

EAST TENNESSEE INTERGROUP UNITY NEWSLETTER



September 2019
Volume 43, Issue 9

Step Nine:

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

GOOD judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.

After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

*Twelve Steps and Twelve Traditions, page 83. Copyright © 1981
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Ninth Step Prayer

Higher Power,
I pray for the right attitude to make my amends,
Being ever mindful not to harm others in the process.
I ask for Your guidance in making indirect amends.
Most important, I will continue to make amends
By staying abstinent, helping others and
Growing in spiritual progress.

From Alcoholics Anonymous of Cleveland, OH

<https://www.aacle.org/twelve-step-prayers/20Step%20Prayers%20-%20Spiritual%20-%20Alcoholics%20Anonymous%20Cleveland.htm>



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 during even-numbered months 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 Nine (Long Form):

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

Twelve Steps and Twelve Traditions, page 191. Copyright © 1981 Alcoholics Anonymous World Services, Inc.

Tradition Nine Checklist:

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

Concept IX:

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

Concept IX Checklist:

- Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
- Do we recognize the need for group officers? What is our criteria for election? Do we sometimes give a position to someone “because it would be good for them”?
- Do I set a positive leadership example?

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

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

Primary Purpose Group, Oak Ridge TN

August 2019 Anniversaries

James S.	25 years
Scott S.,	1 year

Maryville 12-Step (Blount Hospital) Group

July 2019 Anniversary

Bill T.	1 year
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Monday Night Men's Group

August 2019 Anniversary

John W.	32 years
Bill S.	31 years
Jack F.	6 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 a Birthday/Anniversary? Are you?
- Do you have AA-related questions or myths that East Tennessee Intergroup of Alcoholics Anonymous East Tennessee of Alcoholics Anonymous (ETIAA) can answer for you?
- Is there an "In Memory" group member to be recognized?
- We welcome all appropriate submissions at:

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.***



News from East Tennessee AA Intergroup (ETAIAI)

Intergroup will be moving September 29th into the office space directly to the right of the Park 40 Clubhouse on Park West Blvd, just off Cedar Bluff Rd. If you are interested in service work opportunity with us, call the office at 865-522-9667 or email manager@etiaa.org.

We will now be open on Friday nights until 7pm.

Our new hours are M-Th 9-5, Fri- 9-7 and Sat 9-1.

MOBILE INTERGROUP

When should we visit your group?

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**Mobile Intergroup is available to visit with your group. Let us know if your group would like a visit from the Mobile Intergroup.**

### **Upcoming Mobile Intergroup Visits**

GSMRC Sept 20- 4pm

Design for Living Oct 26<sup>th</sup>  
Dinnertime Tri-Cities

Serenity in the Smokies October 17-20 Newport

### **Public Information Events**

MDC Recovery Fair  
September 19 10am-2pm

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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

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 connect 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, visit the website at 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 and Workshop Committee Chairperson – We want to share some fun events! Plan and coordinate events.

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

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?

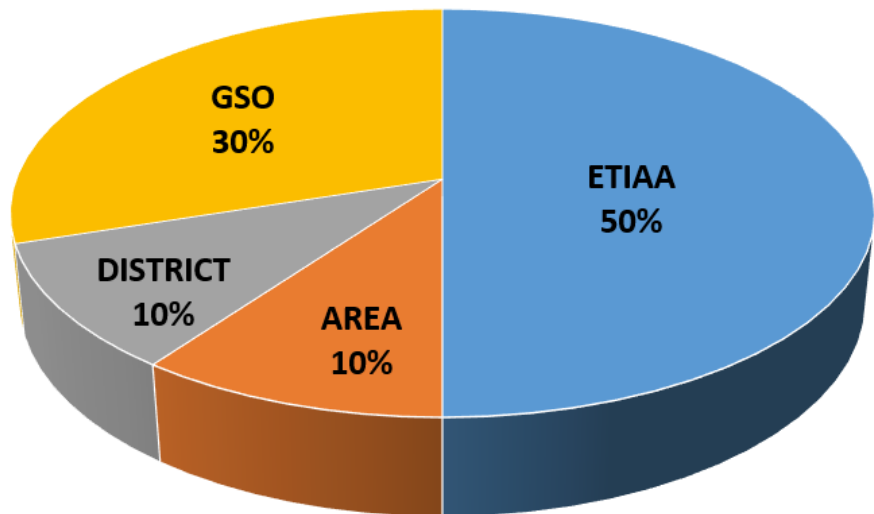
To help support AA's essential services, the General Service Conference suggests that individual groups, through an informed group conscience, adopt a specific contribution plan tailored to meet the group's financial situation. Once the basic group expenses have been taken care of (for example, rent, 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].

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

General Service Office
Grand Central Station
P.O. Box 459
New York, NY 10163
www.aa.org

Area 64 Assembly *NEW ADDRESS
2500 Murfreesboro Pike
Suite 105, Box 235
Nashville, TN 37217
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

JULY 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, 2019, began the current FY.*

	Jul '19	Jul '19
COLONIAL GROUP	50.00	50.00
CONTRIBUTION JAR	8.00	8.00
DISTRICT 50/51	60.00	60.00
FOUNTAIN CITY SERENITY	592.50	592.50
GOOD VIBES	0.00	0.00
Individual	32.00	32.00
JEFFERSON CITY UNITY	78.29	78.29
LAFOLLETTE-THERE IS HOPE	20.00	20.00
LUNCH BUNCH- GREENEVILLE	30.13	30.13
MEMORIAL RECOVERY	100.00	100.00
NORRIS CLINTON GROUP	100.00	100.00
NORTH GATLINBURG GR	220.87	220.87
ONEIDA	50.00	50.00
OUR PRIMARY PURPOSE	74.00	74.00
PHOENIX GROUP	484.92	484.92
PRIMARY PURPOSE- OAK RIDGE	200.00	200.00
PRIME TIME	125.00	125.00
SEEDS OF HOPE	25.00	25.00
SEYMOUR SHARING	247.12	247.12
SOBER PRIDE	1.64	1.64
STEPS FORWARD	55.00	55.00
TELLICO VILLAGE	60.00	60.00
TENNESSEE GROUP	477.42	477.42
TRI-STATE GROUP	300.00	300.00
	3,391.89	3,391.89



The 2020 International Convention of Alcoholics Anonymous will be held July 2–5, 2020 in Detroit, Michigan with the theme “Love and Tolerance is our Code.” A.A. members and guests from around the world will celebrate A.A.’s 85th year at this event with big meetings held Friday and Saturday nights and Sunday morning in the Ford Field Stadium. Other meetings, scheduled or informal, will take place throughout the weekend in the COBO Center in downtown Detroit.



Online Registration Opens
September 9, 2019 at 10 a.m. (Eastern)

https://www.aa.org/assets/en_US/en_2020_IC_registration_brochure.pdf

INTERGROUP: JULY MINUTES (MISSING FROM AUGUST ISSUE)

July 14, 2019: Addendum: Joni was at the last meeting. Motion accepted.

Manager's report: Rebekah:

8-10 is the Pigeon River District 4 workshop and serenity improvement dinner in Johnson City.

District 3 is 8-24.

- 9-20 is the Greenbrier Recovery Campout: Need Help since Rebekah won't be there.
- Design for living is a 2-day event
- Serenity in the Smokies is a 3-day event.
- Met Co. Drug Fair @ Central United Methodist Church which we don't sell at; only work in for halfway houses.
- Anderson Co. Fair has mental/dental services and we need a Rep to be there.
- Taxes - Need

E.O.Y.'s

- Office Hours/New Space and Lease put to new business; see new business.
- Stephanie Realtor Gift Card to Starbucks put to new business; accepted; Rebekah will take care of.
- Fawn- thinks we handle increase well; we're in the black.
- Jackie - Hot line is good.
- Annie- 10-7 Tuesdays and every other Saturdays needed.
- Shelly- Absent - but 2300 users on wesbite and 3600 visits.
- Beth - nothing to report.
- Marianne Gibbs -nominated for new business; was nominated and accepted for corrections.
- Nick is now gone and the Outreach is now open for a willing rep.

Old Business: Nothing left to vote on.

New Business: New Lease/Space

Questions that need answered:

1. Who would we be sharing electric with and how much does electric usually run?
2. How many others have this clause in their lease?

*David suggests a long-term plan so we aren't in this position again.

*Joni reminds us all that votes are based on IG Reps or Chairs only.

* New Lease/Space: motion accepted that we would meet again as a special meeting 7-28-19 to review at IG office; after questions have been answered which again are:

- clarification on electric and usual bill is ____?
- what other tenants have the same clause?
- property taxes
- pest control/janitorial are our responsibility or not?
- possibility of taking one wall down and making another.

If we do pursue for more searching, Rebekah has graciously done all this on her own time. We can either pay her extra hours or other people can step up to be responsible in the searching also.

Next Meeting scheduled for 8-11-19 other than special meeting called 7-28-19.

INTERGROUP AUGUST MINUTES

August 11, 2019 — Opened with serenity prayer and monthly (8th) tradition

Present: David C., Rebekah R., Annie B., Marian G., Jacque H., Trent W., Beth H., Sandra B., Carole W., Barbara S., Katie E., Susi M., Mike D., Carol T., Kathy F., Dave R., Greg S., Bob W., Fawn L., Robin Y., Joan C., Stephen T.

Accepted previous minutes with the addition of Carol T. to those present at two July meetings

Manager's report - Rebekah R

✦ Mobile IG update

Rebekah R. and Susi M. went to Pigeon River/Dist 4 Service Workshop and Serenity Improvement August 10
- made Rebekah R/ and Suzi M/Jenna H \$431.09

Next event District 3 Service Workshop August 24 1:30pm- Rebekah

GSMRC Sept 20- Joni/Beth/Susi

Need volunteers for these two events:

- o Design for Living Oct 26th Dinnertime Tri-Cities.
- o Serenity in the Smokies October 17-20 Newport.
- o Events
- o MDC Recovery Fair September 19 10am-2pm- Trey M/Mark R
- o Anderson County Resource Fair- Clinton August 18 Noon- Robert G
- o Rebekah met for taxes with Steve P July 20 - took information and we have until November to get them. He will prepare.
- o Lease Review - Lawyer in addition to Rebekah and Beth reviewed; HVAC clause added to lease; Project- ed move date September 28th weekend
- o Move Projects - Need volunteers to help with move weekend since Rebekah will be out of town; Jacque will take care of the phones; need to leave old office in good condition; Rebekah compiled list of moving expenses; Also she compiled list of "wish list" for items in the new place; Rebekah bought new magazine rack for fliers \$40

Rebekah's report accepted

Treasurer report - Fawn L present - provided balance sheet, accounts in good shape, prudent reserve should cover the move, 8 consecutive months of positive net income

Fawn's report accepted

Hotline - Jacque H present, added members to 12 step call list, Barbara will provided updated list

Office Service Workers- Annie B present - surveyed office workers, most said would be willing to work at new location, interested in new times and traffic concern at new location, thank you to all volunteers who have worked in the office

Archive - Annie B present, Ray T helping with download CDs onto computer, trying to work on quality of recordings

Website - Shelley M not present, 2500 users in July and 4100 sessions on the website

Accessibilities - *Open* - discussions of position's need

Spanish Speaking Liaison - *Open* - discussion of position's needs

CPC/PI - *Open*

INTERGROUP AUGUST MINUTES

Treatment- Beth H present - announcement for help with Treatment 50/51 committee, need more attendees, meets at Park 40 in blue room at 7:00 p.m. on the second Thursday of each month, 50/51 needs new Bridging the Gap coordinator; also 50/51 having Treatment workshop in October, Beth and Marian have made schedule to visit each district over the next few months and talk about Corrections and Treatment

Corrections - Marian G present, announcement for Corrections Pancake Breakfast Trinity United Methodist Church, 9:00 eat, speaker at 10:00 on October 12, next meeting Friday August 16 6:30 p.m. Intergroup Outreach - Nick T

Events - *Open*

Old Business

Office Hours - Do we change or keep them same? Traffic is a concern if IG leave hours from 9 to 5 at new location. Could we have a late shift one day a week?

Decided to extend office hours on Friday until 7:00 p.m., new hours starting now - Have a volunteer willing to work later that day, he will coordinate the schedule with Annie

New Business

Volunteers

Hang window shades

Remove vinyl sign w/o damages

Strap bookcases to the walls

Install keypad deadbolt lock

Move and re-install safe and have bolted to the floor

Clean/Paint old office

Remove paint materials once completed

Volunteers needed moving weekend of September 28th - both packing and moving

Donation - Boxes

Renting U-haul for move

Phone costs may go down at new location

Deposit at new location - one month's rent

Will need to make new business cards and other business documents with address - Change address notification

Want - new display case

Need - cleaning supplies

Meeting Adjourned.

Next Meeting-Sunday,

September 8th at 12:30pm.

DISTRCT 50/51 AUGUST MINUTES

August 5, 2019

Attending: Angela, John S., Jacque, Trey, Sandra, Robin, Frankie, David, Ralph, Sheldon, Rick, Karen C.

The meeting was opened by Robin with a moment of silence followed by The Serenity Prayer.

Introductions were made around the room.

A motion was made to accept the minutes from last month as written. The motion was seconded and passed unanimously.

Jerry District 50

Jerry was not present, as he was on vacation.

Jerry can be reached at jerrythebman@yahoo.com and/or 865-719-0308.

Robin District 51

Robin shared that the 3rd Quarter Assembly is coming up on August 16, 17 and 18th in Manchester TN. If the Holiday Inn is full, the overflow hotel will be the Comfort Suites at 931-728-1301.

Intergroup is moving at the end of September in the building where Park 40 is in Cedar Bluff. Please take this information to your group and ask for volunteers. They will need all the help that they can get!

Robin attended the PCP/PI meeting.

Robin can be reached robingavilan@gmail.com and/or 865-438-3571

Treasurer's Report – Ralph

Nicole has moved, so all the banking business will be transitioning to Ralph.

Ralph needs an email for Nicole to find out information to be able to access the TVA Credit Union account online.

To the best of his knowledge, the balance is checking as of now is \$3800.23.

A motion was made to accept the treasurer's report as given. The motion was seconded and passed unanimously.

PCP/PI – Trey

PCP/PI had a meeting on July 28th and have set regular meeting times. The next meeting will be on Wednesday August 28th at 5:30 at the Intergroup office on Clinton Highway.

They will be making a flier with general information about the committee to pass out. They will also be doing direct invitations to try and get folks involved.

The next meeting will focus on how PCP works with treatment and corrections and will contain a lot of information.

Trey is doing a presentation in Morristown on August 24th. It will be a service workshop.

He is setting up a table at a veteran's event on August 20th from 10am to 3pm at the National Guard Armory on Sutherland Avenue. He might need a volunteer to help. He encourages everyone to stop by.

They will also be setting up a table at Market Square for the Mental Health Fair sponsored by Helen Ross McNabb.

They are always looking for people to join the CPC/PI.

They have taken two motions out of the So So Group to Area level. See Trey for more information. They are trying to get state support.

Archives Report – Karen:

She is currently trying to get a lot of scanning done. She is also currently working on getting some files back from Intergroup that include photos which she is trying to get help identifying the people in the photos.

DISTRCT 50/51 AUGUST MINUTES

Treatment Report – John S.

The treatment committee meets on the second Thursday of the month from 7pm to 8pm at Park 40 in the Blue Room.

We need a new Bridging the Gap Chairperson!

He had planned on doing a workshop the last week of September, but they will have to reschedule due to the Intergroup office moving.

They are still trying to get groups to sponsor meetings being taken into treatment centers (like The Tennessee Group is responsible for taking meetings into Cornerstone).

They are currently taking meetings into: Cornerstone, Centerpointe and Great Starts.

The So So group will be taking over the “sponsorship” of meetings at Centerpointe.

You may contact John at jsincla2@gmail.com

Corrections Report – Frankie:

Corrections will be having a pancake breakfast and speaker on October 12th at Trinity United Methodist Church. We will eat from 9:00am to 9:45am and the speaker will speak at 10:00. Fliers and tickets will be available soon.

The next meeting time and date will be announced.

Frankie can be reached at: frankie.ramos@rocketmail.com

Grapevine Report – Sandra:

Sandra has ordered the three Grapevine subscriptions.

She will stamp the Intergroup information on each one before distributing.

It was suggested that Sandra contact Sid R. (area Grapevine representative) about information and ideas on the best way to obtain old Grapevines to distribute to treatment and corrections.

Sandra can be reached at: sgbrown0418@comcast.net

Events Report – Paul

Paul said there was nothing to report. Rick reminded everyone about the Family Afterward picnic on August 10th.

Bridging the Gap Report – Jason:

We currently do not have a chairperson for Bridging the Gap.

John S. will fix the Google number so that temporarily, all calls will go to him.

We need a new chairperson for this committee!

Group News:

OLD BUSINESS:

NEW BUSINESS:

We will need a new Treasurer! Must have two years of sobriety.

We will be having end of the year District elections on November 4th.

We will need two new DCMs. Must have been a GSR for two years.

Be thinking of what you would like to do and encourage people to come and participate in District.

The next meeting will on **September 9th at 6:30pm.**

A motion was made to adjourn. The motion was seconded and passed unanimously.

The meeting was closed with The Lord's Prayer.

BONUS MATERIAL

The below website is a treasure trove of audio and pictures (MP3s and JPGs) of AA literature, from the Big Book and many pamphlets, to AA talks by many different people telling their stories. There are other resources there as well. This is a compilation of AA printed, photographic, and audio material that is curated by an individual anonymous AA member. Here is the site:

<https://www.mediafire.com/sobrietyfirst>

A Moment in the Dark (AA Grapevine) — September 2015

In a sea of empty beer cans, he had made his home a prison. What would it take to break free?

Smoke drifted through the stinking room as sunlight filtered through shut blinds. It was either morning or afternoon. The coffee table was covered with empty beer cans, ashes were everywhere, and nearby lay a stack of yellow tickets from my latest arrests. Add to the unanswered phone calls my overwhelming shame.

Ten years earlier it was a different story. Raised by a loving family, a voted class athlete, a student with top marks, an altar boy, called a “good kid” by adults, I knew right from wrong. I do not know why the path of addiction was set before me, only that it seemed predetermined, unavoidable. I tried so many times to veer from that path to no avail; I just had to walk it.

When I took my first drink of alcohol at 17, it was as if I’d found something that had been missing. The dull, unsettling uneasiness and low self-esteem that defined my adolescence evaporated and was replaced with a new freedom. I could suddenly talk to girls, attend parties and forget my feelings of being less than. I was able to forget about myself. Drinking suddenly became my solution for how to deal with people. It became my savior, and I clung to its soaring promises as if being chased by something.

Calamity began soon enough. By 22, I had survived multiple car accidents, once narrowly avoiding a 60-foot ravine by striking a telephone pole. I had flunked out of three universities due to lack of attendance. My hands shook, I suffered night terrors and panic attacks, and I spent long hours in my car napping in fast-food parking lots, feeling nauseous from the greasy food and hiding from social interaction. The shame was so heavy. Why was this happening to me? Why couldn’t I stop? I must be a failure, I assumed. Self-pity kept pace.

With the support of my family, I put myself in rehab and there a seed was planted. I was introduced to AA, but no lasting sobriety sprung. I was still stumbling along with my own will. Instead of changing myself, I made a geographic change. I moved close to New York City, hoping for the excitement of bright lights and grand adventure. What came was something else: an ever-quickenning downward spiral of self-destruction.

My life became this: I woke up at four o’clock in the afternoon, stumbled with baggy eyes to the bathroom and tried to brush the foul taste from my mouth while gagging on an empty stomach. Because I had lost my driving privileges, I walked four blocks to work the late shift. At midnight I walked home, stopping for beer on the way. Then I went home and watched movies alone until dawn and passed out. This went on for over a year. Rarely did I leave those four blocks, not once seeing the bright lights of New York City.

Some nights I walked to the neighborhood bar and tried to find the courage to have a conversation, make a new friend, but I could no longer get drunk enough. Relationships were out of the question. Such intimacy was impossible; I couldn't even take my shirt off in front of a woman. And certainly, I thought, no one would be interested in speaking to someone like me. I had nothing to share with the world. My sole desire was for human connection, and yet it was my greatest fear. I was a scared little boy.

So I began inviting strangers into my home, convicts, homeless addicts, people I'd once have run from. Following these nights, in despair and remorse, I vowed never to do such things again. But within days, I'd be drunk and high and associating again with dangerous people. Many nights I wedged my couch against the front door in fear they might return and harm me. Twice, I woke from blackouts in the emergency room, having fallen face-first onto the pavement somewhere in the darkness. I lost hope of ever changing. No one knew my predicament because I was too ashamed to share with anyone. I had built my own prison. Then, one crisp, shining day in my 28th year, it all ended.

I can't say why I had the strength that day and not on another of thousands of other days just like it. Though I had tried countless times to stop and suffered great harm, there was no big lesson learned. Looking back I wonder if a divine consciousness was not at play that day. I just simply gave up. My will fell to the floor and my ego was shattered. I've not had a drink since.

I became willing to go to any lengths to not pick up a drink, determined to be honest. It was challenging. I had the emotional maturity of a teenager. All my unresolved emotions came to the surface, so I felt naked and raw. My great fear of being seen by others left me shaking in social situations. I stared at my shoes and wore a ball cap to cover my eyes. It was hard to be vulnerable.


But AA saved my life. The people there welcomed me with unconditional love and showed me—through the examples of their own lives—that there was a better way. I met a man who became my sponsor, who took me under his care and mirrored my truths so I could see them. With his guidance, I dissected my life and saw how my actions turned the wheels of the actions of others. My fears were revealed to be falsehoods. I found forgiveness for others and myself through compassion and sincere empathy. I came to see tragedy and tribulation as an opportunity for personal growth. As the alchemists do, I began to turn mud into gold. My idea of love has been redefined. I have made lifelong friends. I've practiced giving to others and so many wonderful awakenings have come.

Two years after I got sober, I stood atop a 110-foot private ship and watched as we floated past islands off the coast of Croatia. As the Adriatic Sea glimmered blue and golden at sunset, I stood there and laughed to myself. Only two years earlier my life had consisted of four blocks and darkness. Now I had a passport and was seeing the world. Soon I'd move to London, and later, live a year in India. I was in a healthy, loving relationship. My brother had asked me to be his best man at his wedding. I could look people in the eye and tell my father I loved him. So many other rewards have come, too many to list—and they still come today. But beyond all that, standing on that top deck, it was the peace I felt within that most made me smile.

Today I'm grateful that my suffering made me a little wiser, kinder and more generous. Now when I'm in fear and feeling defeated, I attempt to do the next right thing, be vulnerable and speak from the heart. I am learning to accept my imperfections as perfect. I can smile and laugh, my eyes shine and I know my purpose. My eyes look inward and my stride is genuine.

As a member of Alcoholics Anonymous, let me whisper to you something that I now know is true—there is help and hope. There's a place in you untouched, unravaged, unbroken. This life is beautiful and, lest you forget it, yours is beautiful too. You need not walk alone. Our best days wait unimagined by us. This is my story—up until now anyway!

—Joseph F., Cornwall-on-Hudson, N.Y.



*"Nothing will keep you sober
like intense work with
another alcoholic."*

Learn about open service
positions and how you can
help.

Open District 6 Service Positions Reception

September 7, 2019

10:00 AM

Serenity Club

170 N. Jefferson Cir.

Oak Ridge

Refreshments will be
served.

DISTRICT 6 ANNUAL PICNIC!!



CARBIDE PARK (Old Clark Center Park)

Covered pavilion on left just past baseball field

September 28, 2019

11:00am – 3:00pm

SPEAKER MEETING AT 1:00 – TBA

Hamburgers, hot dogs, rolls, condiments, drink and paper products provided.

Please bring side dish or dessert if able.

News from the 2019 General Services Conference

The 2019 General Service Conference recommended that “the pamphlet ‘A.A. for the Older Alcoholic – Never Too Late’ be updated with a revised introduction; current and inclusive stories; reference to online A.A.; and an updated ‘How Do I Find A.A.?’ section.”

The trustees, in cooperation with the Professional Community/Treatment and Accessibilities Committee, is seeking stories from a broad cross-section of older A.A. members to make the pamphlet more representative of the Fellowship.

Typed manuscripts should be 500-800 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages. Please include your complete name, address and email/phone information. The anonymity of all authors will be observed, whether or not their story is selected for publication.

Please email your sharing to: access@aa.org and put "A.A. for the Older Alcoholic" in the subject line of the message. Or, you may mail it to Access Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The deadline for submissions is December 15, 2019.

FALL CAMPOUT

67th Great Smoky Mountain Recovery Campout

Sept 20th – 22nd 2019

**Open A.A. Meetings 11am and 8pm Daily
Al-anon Meetings Saturday and Sunday @ 9:30am**

Saturday Sept 21st Dinner @ 5pm

Speakers @ 6:45pm

Marian and David G. from Knoxville, TN

For more info email gsmrc.greenbrier@gmail.com

Or call Toby W. (865) 654 – 3884

For campground reservations contact:

Greenbrier Campground

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

5406 Pittman Center Road

Pittman Center 37836

(865) 430 – 7415

Please no pets at the meetings

FYI Save the date for Campouts: May 28-31st 2020, Sept 18-20th 2020

1st ANNUAL CORRECTIONS COMMITTEE GRATITUDE PANCAKE BREAKFAST



Speaker Jami S. – Chattanooga

Saturday, October 12th

Breakfast from 9 a.m. to 9:45 a.m.

Speaker at 10:00 a.m.

**Trinity United Methodist Church
5613 Western Avenue, Knoxville**

TICKETS \$10.00

Presale Tickets Available



Event Information:

Frankie R. (865) 257-5222

Marian G. (661) 209-4642



5th Southern States Alcoholics Anonymous Service Assembly

November 8-10, 2019

Lake Junaluska Conference and Retreat Center
Harrell Center
Lake Junaluska, NC

Co-Hosted by North Carolina Area 51 and South Carolina Area 62

Service Workshops * Panel Discussions * Shared Service Experience

Registration Fee for the Event: Early Registration - \$25, After October 31, 2019 - \$30

Register Online at www.area62.org/SSAASA or complete the form below

Meals and Lodging: Reserve rooms online at www.lakejunaluska.com, use event code **1815**

or call (800) 222-4930. Discounted rate available up to 2 days before/after event (*reserve by phone for additional nights*)

Room Rates*: \$89 for Hillside Lodge, \$119 for Lambuth Inn, \$139 for Hotel Terrace **price does not include taxes/gratuity*
Price is for single/double occupancy. Rates increase for 3 or more occupants per room.

Meal plan * : 5 meal (Fri-Sun) - \$71.30, 3 meal (Sat-Sun) - \$44.85 **price includes taxes/gratuity*

To guarantee availability, purchase optional meal plans in advance when making room reservation.



Name _____ Area # _____ Name on Badge _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Special Needs _____

Service Experience:

- ☐ GSR ☐ DCM ☐ Delegate ☐ Chairperson ☐ Secretary ☐ Treasurer ☐ Intergroup
☐ Treatment ☐ Corrections ☐ PI/CPC ☐ Other _____

☐ I'd like to Volunteer contact us SSAASAFive@gmail.com

Registrations ____ x \$25 (\$30 after October 31, 2019) = \$ _____

Scholarship Contribution (help others attend SSAASA) \$ _____

Total Enclosed \$ _____

Mail Completed Registration and Payment to: SSAASA, PO 1368, Knightdale NC 27545

For more info: Email SSAASAFive@gmail.com or call 919-880-4026 (Elizabeth P) or 910-793-5895 (Kenneth C)

District 4 Picnic



Louisville Point Park

Sunday Oct 13th 11:00am

Join us for District 4's Picnic!

Meat and drinks will be provided. Please bring a side dish or a friend! Fun, food, and fellowship will be expected!



OCTOBER 25-26, 2019

A DESIGN FOR LIVING

Including: Step 4 The Easy Way



REGISTRATION

\$20.00

Eventbrite.com
or at the door

LOCATION

Prospect Center
1425 E. Center St
Kingsport, TN

SCHEDULE

Friday, October 25th
6pm-9pm

Saturday, October 26th
9am-12pm

Break

1:30pm-5:30pm

Break

7pm-8pm

CONTACT

Ben R.
423-333-7746

SPEAKERS

Scott L.

Nashville, TN

John E.

Frederick, MD



SPECIAL SATURDAY NIGHT SPEAKER

7:00pm

Marian G.

Knoxville, TN

Space limited and will sell out.

Book TODAY

AVAILABILITY AND MEETING ANNOUNCEMENTS

NEW MEETINGS:

Metro Group (Downtown Knoxville) meets on Mondays from noon to 1:30pm at St. John's Episcopal Church, 401 Cumberland Ave., Knoxville, TN 37902. Closed, Discussion group. Look for the Bill W. plaque off Walnut Street, room on the right.

Morristown Group (Morristown) meets on Saturdays from 9am to 10am at 314 S. Fairmont, Morristown, TN 37813. Women's Step Meeting. Back side of the Smoke Shop.

Cookie Group (North Knoxville) meets Fridays from 7:00pm to 8:00pm at Powell United Methodist Church, 323 W. Emory Rd., Powell, TN 37849. Now a Closed, Big Book Study group. Left building, 2nd floor.

NEWCOMER IS MOST IMPORTANT Group meets Mondays, 8:00pm to 9:00pm, at the Western Ave. Trade Center, 3631 Western Ave., Knoxville, TN 37931. Newcomer open meeting.

Day Drinkers Group meets Wednesdays, Noon to 1:00pm, at the Western Ave. Trade Center, 3631 Western Ave., Knoxville, TN 37931.

Men's Meeting Group meets Sundays, 2:00pm to 3:00pm, at the REBOS Building, 213 E Maple St, Johnson City, TN 37601. Discussion, Open, Wheelchair Access

Good Vibes Group meets Friday, 8:00pm - 9:00pm, at THE MEETING HOUSE, 3631 Western Ave, Knoxville, TN (North): Open meeting. On Bus Route 12

Primary Purpose Group, Rogersville, Tuesdays 7:30pm - 8:30pm at Faith Assembly Church, 106 Blevins Rd, Rogersville, TN 37857, Big Book, Open, Wheelchair Access (Note: Around the back in basement)

Jefferson City Unity Group, Tuesdays, 7:00pm - 8:00pm, George Avenue UMC, 1340 George Ave, Jefferson City, TN 37760: Women's group, Big Book, Open (Note: In basement)

FRESH START Group (West Knoxville), Fridays, 6:45pm - 7:45pm, Park 40 Club, 9217 Park W Blvd, Knoxville, TN 37923: Big Book, Closed (Note: Bus Rt. 16)

12 STEP Group (West Knoxville), Sundays, 6:45pm - 7:45pm, Park 40 Club, 9217 Park W Blvd, Knoxville, TN 37923: Closed Step Meeting (Note: Bus Rt. 16)

Meeting Changes

Trudging The Road Group, Sundays, 6:00pm - 7:00pm, Holy Trinity Catholic Church, 475 TN -92, Jefferson City, TN 37760 — 3 miles from I-40 exit 417, 3 miles from Jefferson City Community Center, on Hwy 92, across from Habitat for Humanity store: Open Discussion

Meeting Cancellations

Shades of Grace (Shades of Grace UMC) and **New Meeting** (1st Broad Street UMC) in Kingsport have been cancelled.

**EAST
TENNESSEE
INTERGROUP
UNITY
NEWSLETTER**

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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**NEWSLETTER
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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.

ETIAA

5833 Clinton Highway
Suite 202
Knoxville, TN 37912

-OR-

Sign up at ETIAA.org for a free email subscription.

SEPTEMBER 2019

Name _____

Address _____

City _____

State _____

Zip _____

Phone number _____