

EAST TENNESSEE INTERGROUP UNITY NEWSLETTER



March 2019
Volume 43, Issue 3

Step Three:

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

PRACTICING Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: “This is the way to a faith that works.”

*Twelve Steps & Twelve Traditions, page 34. Copyright © 1981
Alcoholics Anonymous World Services, Inc.*

Third Step Prayer

God,
I offer myself to Thee
To build with me and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.

Take away my difficulties,
That victory over them may bear witness
To those I would help of Thy Power,
Thy love and Thy way of life,
May I do Thy will always!

From page 63 of the Big Book of Alcoholics Anonymous



DISTRICT MEETINGS

District 1 meets 11:00am on the second Saturday at the Renaissance Ctr., Kingsport, TN.

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

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

District 4 meets the first Sunday at 2:00pm at Happy Destiny meeting place.

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

District 6 meets at 10:00am 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 of the month at Park 40; includes Bridging the Gap.

Tradition Three:

*“The only requirement for A.A. membership
is a desire to stop drinking.”*

Twelve Steps & Twelve Traditions, page 139. Copyright © 1981 Alcoholics Anonymous World Services, Inc.

Tradition Three Checklist:

1. In my mind, do I prejudge some new AA members as losers?
 2. Is there some kind of alcoholic whom I privately do not want in my AA group?
 3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
 4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
 5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
 6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?
-

Concept III:

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

The Twelve Concepts for World Service Illustrated. Copyright © 1986 Alcoholics Anonymous World Services Inc.

Concept III Checklist:

- Do we understand what is meant by the “Right of Decision”? Do we grant it at all levels of service or do we “instruct”?
- Do we trust our trusted servants —G.S.R., D.C.M., area delegate, the Conference itself?

UNITY NEWSLETTER

is a monthly publication of East Tennessee Intergroup about, by and for members of Alcoholics Anonymous (AA). Opinions herein are not to be attributed to AA. Except when indicated, this publication does not imply endorsement by either AA or the Newsletter. Delegates to the General Service Conference on April 24, 1972 agreed that the use of full names and addresses could improve communication within the Fellowship. Consequently, we may use full names for AA service members. To ensure anonymity, it is requested that the Newsletter be kept within the Fellowship.

AA BIRTHDAYS

Monday Night Men's Group / Erin Presb., Knoxville

Steve W. — 41 years

John L. — 25 years

Maryville 12 Step Group Sherman H. — 29 years

Primary Purpose Group, Oak Ridge TN

February 2019 Anniversaries

Tom S., 42 years

Bruce H., 17 years

Russ S., 10 years

Thomas W., 8 years

Doug M., 3 years

Submit AA Anniversaries to:
newsletter@etiaa.org

Please use the following format:

- ◇ first full name
- ◇ last name initial
- ◇ birthday month
- ◇ number of years sober

NEWSLETTER SUBMISSIONS

Would you like to submit something for the Newsletter?

- Is your group celebrating Birthday/Anniversary? Are you?
- Do you have AA-related questions or myths that East Tennessee Intergroup of Alcoholics Anonymous (ETIAA) East Tennessee of Alcoholics Anonymous can answer for you?
- Is there an "In Memory" group member to be recognized?
- We encourage all appropriate submissions by sending them to:

Newsletter Coordinator, newsletter@etiaa.org

***Please make sure
submissions arrive by
the 20th of the month prior
to the month you want your
notice to appear in the Unity
Newsletter! For notices arriving after the
25th, we cannot guarantee they will be included.***



We have expanded the newsletter!

We have increased the subscription rate to cover a \$1 stamp so that we are no longer limited to 12 pages and tiny (unreadable) type. If you receive the newsletter by email, it will be the same — longer but

MOBILE INTERGROUP

*When should
we visit your
group?*

~~~~~  
**Appalachian  
Regional Roundup  
March 22-24, 2019  
Meadowview  
Resort  
Kingsport**

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

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## **We're on Facebook**

ETIAA has a private FB group. If you would like to join, call the Intergroup Office:  
865-522-9667

We'll be happy to add you to the group.



# INTERGROUP SERVICE NEEDS

**Want to get involved and do rewarding service work?** Currently there are many Service Work opportunities available at Intergroup.

**24/7 Hotline Volunteers:** Volunteer monthly, bi-monthly or weekly. Answer the phones when the office is closed.

**12-Step Volunteers:** When someone calls the office/hotline for help and the hotline worker cannot easily help, we try to hook them up with a person of the same sex as geographically close to them as we can. That way if you want to meconnect at a meeting, it's convenient. Callers usually need to be 12 stepped, are new to the area, need directions to local meetings, etc. This is separate from the Hotline and you can stipulate the type of calls you are willing to receive.

To serve, contact Jacque H., Hotline Coordinator. Or 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.

**Office Workers:** Answer the phones, complete sales and keep the Intergroup Office open. Monday, Tuesday and Friday afternoons are open.

**Mobile Intergroup Coordinator** – Coordinate, pack, prepare for Mobile Intergroup Events. Service workers for Intergroup Mobile events also are needed.

**CPC/PI Chairperson** – Coordinate Cooperation with the Professional Community and Public Information Committees

**Events & Workshop Committee Chairperson** – We want to share some fun events! Plan and coordinate events.

**Intergroup Committee Co-Chairperson** – Chair the monthly Intergroup Meeting when Chair is unable to attend.

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

**Volunteer Coordinator:** Manage Service Workers schedules and make sure all shifts are covered.

**Outreach Committee:** Visit meetings and talk to them about Intergroup.

We are looking to fill the above positions. The term of office, qualifications and duties are on the website <http://www.etiaa.org/service/>

Members interested in any of these positions should attend the next meeting of Intergroup on the second Sunday of the month at the Intergroup Office at 5833 Clinton Highway, Suite 202, Knoxville, TN 37912 865-522-9667.



## How can groups participate?

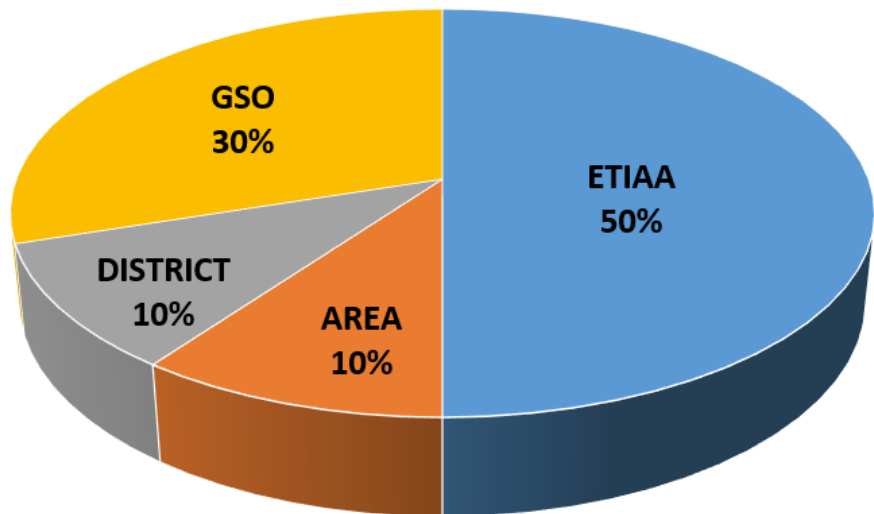
To help support AA's essential services, the General Service Conference suggests that individual groups, through an informed group conscience, adopt a specific contribution plan tailored to meet the group's financial situation. Once the basic group expenses have been taken care of (for example, rent, refreshments, AA literature, Grapevine literature, local meeting lists, GSR 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 AA 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 GSRs.
- The area committee, which coordinates vital AA 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, AA literature sales, institutions work, public information, and cooperation with the professional community activities.
- AA's General Service Office, which functions as a storehouse of AA information, communicating with members and groups around the world, publishes AA literature, and supplies information and experience to professionals and others interested in AA.

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

## 7 TH TRADITION SUGGESTED CONTRIBUTIONS

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



***Every AA 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** \*NEW ADDRESS  
2500 Murfreesboro Pike  
Suite 105, Box 235  
Nashville, TN 37217  
[www.area64assembly.org](http://www.area64assembly.org)

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

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

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

**District 4 Treasurer**  
PO Box 264 \*NEW ADDRESS  
Alcoa, TN 37701

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

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

## JANUARY 2019 GROUP CONTRIBUTIONS

If you belong to one of the groups that is able to contribute to Intergroup through AA's Seventh Tradition, would you check on your group's contribution at the next business meeting? If your group has any concerns that need addressing, let us know. If desired, we would love the chance to address them and possibly attend your business meeting.

**\*NOTE:** East Tennessee Intergroup of AA fiscal year is July 1 -June 30. July 1, 2018, began the current FY.

|                            | Jan 19 | Jul 18 -<br>Jan 19 |                                 | Jan 19          | Jul 18 -<br>Jan 19 |
|----------------------------|--------|--------------------|---------------------------------|-----------------|--------------------|
| 1ST THINGS 1ST-P40         | 0.00   | 1,255.00           | MEMORIAL RECOVERY               | 0.00            | 100.00             |
| 4-WAY GROUP                | 0.00   | 10.17              | METRO GROUP                     | 875.00          | 875.00             |
| 4TH DIMENSION              | 489.00 | 589.00             | MONDAY NIGHT MEN'S              | 200.00          | 200.00             |
| 50/51 CHRISTMAS PARTY      | 0.00   | 3.65               | MONROE COUNTY                   | 0.00            | 100.00             |
| 50/51 PANCAKE BREAKFAST    | 0.00   | 1.40               | MORRISTOWN GROUP                | 0.00            | 30.00              |
| 501 Group                  | 0.00   | 60.00              | NEW BEGINNING- LOUDON           | 100.00          | 250.00             |
| AA ASSEMBLY                | 17.36  | 17.36              | NEW PATH                        | 0.00            | 105.00             |
| BACK TO BASICS- OAK RIDGE  | 0.00   | 50.61              | NORRIS CLINTON GROUP            | 160.00          | 260.00             |
| BACK TO BASICS SWEETWATER  | 0.00   | 120.00             | NORRIS GROUP                    | 0.00            | 20.00              |
| BIG BOOK RECOVERY          | 25.00  | 114.00             | NORTH GATLINBURG GR             | 0.00            | 651.75             |
| BIG BOOKS STUDY P40        | 0.00   | 344.59             | ONEIDA                          | 0.00            | 20.00              |
| BLOUNT COUNTY GROUP        | 0.00   | 350.00             | OUR PRIMARY PURPOSE             | 98.00           | 259.00             |
| COLONIAL GROUP             | 25.00  | 125.00             | PHOENIX GROUP                   | 346.00          | 711.50             |
| COLONIAL HEIGHTS           | 0.00   | 25.00              | PRIMARY PURPOSE- OAK RIDGE      | 0.00            | 240.00             |
| CONCORD GROUP              | 0.00   | 42.00              | PRIME TIME                      | 0.00            | 580.00             |
| CONTRIBUTION JAR           | 33.86  | 89.30              | PRINCIPLES BEFORE PERSONALITIES | 0.00            | 50.00              |
| COOKIE GROUP               | 0.00   | 240.00             | RIVERSIDE GROUP                 | 0.00            | 333.92             |
| CORRECTIONS 50/51          | 0.00   | 2.36               | ROADMAP EVENT                   | 0.00            | 70.00              |
| CORRECTIONS DIST 3         | 0.00   | 5.67               | RULE 62                         | 0.00            | 45.00              |
| COURAGE TO CHANGE          | 0.00   | 150.00             | SERENITY IMPROVEMENT            | 0.00            | 150.00             |
| COVER TO COVER             | 0.00   | 115.00             | SERENITY IN THE SMOKIES EVENT   | 0.00            | 11.08              |
| DISTRICT 50/51             | 30.00  | 180.00             | SERENITY SEEKERS                | 0.00            | 140.00             |
| DISTRICT 6                 | 0.00   | 0.44               | SERENITY SISTERS                | 0.00            | 578.71             |
| FIRST 164                  | 0.00   | 20.00              | SEVEN ISLANDS                   | 40.00           | 40.00              |
| FOUNTAIN CITY SERENITY     | 400.00 | 1,442.27           | SEYMOUR SHARING                 | 292.40          | 791.16             |
| GREEN PASTURES             | 0.00   | 250.00             | SIMPLY AA                       | 0.00            | 30.00              |
| GROUP WITH NO NAME         | 235.20 | 623.98             | SISTERS IN SOBRIETY             | 40.00           | 40.00              |
| GSMRC EVENT                | 0.00   | 7.27               | SOBRIETY SOCIETY- SO-SO         | 0.00            | 262.50             |
| HAPPY DESTINY              | 0.00   | 750.00             | STEPS FORWARD                   | 0.00            | 55.00              |
| HIGH NOON ROGERSVILLE      | 0.00   | 20.00              | TELLICO VILLAGE                 | 0.00            | 120.00             |
| HOPE IN THE CHAPEL         | 0.00   | 30.00              | TENNESSEE GROUP                 | 0.00            | 278.92             |
| Individual                 | 300.00 | 1,431.35           | TRI-STATE GROUP                 | 0.00            | 257.80             |
| KODAK - BIG BOOK STUDY     | 50.00  | 50.00              | TRUDGING THE ROAD               | 0.00            | 50.14              |
| KODAK - STEPS & TRADITIONS | 50.00  | 50.00              | TURNIP PATCH                    | 0.00            | 74.98              |
| KODAK GROUP                | 0.00   | 250.00             | WELCOME HOME DINNER             | 0.00            | 0.00               |
| LAFOLLETTE-THERE IS HOPE   | 20.00  | 140.00             | WEST KNOXVILLE GROUP            | 0.00            | 111.05             |
| LOUDON                     | 100.00 | 225.00             | WORKING WITH OTHERS             | 115.00          | 215.00             |
| LUNCH BUNCH- GREENEVILLE   | 7.96   | 341.96             |                                 |                 |                    |
| MARYVILLE 12 STEP          | 0.00   | 100.00             |                                 |                 |                    |
|                            |        |                    | <b>TOTALS</b>                   | <b>4,049.78</b> | <b>17,729.89</b>   |

## INTERGROUP FEBRUARY MINUTES

Open with serenity prayer and monthly tradition  
Introduction and Sign-in sheet

Accept/modify previous minutes: Accepted, none opposed.

### **Manager's report – Rebekah R**

March 2 Pre-Conference Report at 2pm: With John Phillips, Hosted by District 50-51. There will be another on March 3rd for the Tri Cities.

Lease is up in April Update: Still waiting on new lease.

**Insurance Update:** New Quote: \$469 per year with the existing coverage we have + \$100,000 data breach coverage (for credit cards) + liability for children with adult supervision. We're going to switch policies to save \$300ish a year.

### **Mobile IG update**

ARR: Appalachian Regional Round-up. Beth and Rebekah will have a room, any service workers who want to come hang out are welcome.

Spaghetti Dinner: February 16th, Johnson City, 6pm

Greeneville Workshop: February 16th, 2-5pm.

Narcan Training in the works- Scheduling for after one of our next meetings, includes service workers.

Group Survey Returned: Survey for those who want our Mobile IG to visit – Exciting!

Remind: We need phone numbers in case of an issue to reschedule our meetings.

Do Not Order List: We can still special order but these are the items we won't be ordering on a regular basis any longer. A lot of money is tied up in inventory just sitting here.

NAATW and ICOAA: Technology Workshop in Bolin green, KY this fall Rebekah R wants to attend.

**Treasurer report – Fawn L** – Contributions were high, we're in great shape with balance.

**Hotline – Jacque H** – Need to go through the old 12 step list and might need to start from scratch; anyone new we need e-mail addresses. Hotline list is great and we've got enough volunteers.

**Office Service Workers- Annie B** – Very lively this past week; need for 1-5pm every day.

**Archive – Annie B** – Trying to get that together by condensing book cases/files.

**Website – Shelley M** – Resolution Month – tons of activity. 2,600 users, 4,300 visits.

Accessibilities – Open

Spanish Speaking Liaison – Open

CPC/PI – Open

**Treatment- Beth H** – Out - Went to Assembly and Meeting; Trying to work with other Treatment Chairs.

**Corrections – Lisa F** – Out – Nothing to report. We can use any old books, grapevines, etc.

**Outreach – Nick T** – Needs a volunteer or contact from each District that he can go to.

**Events** - Open

**Old Business** - None

**New Business** - Insurance change to CNA Connect/ Valley Forge Insurance Company motion approved, none opposes.

**Next Meeting-Sunday, March 10th at 12:30pm.**

## DISTRICT 50/51 FEBRUARY 4, 2019 MINUTES

The regular meeting of the District 50/51 Meeting was called to order at 6:30pm on **2/4/2019** at Intergroup Office by Robin G with the Serenity Prayer.

### **PRESENT**

Robin G., Jerry H., Sandra B. Jason C., Karen C., Nicole C., Eddie P., Trey M., Sheldon G., Marybeth, Rick B., Jacque H.

### **APPROVAL OF MINUTES**

The minutes of the previous meeting were unanimously approved as distributed.

### **DISTRICT 51 – ROBIN G./DCM**

Thanked everyone for helping with the 1<sup>st</sup> Quarter Assembly. She is putting the report together to present to Area at 2<sup>nd</sup> Quarter Assembly. Robin will be emailing the pre-conference report. Please let her know if you would like a copy emailed to you.

### **District 50 – Jerry H./DCM**

Not much to report. Assembly went very well. Jerry received emails from John P. our delegate with the following information: AA is now allowed in Cuba, Diversity in AA and Agenda items for conference.

### **Treasurer – Nicole C.**

**Assembly Report-** Ending balance of

\$1541.62. Returning the seed money of \$750.00. Remaining balance of \$791.62. Robin will be making a recommendation at the 2<sup>nd</sup> Quarter Assembly to return the money back to District 50/51.

**District Report-** Distributed the 2018 Treasury Report so that each committee can see what they spent for the year to get budgets figured for 2019. Budgets will be presented in March. The beginning balance as of 1/1/19 was \$2331.17 and balance as of 2/4/19 is \$2342.17. Sandra made a motion to accept Treasurer Report and Eddie P. second. Passed.

**Corrections – Frankie R.** Not present

Eddie was at corrections meeting and said they had several more people to apply for clearance to go into the facilities.

### **Grapevine – Sandra B.**

Went to Grapevine Committee meeting at Assembly and it was very informative. This is the 75<sup>th</sup> Anniversary of the Grapevine. They have a promotion for this year for \$49.00. This price includes the paper and online subscription, 12 issues of auto recordings, access to archive issues, One On One book, 12 traditions checklist, stickers, markers and how to be a Grapevine Rep.



## DISTRICT 50/51 FEBURARY 4, 2019 MINUTES

### **Treatment – Lee** Not Present-

Robin said Kingston Academy which is in District 6 wants meetings brought in on Tuesdays and Thursdays (already going on Sundays). Robin spoke with a rep from District 6 who said they will be helping to take in those meetings.

A new Alternate Chair was also elected in committee. This person will be also helping with accessibilities. Anyone interested in helping take meetings into treatment can come to the monthly Treatment Meeting held on 2<sup>nd</sup> Thursday of month at 7pm. Park 40 club (Blue Room). They need someone to take a meeting into Bradford on Thursdays at 6pm.

### **CPC/PI – Trey M.**

Went to Assembly Committee meeting, they had discussion on pamphlet “Speaking at Non AA Events” that is out dated, requested it be discontinued. Tabled.

### **Archives – Karen –**

Karen received a history on a group in Knoxville. Group Primary Purpose at Erin Presbyterian located at 200 Locket Rd. Meets on Friday’s at 8pm. Also going to get history on the TN Group.

### **Events – No Chair**

**Bridging the Gap – John** Not present

**Old Business:** Committees need to get budgets together for March meeting.

**New Business:** Trey made a motion to pay \$30 donation to Intergroup for use of the office for meeting –Passed

### **Announcements:**

- Pre-Conference Report will be held at Intergroup office on March the 2<sup>nd</sup> at 2:00pm by Delegate John P.
- 2<sup>nd</sup> Quarter Assembly will be April 5-7 in Murphreesboro.

### **ADJOURNMENT**

Motion to adjourn by Trey M. and second by Sandra B. Closed meeting

The next general meeting will be at 6:30 PM on March 4, 2019 at Intergroup Office.

## DISTRICT 6 MINUTES, FEBRUARY 2, 2019

Attendees: Sandy W., DCM, Richard B., Lynette B., Joan S., Tara H.,

Meeting was opened with Serenity Prayer at 10:00 AM. Tara H. read the 12 Traditions.

**Secretary Report:** Richard B. made a motion to accept minutes as submitted. Tara H. seconded. Motion passed

**Treasurer Report:** Richard B. reported we had no expenses for the month and account is in good shape. Sandy W. made a motion to accept Treasurer's report as submitted. Joan S. seconded. Motion passed.

**Group Reports:** Primary Purpose- Richard reported that the meetings are steady in attendance especially on last Friday of month with open speaker meeting and birthday celebration. Serenity Club is having Super Bowl party on February 3 at 6:00 PM. Happy, Joyous & Free – Lynette B. reported small attendance on Fridays. There will be a business meeting on February 6 before noon meeting. Norris Clinton – Tara H. reported steady attendance.

**Norris** – Tara H. reported that attendance has picked up recently and still needs support.

**Intergroup:** Current openings for committees are: Accessibility, Spanish Speaking Liaison & CPC/PI. Archives needs group reports. Office volunteers in afternoons needed. The God Word pamphlet is in stock. Mobile Intergroup going to Appalachian Roundup in March.

**Corrections:** Sandy W. reported that she learned the Federal Parole Dept. will assign a mentor to released inmate who was doing well to help with life skills, but not necessarily recovery. Tara H. stated that Anderson county jail would like to have meetings brought in. There is also a need for meetings in the VA.

**DCM:** Sandy W. reported that 2<sup>nd</sup> Quarter Assembly will be held on April 5, 6, & 7 at Clarion Inn in Murfreesboro; 3<sup>rd</sup> Quarter at Holiday Inn in Johnson City, July 12, 13 & 14. There was a firm bid submitted for Clarksville for 4<sup>th</sup> Quarter Voting Assembly on October 4, 5 & 6. TYCPAA in January at Sheraton Hotel in Nashville was big success. After discussion at Assembly, it was voted and passed that the Area will reimburse expenses for Delegate, alternate Delegate, Treasurer, Secretary and Chairperson to attend SSAASA, which will have workshops to help learn about these service positions. SSAASA name has been changed to SERAASA. Area Inventory: an Ad Hoc committee was formed to study the inventory and most felt it was ineffective. It was also noted that more detailed GSR orientation is needed. Service sponsors should be used for upcoming GSR's & DCM's. Assembly service workers to be better informed with questions from attendees. Diversity and lack of it in meetings & Assemblies was mentioned but not resolved. There will be a mock Conference at 2<sup>nd</sup> Quarter Assembly.

**New Business:** Upcoming workshops in District- agreed to go to groups and ask what topics members would feel helpful and to be discussed in March meeting. District picnic will also be discussed at March meeting.

Motion to adjourn at 11:30 AM. 7<sup>th</sup> Tradition - \$22.00 Next meeting to be held on March 2 at 10:00 at Serenity Club in Oak Ridge.

## DISTRICT 4 MINUTES, FEBRUARY 3, 2019

Happy Destiny II; 325 Whitecrest Road, Maryville TN 37801

**Attendees:** Debbie H., Mike T; Ed H.; Tony M.; Toby W.; Patrick M.; Kathy B.; MaryAnne C.; Charlie C.; Johnny H. Debbie H. opened the meeting with *The Serenity Prayer*; Patrick M. read the *2nd Tradition*.

**Secretary's Report:** Johnny H. passed copies of the December 2018 District meeting minutes. Minutes were reviewed, Charlie C. made a motion to accept the minutes, none opposed.

**Treasurer's Report:** Toby W reported \$1,766.72 in the checking account. He said a \$92.00 would be paid for the P.O. Box for the next year. Mike T. made a motion to fund the P.O. Box, none opposed. Prudent reserve is fully funded at \$1,500.00 Charlie C. made a motion to accept the Treasurers report, none opposed.

### **Group (GSR) Reports:**

Mike T. GSR **Happy Destiny II** reported a new meeting on Saturday's at 5:30pm started yesterday (2/2/19) format is 'Beginners Discussion.'

MaryAnn C. from the **Colonial Group** reported there are 15-17 people attending each meeting with 2-5 being new comers.

Patrick M. GSR **Blount County Group** meeting at the Union Hall on Tuesday's at 7pm and Friday at the United Methodist Church. Both meetings have anywhere from 6 to 12 and up to 18 with several members being new from outpatient programs.

Tony Alt GSR from **Happy Destiny II** went to the Assembly in Knoxville. Tony said it was his first assembly and he learned a lot from the experience.

Kathy B. Alternate GSR for the **Daily Reprieve Group** reported both meetings are averaging 6-7 members. The Monday meeting often has out of towners in attendance.

Ed H. GSR **Riverside Group** reported attendance is steady. The coffee donation issue is resolved. Coffee is 50-cents per cup or donations are accepted. The last Eat and Speak had 44 people in attendance.

Johnny H reported the **Rockford Group** is doing better. Attendance and 7<sup>th</sup> traditions are up.

Charlie C. reported he did turn in the last Gatlinburg Assembly final report to the Assemblies Conventions Chairperson during this past Knoxville Assembly.

### **DCM Report:**

Debbie H. reported District 4 attendance at the January 11-13 First Quarter Assembly in Knoxville was weak. Only 5 GSRs from the district were in attendance. There were 156 voting members at the Assembly. The motion passed at our last District 4 meeting to delete the Mock Conference was pulled due to the consensus during the Assembly that the Mock Conference does add value. There will be a Mock Conference at the Second Quarter Assembly.

### **Old Business:**

Debbie was funded \$150 to attend the January assembly.

Mike T. is actively trying to build interest in Area 64 news across our District. Any help is appreciated, and Mike will continue to forward Area news to District GSRs.

### **New Business:**

These are the Area 64 actions passed at the Knoxville Assembly last month:

**Budget & Finance** recommendation to increase Technology budget by \$31.00 for Web hosting; recommendation to increase Alternate Delegate, Chairperson, Secretary and Treasurer budgets by \$600.00 each to fund attendance at SSAASA 2019; a motion to send a Delegate to SSAASA with a motion to rename the event to SERAASA. **District 4** will be Supporting the Manchester hosting of the Second Qtr. 2020 Assembly. It is suggested District 4 GSRs talk with respective groups about interest in workshops that cover Service Structure in order to educate a increase interest and participation.

The 7<sup>th</sup> tradition basket was passed. Johnny H. made a motion to close, none opposed.

Meeting closed with the *Lord's Prayer*. Next meeting will be Sunday April 14 at Happy Destiny II at 2pm so as not to conflict with Easter Sunday

Respectfully submitted, Johnny H. District 4 Secretary

**District 4 meets every even month of the year on the first Sunday of the month at Happy Destiny II 2:00pm**

**COLONIAL HEIGHTS 39<sup>TH</sup>  
ANNUAL GRATITUDE DINNER  
APRIL 25<sup>TH</sup>, 2019**

***SPEAKER: PATTI A.  
KNOXVILLE, TN***

**When:** Dinner 6:30pm, Speaker 8:00pm

**Where:** Colonial Heights Presbyterian Church (gym)  
213 Colonial Heights Road, Kingsport, TN

---

***PLEASE JOIN US FOR AN EVENING OF FUN FOOD & FELLOWSHIP***

***MEATS AND DRINKS ARE PROVIDED***

***BRING YOUR FAVORITE COVERED DISH OR DESSERT***

***FAMILY & FRIENDS ARE WELCOME!***



# SPONSORSHIP MEET & GREET

FOR THOSE LOOKING FOR SPONSORS AND SPONSEES

FIRST SATURDAY MORNING OF EVERY  
MONTH FROM 9AM TO 11AM.

DONUTS AND COFFEE PROVIDED.

VERY INFORMAL...JUST SHOW UP.

AT THE INTERGOUP OFFICE

5833 CLINTON HIGHWAY

SUITE 202, LOWER LEVEL, BACK DOOR

KNOXVILLE, TN 37912



# **Pre-Conference Workshop**

**Sunday March 3<sup>rd</sup>, 2019**

**2:00pm to 5:00pm**

**Presented by:  
Area 64 Representative**

**Watauga Avenue Presbyterian Church  
610 East Watauga Avenue  
Johnson City, TN 37601**



**For Information Contact Tony L  
(631) 676-0662**



# APPALACHIAN REGIONAL ROUNDUP

## “ROCKETED INTO A FOURTH DIMENSION” MARCH 22-24 2019 KINGSFORT, TN

Meadowview Conference Resort  
& Convention Center  
1901 Meadowview Parkway  
Kingsport, TN 37660

Room Rate \$115.00  
Rate Cut Off Date Feb 28, 2019  
Call Or Visit Our Website To Book  
423-578-6600  
Use Phrase "Appalachian Regional  
Roundup" To Receive  
Discounted Room Rate

Join us for a golf outing on Friday!  
Starts at 10AM. 9 holes for \$23 or 18 holes for \$38

Make check or money order payable to  
Appalachian Regional Roundup & mail to:  
P.O. Box 7494  
1001 N. Eastman Rd  
Kingsport, Tn 37664

Pre-registration is \$25.00 & \$30.00 at the door  
Online pre-registration is available at  
[www.appalachianregionalroundup.com](http://www.appalachianregionalroundup.com)

Roundup T-Shirts are \$12.00 or two for \$20.00  
& will be available for pickup upon arrival.  
Sizes may be limited on site.

### SPEAKERS

BILL C from CA  
CANDICE M from CA  
CHARLIE P from TX  
CHRIS R from TX  
EARL H from AZ  
JENNIFER H-K from TX  
KATIE P from TX  
LARCENE G from CA : AL-ANON

For more information, contact Ryan K at 862-268-4579 or visit our website at [www.appalachianregionalroundup.com](http://www.appalachianregionalroundup.com)

### 2ND ANNUAL APPALACHIAN REGIONAL ROUNDUP

|                                          |                                                |
|------------------------------------------|------------------------------------------------|
| NAME: _____                              | NAME: _____                                    |
| ADDRESS: _____                           | ADDRESS: _____                                 |
| CITY: _____ STATE: _____ ZIP: _____      | CITY: _____ STATE: _____ ZIP: _____            |
| PHONE: _____                             | PHONE: _____                                   |
| EMAIL: _____                             | 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

# **NEW DATES!!!**

*66<sup>th</sup> Great Smoky Mountain*

*Recovery Campout*

**May 30<sup>th</sup> - June 2<sup>nd</sup>**

Open AA Meetings 11am and 8pm daily

Al-anon Meetings Sat. and Sun. @ 9:30am

Sat. June 1<sup>st</sup> Dinner @ 5pm

Speaker @ 6:45pm

**Linda H.**

**from South Carolina**

For more info email [gsmrc.greenbrier@gmail.com](mailto:gsmrc.greenbrier@gmail.com)

or call Toby W. 865-654-3884

No pets at the meetings please

For campground reservations contact

Greenbrier Campground

<https://www.smokymountaincamping.com/>

5406 Pittman Center Rd

Pitman Center 37836

865-430-7415



## AVAILABILITY & MEETING ANNOUNCEMENTS

### MEETING NOTICES:

***Hope In The Chapel*** (meeting at 7pm Tuesdays at Sharps Chapel Community Senior Center) is closing it's doors. We may reopen in the summers. Please give call if you have any questions: 772-285-2769

The ***Primary Purpose Group*** meets each Friday at 8pm, at the Erin Presbyterian Church at 200 Lockett Rd., Knoxville, in Bearden just off Kingston Pike. It is a small 12-Step/12-Tradition Study group and hopes to expand the size and impact of the group. Treatment center groups are most welcome.

***The Gratitude Meeting*** in Lenoir City is no longer meeting.

### **Friday Meditation Meeting**

We want to make you aware of a ***Friday Meditation Meeting*** we have started. We are going to apply as a formal AA group in the near future. **See the flyer on the next page for details.**

### **Available Meeting Space:**

The Ketron Memorial United Methodist Church in Kingsport has available space for meetings. Call Josh at 865-776-1805.

## **NEW MEETING ANNOUNCEMENT**

- What:** 11<sup>th</sup> Step Meditation Meeting
- When:** Friday Night at 7:00 PM – 8:00 PM  
*Access to the building limited from 6:30 PM – 7:15 PM*
- Where:** Concord United Methodist Church - Room 293  
11020 Roane Drive  
Knoxville, TN 37934  
**Park near Playground to enter building.**  
*Access to the building limited from 6:30 PM – 7:15 PM*
- How:** This is an OPEN meeting of Alcoholics Anonymous that includes a 20-minute period of silent mediation. This meeting is designed to help us improve our conscious contact with our Higher Power as We understand it and is not an open discussion meeting.



***NOTE: This is not a meeting that promotes any form of meditation over another. We have no opinions on religious or spiritual practices and ask all present to be respectful and kind.***



# Founders' Day Herald

84<sup>th</sup> Anniversary of Alcoholics Anonymous

June 7, 8, & 9, 2019 | Akron, Ohio | Birthplace of A.A.

## FRIDAY ACTIVITIES

### A.A. 12 Step Panel • 10:00 a.m. - 10:00 p.m.

Discussion of One Step Per Hour  
Chaired by: Jeff C.

### A.A. Early Bird Meeting\* • 3:00 p.m.

Chad S. - Akron, OH  
"A Quiet Mind and A Loving Heart"  
Chaired by: Aaron K.

### Actors Guild Play • 5:00 p.m. & 8:00 p.m.

"A Song and a Coffee Pot"

### A.A. Speaker Meeting\* • 7:00 p.m.

Jennifer K. - Plano, TX  
"Everything Is Bigger In Texas"  
Chaired by: Woody W.

### Serenity Singers • 8:30 p.m. - 9:00 p.m.

Olin Hall

### NEW MEETING!

### A.A. Speaker Meeting\* • 9:00 p.m.

Denny S. - Woodlands, CA  
"Together Our Lives Come Full Circle"  
Chaired by: Tom O.

### Junta en Español • 9:00 p.m. - 11:00 p.m.

"Los Jóvenes en AA" Crispin O., Morristown, TN  
"Experiencia, Fortaleza y Esperanza"  
Mauricio R., Alcoa, TN  
"La Viña, nuestra reunión impresa"  
Raymundo L., San José, CA

### A.A. Alkathon • 11:00 p.m. - 2:30 a.m.

## SATURDAY ACTIVITIES

### Bus Tours of Historic A.A. Sites

9:00 a.m. - 4:00 p.m.  
2 buses continuously - Bierce Circle

### A.A. Archives

Located in Akron Intergroup Office  
(Stop on bus tour)

### The 12 Traditions • 9:00 a.m.

Gail L. & Harmon V.  
"Why It Works"  
Chaired by: Tom O.

### Taller Internacional de La Viña

11:00 a.m. - 1:00 p.m.  
Coordinador: Ana L., San José, CA  
Expositores: Arturo A. y Juan T., San José, CA

### A.A. Old Timers' Panel\* • 10:30 a.m.

Topic: "Early In Sobriety"  
Debbie D. - Concord, CA  
Tommy M. - Largo, FL  
Tom H. - Cuyahoga Falls, OH  
Chaired by: Tom O.

### Actors Guild Play • 12:00 p.m. & 2:30 p.m.

"A Song and a Coffee Pot"

### NEW TIME, DAY & LOCATION!

### A.A. & Al-Anon Speaker Meeting\* • 12:00 p.m.

Dain and Rhonda J. - Rocky Hill, CT  
"Honesty, Purity, Unselfishness and Love"  
E.J. Thomas Hall  
Chaired by: Cathy C.

### A.A. Speaker Meeting\* • 2:00 p.m.

Chris S. - Bedminster, NJ  
"Your Job Now Is To Be In A Place Where You  
May Be Of Maximum Usefulness To Others"  
Chaired by: Jeff C.

### The History of Our Big Book • 4:00 p.m.

Presented by: Gail L. - The Villages, FL  
Chaired by: Aaron K.

### A.A. Speaker Meeting\* • 8:00 p.m.

Tim H. - Louisville, KY  
"I Lied My Whole Life, When The Truth  
Was Good Enough"  
UA Infocision Stadium\*\*  
Chaired by: Scott T.

### \*\*Stadium Weather Contingency Plan for Saturday Night - See Web Site

### DANCE! DANCE! DANCE!

10:00 p.m. - 1:00 a.m.  
Saturday Night

## SUNDAY ACTIVITIES

### MOTORCADE TO DR. BOB'S GRAVE\*

7:30 a.m.  
Motorcycle procession and graveside  
memorial tribute to Dr. Bob & Anne S.  
Speaker: Harmon V.  
Chaired by: Woody W.

### A.A. Spiritual Panel Meeting • 9:00 a.m.

Topic: "God As I Understand Him"  
Chaired by: Jeff C.

### A.A. Closing Speaker Meeting\*

10:30 a.m.  
Don L. - Bellingham, WA  
"I Found That Change Was Impossible  
Without First Being Wrong About Something.  
I Learned To Embrace The Power Of Being Wrong"  
Chaired by: Joyce B.

## AL-ANON

## FRIDAY ACTIVITIES

### Al-Anon Panel • 9:00 a.m. - 1:00 p.m.

Concepts  
Chaired by: Irena H.

### Marathon Al-Anon Meeting

2:00 p.m. - 8:00 p.m.  
Come Share Your Experience, Strength  
and Hope!  
Chaired by: Amber M. and Dan C.

## AL-ANON

## SATURDAY ACTIVITIES

### Al-Anon Sponsorship Panel • 9:30 a.m.

Pat A., Cheryl B., Julie C.  
Chaired by: Dan C.

### NEW TIME, DAY & LOCATION!

### A.A. & Al-Anon Speaker Meeting\* • 12:00 p.m.

Dain and Rhonda J. - Rocky Hill, CT  
"Honesty, Purity, Unselfishness and Love"  
E.J. Thomas Hall  
Chaired by: Cathy C.

### Al-Anon Band • 2:00 p.m.

12 Songs Of Recovery  
The 12 Steppers - Columbus, OH  
Chris M. - Piano, Vocals  
Tony J. - Mandolin, Flute  
Mike S. - Drums  
TL V. - Bass Guitar  
Intro by: Cathy C.

### Alateen • 3:30 p.m.

Chaired by: Wendy Y.

## REGISTRATION

### UA STUDENT UNION

### CREDIT CARDS ACCEPTED!

Friday 8:00 a.m. - 10:00 p.m.  
Saturday 8:00 a.m. - 6:00 p.m.

Registrations must be picked up by

6:00 p.m. Saturday - **NO EXCEPTIONS!**

Package Plans must be picked up at designated  
dormitories. Check confirmation letter or e-mail.

### Coffee & Fellowship Room

Student Union

### A.A. Literature Sales

Friday 8:00 a.m. - 8:00 p.m.  
Saturday 8:00 a.m. - 5:00 p.m.

**CREDIT CARDS ACCEPTED!**

\* A.S.L. INTERPRETER

**NO BASIC REGISTRATION REFUND.  
\$30.00 FEE FOR ALL PACKAGE PLAN CANCELLATIONS!**

**FOUNDERS' DAY IS A SERVICE OF THE AKRON AREA INTERGROUP COUNCIL OF A.A.**

**Name badges & ribbons must be worn for admittance to all meetings — NO EXCEPTIONS!**



**EAST  
TENNESSEE  
INTERGROUP  
UNITY  
NEWSLETTER**



PLEASE  
PLACE  
STAMP  
HERE

5833 CLINTON HIGHWAY  
SUITE 202  
KNOXVILLE, TN 37912  
NEWSLETTER@etiaa.org

24/7 HOTLINE  
865-522-9667  
Manager@etiaa.org  
ETIAA.ORG

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If you would like the newsletter mailed to your home, please fill out the form to the right and mail it to the address shown below. Include \$12.00 for a one-year subscription to cover postage.

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Knoxville, TN 37912

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**MARCH 2019**

Name\_\_\_\_\_

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State\_\_\_\_\_

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