituality Mix" Pamphlet



meta-chart.com

***Every A.A. group ought to be fully self-supporting, declining outside contributions.***

## CONTRIBUTION ADDRESSES

**ETIAA East Tennessee  
Intergroup of Alcoholics Anonymous**

**5833 Clinton Highway  
Suite #202  
Knoxville, TN 37912  
865-522-9667  
[www.etiaa.org](http://www.etiaa.org)**

**General Service Office  
Grand Central Station  
P.O. Box 459  
New York, NY 10163  
[www.aa.org](http://www.aa.org)**

**Area 64 Assembly  
PMB #235  
2479 Murfreesboro Rd  
Nashville, TN 37217-2554  
[www.area64assembly.org](http://www.area64assembly.org)**

**District 1 Treasurer  
Stephanie H.  
2213 Pendragon Rd  
Kingsport, TN 37660 District**

**District 2 Treasurer  
PO BOX 1872  
Johnson City, TN 37605**

**District 3 Treasurer  
John H.  
1466 Darbee Dr.  
Morristown, TN 37814**

**District 4 Treasurer  
Toby W.  
1139 Denton Road  
Sevierville, TN 37862**

**District 6 Treasurer  
Richard B.  
105 Mariner Point  
Clinton, TN 37716**

**Districts 50/51 Treasurer  
Ralph B.  
PO Box 27264  
Knoxville, TN 37917**

# DECEMBER GROUP CONTRIBUTIONS

If you belong to one of the groups that is able to contribute to the Intergroup through your Seventh Tradition, would you check on your group's contribution at your next business meeting? Contributions are down roughly 25% versus this time last year. If your group has any concerns that need addressing, let us know. We would love the chance to address those and possibly attend your business meeting if desired.

	<u>Jun 17</u>	<u>Jul '16 - Jun 17</u>		<u>Jun 17</u>	<u>Jul '16 - Jun 17</u>
4-WAY GROUP	0.00	26.80	LOUDON	0.00	350.00
4TH DIMENSION	0.00	1,990.00	LUNCH BUNCH- GREENEVILLE	16.73	132.61
8o8 GROUP	0.00	52.24	MARYVILLE 12 STEP	0.00	200.00
BACK TO BASICS- OAK RIDGE	50.00	100.00	MEMORIAL RECOVERY	0.00	50.00
BIG BOOK RECOVERY	0.00	41.00	METRO GROUP	0.00	300.00
BLOUNT COUNTY GROUP	0.00	900.00	MONDAY NIGHT MEN'S	0.00	200.00
COLONIAL GROUP	0.00	110.00	MONROE COUNTY	0.00	20.00
CONCORD GROUP	0.00	102.00	NEW BEGINNING- LOUDON	0.00	78.00
CONTRIBUTION JAR	5.10	61.27	NEW PATH	0.00	132.00
COOKIE GROUP	120.00	300.00	NORRIS CLINTON GROUP	86.50	366.50
CORRECTIONS 50/51	0.00	2.25	NORTH GATLINBURG GR	0.00	956.30
COURAGE TO CHANGE	0.00	40.00	OUR GROUP	0.00	25.00
COVER TO COVER	0.00	150.00	OUR PRIMARY PURPOSE	97.00	97.00
DAILY REPRIEVE	0.00	10.00	PHOENIX GROUP	0.00	1,194.30
DISTRICT 3	0.00	270.00	PRIMARY PURPOSE- OAK RIDGE	300.00	600.30
DISTRICT 50/51	30.00	345.12	PRIME TIME	300.00	1,730.25
DOWN BY THE RIVER	0.00	100.00	PRINCIPALS BEFORE PERSONALITIES	50.00	100.00
DOWN ON THE RIVER	0.00	191.00	RIVERSIDE GROUP	0.00	905.13
FIRST THINGS FIRST-P40	0.00	385.00	ROANE COUNTY UNITY	50.00	200.00
FOUNTAIN CITY SERENITY	0.00	1,137.81	SATURDAY MORNING SERENITY	0.00	463.00
FREE AT LAST	0.00	100.00	SERENITY IMPROVEMENT	0.00	260.00
GROUP WITH NO NAME	0.00	500.00	SERENITY SISTERS	0.00	572.28
HAPPY DESTINY	0.00	334.81	SEYMOUR SHARING	0.00	1,096.31
HAPPY HOUR	0.00	244.40	SOBRIETY SOCIETY- SO-SO	0.00	0.00
HEART TO HEART	0.00	1,000.00	STEPS FORWARD	0.00	220.00
HIGH NOONERS-P40	0.00	923.00	SUNDAYS AT 7	0.00	642.00
Individual	36.53	2,310.53	TCYPAA	0.00	160.00
KODAK- STEPS AND TRADITIONS	0.00	50.00	TELLICO VILLAGE	0.00	180.00
KODAK-BIG BOOK STUDY	0.00	50.00	TRI-STATE GROUP	0.00	144.20
KODAK GROUP	0.00	350.00	TRUDGING THE ROAD	0.00	168.54
LAFOLLETTE-THERE IS HOPE	20.00	220.00	TURNIP PATCH	0.00	110.96
			UKNOWN GROUP	0.00	364.94
			WEST KNOXVILLE GROUP	0.00	482.76
				<b>1,161.86</b>	<b>24,899.61</b>

## BIRTHDAYS

### PRIMARY PURPOSE— OAK RIDGE

MANWELL P.  
38 YRS

STEVE D.  
2 YRS

DAVE S.  
31 YRS

JOE S.  
1 YR

BOBBY C.  
26 YRS

JEREMY H.  
10 YRS

### KODAK

TERESA B.  
16 YRS

MIKE C.  
32 YRS

MONTY L.  
32 YRS

### OUR GROUP

JEFF J.  
5 YRS 1/31

### BACK TO BASICS— OAK RIDGE

JOHNNIE  
19 YRS 1/15/99

## AVAILABLE MEETING SPACE

Tillery Ridge Apartments near Clinton Highway and Merchants would like to offer free meeting space. If you are interested, call Stacy at 865-688-4673.

Morningside Garden Apartments on Linden Avenue in East Knoxville by the old Intergroup Office has a community room available. Call Tonda at 865-637-3239 if interested.

The new location of Ridgepoint Church in Joyner, TN has space available. Please contact Chris at [chris@ridgepointchurch.net](mailto:chris@ridgepointchurch.net) if interested.

1st Annual

## Appalachian Regional ROUNDUP

Johnson City, TN

~Sobriety Is Not Enough~

Holiday Inn Johnson City  
101 West Springbrook Drive  
Johnson City, TN 37604

**Dates- 03/23/2018 - 03/25/2018**

**Room Rate \$99.00**

Rate cut off date March 2<sup>nd</sup> 2018

(Two breakfast vouchers per night 25.00 value)

Available to the first 600

Call to book **1-423-282-4611**

Use Phrase "Appalachian Regional Round Up"  
To receive discounted room rate

For Conference Information Call Tony L.

**631-676-0662**

or Email

[P.I.Chair@appalachianregionalroundup.com](mailto:P.I.Chair@appalachianregionalroundup.com)

Make Check or Money Order Payable to

(Round Up - Frankie Nunley) & Mail to:

P.O. Box 7494

1001 N. Eastman Rd

Kingsport, TN 37664

### Program

\*Speakers Confirmed and Schedule Subject to Change

**FRIDAY 03/23/2018**

**Mrs. Michael E. Of GA - 7:00PM - Topic**

**Mr. Ralph W. Of CA - 8:30PM - Topic**

**SATURDAY 03/24/2018**

**Mr. Sheldon F. Of NV - 8:00AM - Steps 1&2**

**Mr. Bob D. Of NV - 9:30AM - Step 3**

**Mrs. Jennifer K. Of TX - 11:00AM - Steps 4&5**

**Mr. Lee S. Of TN - 1:45PM - Al-Anon**

**Mr. Ralph W. Of CA - 3:00PM - Steps 6&7**

**Mrs. Michael E. Of GA - 4:30PM - 8&9**

**Mr. Sheldon F. Of NV - 7:30PM - Topic & Countdown**

**SUNDAY 03/25/2018**

**Mrs. Jennifer K. Of TX - 8:15AM - Steps 10&11**

**Mr. Bob D. Of NV - 9:45AM - Step 12**

Pre-Registration is \$25.00 & \$30.00 At the Door  
Online Pre-Registration Available at  
[www.appalachianregionalroundup.com](http://www.appalachianregionalroundup.com)

Round Up T-Shirts are \$12.00 or 2 for \$20.00 & Will Be Available for  
Pick-Up Upon Arrival.  
Sizes May Be Limited On Site.

### 1st Annual - Appalachian Regional Roundup - Johnson City, TN

Name: \_\_\_\_\_ Name: \_\_\_\_\_  
Address: \_\_\_\_\_ Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Name On Badge: \_\_\_\_\_ Name On Badge: \_\_\_\_\_  
Number of T-shirts: \_\_\_\_\_ Size(s): \_\_\_\_\_ Number of Registrations: \_\_\_\_\_ Total: \_\_\_\_\_  
Scholarship Contribution \$ \_\_\_\_\_ Lend a hand to those unable to pay the registration fee.

# JANUARY INTERGROUP MINUTES

## Intergroup Minutes January 14, 2018

Open with serenity prayer

**Attendees:** Joni Q, Rebekah R, Jacque H, Mike A, Annie B, Jim M, Bob W, Pete L, Mark R, Shelly M, Michelle M, Louise S, Fawn L

### **Prior Meeting Minutes:**

Accepted December Minutes

### **Intergroup Manager Report: Rebekah R**

Q2 Assembly conflicts with IG Meeting. April 8<sup>th</sup>

2Q Training for Mobile IG

Hotel rooms for Round Up and 2Q Assembly

Manuscript Lawsuit Dropped

GSO updated Catalog, Pamphlets, Placards, Daily Reflections

Online Store

Sale items

Website numbers

Venmo

Switch to Square Payroll- QuickBooks will quit servicing payroll in May

Quick Books new version from Tech Soup is \$50.00

### **Treasurer Report: Fawn L**

Accountant Update See Reports

Insurance due. \$607 yearly or 67.70 per month

Back Taxes \$156

Inventory adjustment -103.94

Large Donation not received

### **Hotline: Jacque H**

Correcting Phone List

Hotline Workshop April 14, 2018 at Intergroup Office

Meeting guide app is awesome

### **Office Service Workers: Annie B**

Need more volunteers, one year sobriety, 4 hour shifts 9-1 and 1-5 Wednesday and Friday after-

noon open, preferably male for Fridays

Nick is training with individual who is going to be out for a month

### **Website: Shelley M**

All is well

### **Archives: Annie B**

Got a call from Patrick, he has encountered issues with getting group histories as well

### **Accessibilities: Trent W**

Not here

### **Spanish Speaking Liaison: Need Chair**

### **Treatment: Michelle M**

Checking what meetings are out there

### **CPCPI: Robert G**

Not here

### **Corrections: Lisa F**

District 3 would like to have us at their picnic, Lisa will cover

Lisa is going to jails still weekly

### **Outreach: Nick T**

Not here

### **Old Business:**

Bylaws Revision

### **New Business:**

Change Square Payroll from QB 45 to 30 **Passed**  
Hotel Rooms up to 120.00 a night to set up a table at events **Passed**

Second Quarter Assembly in Gatlinburg 1 Night

Johnson City Roundup 1 Night

Open an Online Store **Passed**

April meeting date, second Sunday is the same day assembly in Gatlinburg **Moved to 15 April 2018**

Reevaluate mileage for Corrections Chair **Tabled**

### **Close with Serenity Prayer**

**Next meeting:** 11 February 2017

AA has recently been invited into the Hawkins County jail. A few of us have been involved in meetings there and they are going well. Because of the inmates' growing interest in the meetings, the Hawkins County Jail has agreed to have an additional training program several months earlier than they would have normally. One may not attend meetings inside the jail without having attended the training program.

The training has been scheduled for February 15th at 4:00 PM, and will be held at the Justice Center located at 117 Justice Center Drive in Rogersville, TN. We, and they, encourage you to attend if you think that there is even a chance that you might be interested in getting involved in these meetings during the next 12 months. Thank you, and I hope to see you there. –Sean, District 1

SECOND QUARTER  
ASSEMBLY INFORMATION

SUNLIGHT OF THE  
SPIRIT

2ND QUARTER AREA 64 ASSEMBLY

APRIL 6-8, 2018

EDGEWATER HOTEL

402 RIVER ROAD

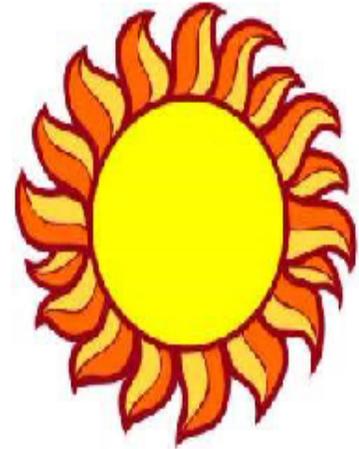
GATLINBURG, TN 37738

FOR RESERVATIONS CALL:

865-436-4151 OR

800-423-9582

[HTTPS://EDGEWATER-HOTEL.COM/](https://edgewater-hotel.com/)



ROOM RATE: \$98 PLUS TAX

HOTEL REQUIRES FIRST NIGHT DEPOSIT

CUTOFF DATE: MARCH 6TH, 2018

GROUP CODE:

TN AREA ASSEMBLY 2018

FOR MORE INFORMATION CALL

CHARLIE C AT 865-679-7906

INTERGROUP  
WANTS  
NEEDS

We would love a full-sized refrigerator in the IG office.

If you have items to contribute, please call us during business hours at 865-522-9667.

SUBMIT

Would you like to submit something for the newsletter? We encourage all appropriate submissions. Email: [manager@etiaa.org](mailto:manager@etiaa.org)



# DISTRICT 4 MINUTES

## District 4 Meeting Minutes -January 2018

07 January 2018 @ 2:00pm

Happy Destiny II

325 Whitecrest Road, Maryville TN 37801

Attendees: Debbie H., Rebekah R., Sharon S., Leslie O., Toby W., Al H., Susan N., Mike T., Johnny H.

Debbie H. opened the meeting with *The Serenity Prayer*

12 Traditions were read.

Secretary's Report: Johnny H. Reported December 2017 District meeting minutes

Treasurer's Report: Toby W. Reported the District 4 account is currently \$2867.00 above prudent reserve. \$2500.00 is needed to fund the second quarter assembly in Gatlinburg April 6-8, 2018. Toby to research cost of P.O. Box in Maryville. If less than \$140 per year, pre-approval is given to establish a P.O. Box for the District. Rebekah R made a motion to accept this plan, Al H. second the motion. There were none opposed

### Group Reports:

Mike T. GSR- "**Happy Destiny II Group**" – Mike reported group attendance is up; Christmas dinner was well attended and an overall successful event Toby W. sitting in for GSR "**The Riverside**

**Group**" - There is a new meeting at 7am Monday, Wednesday through Friday. Attendance was recorded with 1400 attendees for the previous month.

Sharon S. GSR- "**Rockford Fellowship Group**" – Sharon is the newly elected GSR; Doug R. is the new Chairman. Christmas dinner was well attended and a successful event. Sharon said the group is planning to donate to and ask for volunteers to the quarter assembly in Gatlinburg.

Al H. GSR – "**Down on the River Group**" – Alan reported attendance for the Sunday meeting is strong currently 30-40 every week.

Rebekah R. is attending to support the second quarter assembly. The Gatlinburg draft agenda was passed around for attendees' review and edit

Leslie O. – "**North Gatlinburg Group**" - attendance is down but the core group is strong

Susan N. – GSR "**Daily Reprieve Group**" The group on Monday at 7pm at the First Baptist Church in Maryville. They added a new meeting on Thursdays at 7pm at the Rockford Club. This is a Big Book study. Attendance at both meetings is good. Please come on out to support both meetings.

### Old Business:

Second Quarter 2018 Spring Assembly will be held in Gatlinburg

Dates: April 6,7,8

ALL groups are asked to volunteer to support meals for the April Assembly in addition to financial support.

Rebekah R. reports contributions to Intergroup are down 25% when compared to last year at this time. The 'Chip System' is changing. 60-day chips will be Purple; visitor chips Orange; Resentment chips Black

The new Meeting Guide App is being used quite a bit.

### New Business

Debbie H. Reports "**Area 64**" representative John Philips plans to improve communications between the Area, District and Groups. More information to follow.

It is suggested that all groups send their GSR to assemblies before making donations outside the group.

Debbie H made a motion to adjourn. Johnny H second the motion. None opposed.

Meeting closed with the *Lord's Prayer*. Next meeting will be 04 February 2018, 2pm at Happy Destiny 2.

Respectfully submitted, Johnny H. District 4 Secretary



Want to do some **SERVICE WORK** while hanging out at **COOL AA** events with your **FRIENDS?**

Get trained to work the **MOBILE INTERGROUP!**

We need volunteers to work at various events in the Tri-cities area and the Appalachian Regional Roundup! Get trained now so you'll be ready!

### Mobile Intergroup Training Sessions:

March 10th 3:30-4:30pm REBOS Building

March 23rd 2pm –3pm Appalachian Regional Roundup

Call 865-522-9667, email [manager@etiaa.org](mailto:manager@etiaa.org) or message us on our secret Facebook page to book your spot.

Windows based computer experience suggested but not necessary.

# DISTRICT 50/51 MINUTES

District 50/51 Minutes

8 January 2018

Attending: Robin G. DCM 51; Jerry H. DCM 51 Trey M. GSR Happy Hour; Frankie R. Corrections Chair; Scott S. GSR Phoenix Group; Leigh C. GSR Prime Time; Nathan S. Guest from ETYAA; Krisa B. GSR 4th Dimension; Emily Alt. GSR Phoenix Incoming chair for Treatment; Darlene M. GSR So-So; Pam H. GSR First Things First; John S. Guest from First Things First; Bernice P. Guest from So-So; Nicole C. GSR Serenity Sisters; Ralph B. Treasurer; Caitlin F. guest; Paul CPC/PI Chair  
Opened: Robin G. Opened at 6:30pm with a moment of silence and Serenity Prayer; Leigh C. read the 12 Traditions.

Previous Minutes: motion to dispense reading the minutes; seconded; passed; motion to accept; seconded; passed.

DCM 51 Report: (Robin G.) Jon P. Sent pre-conference report; will send pre-conference materials as requested; March 17th Jon. P (Area 64 Delegate) will be giving pre-conference report in Knoxville at Intergroup Time TBA. Any and every one come and see what conference will be doing this year so your group can be informed. Contact Robin at (865)438-3571 or robingavilan@gmail.com

DCM 50 Report: (Jerry H.) Looked at contents of pre-conference report; one item was adding Preamble to Big Book; another thing is taking the Grapevine and removing an Alcoholism at Large page and adding concepts; 50 items on dashboard and all contained in this file. New group "Outlaw Safe Crackers" - no one at meeting last night. Will check on this meeting; Contact at (865)719-0308 or jerrytheman@yahoo.com

CPC/PI: (Paul W.) WATE TV PSA Dec 15th - Jan 15th; continuing to air; seen online on WATE TV online; the PSA can be seen on aa.org under video PSA.

Archives: (Karen C.) Been organizing things for archives. If someone wants to take over archives they can pick up where Karen left off. Would like to get group histories from groups. Passing out forms.

Corrections: (Frankie R.) Not present; Must have 1 year; it usually takes about 9 months to get authorization to take meetings into jails; please call Frankie R. for more information - (813)486-3085

Grapevine: (Sandra) - not present; no report

Treatment: (Emily) Still taking in meetings to Mandala House/Bradford/Centerpoint/Great Starts; Meet 2nd Thursday of the month P40 Blue Room at 7pm.

Events: (Leigh C.) Suggestion to hold another event be-

fore Founders Day - a Big Book Battle of Sobriety with an economical dinner. Call Leigh if interested (865)604-6332 - leave a message or text message email: Inrebori@gmail.com; Christmas Party profited \$439.32; Alcothon was also a big hit.

Treasurers Report: (Ralph B.) Current balance: \$1306.36 Will be spending \$730 in expenses tonight.

Bridging the Gap: (Scott S.) Looking for replacement - John S. will likely stand as chair.

Announcements: (Trey M.) Intergroup donations are still down about 25% in comparison to last year. A lot of what has happened is mis-information and groups dropping contributions based on bad information. Will get flyer out for pre-conference. Need volunteers for Round-Up in Johnson City. Rooms are almost gone. Need volunteers for 2nd Quarter assembly in Gatlinburg (865) 436-4151 Group Code: "TN Area Assembly 2018" - make reservation by March 6th. The 3rd quarter will be in Memphis.

(Nathan) Reaching out to district to see what we can provide to Tennova medical. Would like to send proper information regarding what we can and cannot do. Asking about bringing in a meeting Tuesday and Thursdays. Suggestions to meeting with facility coordinators first and see what they are wanting. CPC/PI/Treatment to go speak with groups. (865)320-4420

(Leigh C.) Prime Time group struggling with Treatment Facilities; started panel on Monday nights; attendance has thinned; please come support. Wed. Nights starting Grapevine meeting. Having difficulties with rent.

(Jerry H.) OSAT had New Year's Day hike; they will be doing movie night in February.

(Scott S.) Got funding to go to assembly by group. Additional meeting added Sun at 9:30

Old Business: no old business

New Business: Motion to give Intergroup \$30 for rent.

Seconded. Passed.

Motion to make John S. Bridging Gap Chair; seconded; passed.

Motion to elect Ralph B. as alt. DCM for 50. Seconded. Passed.

Motion to distribute \$600 for DCM expenses. Seconded. Passed.

We need a secretary for district. Please take that back to your groups.

Motion to close. Seconded. Closed.

# CAROL S FROM EAST TENNESSEE WAS PUBLISHED IN THE GRAPEVINE.

## Lookin' Good

### **She kept up a good front as she drank down the liquor and ran from her emotional past**

A couple of years after my first AA meeting, a friend and I were reminiscing. She'd been there when I walked into the rooms for the first time. "You didn't look like an alcoholic," she said. "You looked good." Yes, that's me. Always lookin' good.

As an only child raised with high expectations, I learned to excel in whatever was put before me. My parents were supportive of my schoolwork and I was a straight-A student. I was active in church and took part in musical productions. Anything artistic was easy for me. I practiced hard at the piano and appeared last—the plum position—at my very first recital. I starred in school plays. I joined the band and excelled at that.

Meanwhile, trouble simmered at home. There always seemed to be an argument. I never knew what it was about and it never seemed to be addressed or resolved. I knew from an early age that something was very wrong with my father—that he'd been through something awful. I didn't know what but I knew that when we were at home alone, he was angry almost all of the time. Though never physically violent, he had a short fuse. He yelled and stomped a lot around the house.

When I'd ask my mother about it, she'd say that it was my imagination. "That's just the way he talks," she'd assure me. "He'd be very hurt if he knew you complained." I talked to school friends and a few adults about the problem. They all agreed that I was mistaken. My dad was the sweetest guy they knew.

It was clear that the problem was mine alone. I began to feel intense shame and anger. I couldn't seem to reconcile my feelings with what people were telling me. It wasn't until I addressed my own alcoholism much later on that I finally figured out what the problem had been.

My father was a white-knuckler—a dry drunk—with more than his share of past trauma. The hero of his large Polish immigrant family, he'd run away from horrific childhood abuse and poverty to join the Navy. While his siblings descended into alcoholism and mental illness, he climbed the ranks and became a decorated pilot. He also developed what he'd later call "a dependence on alcohol" when stationed in the South Pacific during WWII. The water was unpotable. Cases of beer arrived for the soldiers. But he'd stopped in the early 1950s because my mother wouldn't tolerate drinking. I didn't know any of that at the time. I did the best I could and just tried to stay out of his way. Eventually I got to college, away from my father's piercing glare and my mother's smothering emotional neediness. And I discovered alcohol for myself.

I loved getting drunk. I loved it. Drinking to glorious excess was the most fun I'd ever had. At least three or four times a week, I'd drink until I saw double. I wanted to reach a separate reality—every time.

I didn't have to be perfect anymore. I could screw up and fall down. I wasn't responsible for anyone's happiness, except on the weekends when my parents would visit. Then I'd hide all the evidence of my new lifestyle and put on a face until I could get rid of them. If my mother seemed happy and my father didn't get angry, I'd done my job. Then, back to the party. My taste for alcohol and for outrageousness was absolutely insatiable. And through it all, I looked good.

College done, I moved on to graduate school, where I continued the pattern of drinking to oblivion every night and cramming for the test the next morning. I flunked my first orals go-around. "I don't understand what's wrong with you," my major advisor told me. "You do just enough to get by. You're never here unless you have to be." Cracks had started to show. But on my second orals exam try, they reluctantly gave me the degree. And then I ran away from it all.

I got married and spent several years at home drinking and smoking pot while my husband worked. At night he'd come home exhausted but I'd drag him to parties. I had an affair, left my marriage and went to work. No matter how drunk I'd been the night before, I showed up and did the job every day, no matter what I was called upon to do. It was exhausting. My affair fizzled.

I couldn't fill up my emptiness with chemicals or anonymous sex anymore. I was suicidal. But my skill at keeping up appearances remained. Others had the option to admit weakness and ask for help. I didn't. Eventually however, I made it through the door of an AA meeting.

I heard a lot of things I didn't identify with. People had lost jobs, families, homes. Some had weary, lined faces with broken blood vessels. Many said their families and doctors had pleaded with them to stop drinking. My ex-husband was the only one who'd done that. No one else seemed to mind that I was the life of the party. But I was whipped, miserable, at a complete dead end.

At that first meeting, I also heard, "Your bottom is whenever you've had enough" and "You don't have to take the elevator all the way to the basement." That was 26 years ago.

AA gave me a program for living. By turning my attention inward, clearing out my emotional wreckage, showing up at meetings and helping others, I truly have discovered "a new peace and a new happiness."

Through my daily reprieve from the fog of alcoholism, I've been given the gift of thinking clearly and seeing multiple possibilities in any situation, where before there was only one—avoid everything with alcohol. And I've learned that there aren't any bad guys. Just people—flawed people, like we all are—trying to do our best. Today life is rich and multi-dimensional. And, I gotta say, it's lookin' good.

-- Carol S.      Knoxville, Tennessee, USA

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