

EAST TENNESSEE INTERGROUP UNITY NEWSLETTER



October 2019
Volume 43, Issue 10

Step Ten:

*“Continued to take personal inventory and
when we were wrong promptly admitted it.”*

AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

*Twelve Steps and Twelve Traditions, page 88. Copyright © 1981
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Tenth Step Prayer

I pray I may continue:
To grow in understanding and effectiveness;
To take daily spot check inventories of myself;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative and
Self-defeating attitudes and behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love and tolerance of others as my code; and
To continue in daily prayer how I can best serve You,
My Higher Power.

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 Ten (Long Form):

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatsoever.

Twelve Steps and Twelve Traditions, page 192. Copyright © 1981 Alcoholics Anonymous World Services, Inc.

Tradition Ten Checklist:

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

Concept X:

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

Concept X Checklist:

- Do we understand “authority” and “responsibility” as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
- Why is delegation of “authority” so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of “authority”?

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 September 2019 Anniversaries

Kenny K. 28 years
Peter C. 9 years

Monday Night Men's Group August 2019 Anniversary

Michael G. 1 year
Bill R. 34 years
Jack T. 33 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! We cannot guarantee
notices arriving after the 25th will be included.**



News from East Tennessee AA Intergroup (ETAAI)

As of September 29, **Intergroup** is now located in 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 opportunities with us, call the office at 865-522-9667 or email manager@etiaa.org.

Going forward we will be open on Friday nights until 7pm.

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

Beginning January 2020, Intergroup Meetings will occur on the 3rd Monday of the month at 6:30pm.

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.**

**October 19  
Serenity in the Smokies  
Newport, TN**

**October 26  
Design for Living  
5:30pm to 9pm  
Kingsport, TN**

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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](mailto: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](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 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 at: <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 9217 Park West Blvd, #B3, Knoxville, TN 32923.

**Beginning January 2020**, Intergroup Meetings will occur on the 3rd Monday of the month at 6:30pm.

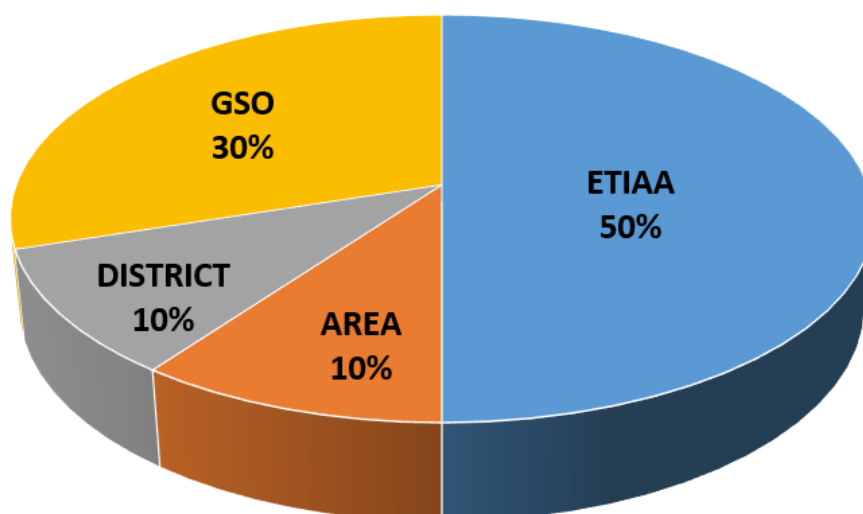
## How can groups participate?

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)]

## 7TH TRADITION SUGGESTED CONTRIBUTIONS



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

## CONTRIBUTION ADDRESSES

**ETIAA East Tennessee  
Intergroup of  
Alcoholics Anonymous  
9217 Park West Blvd #B3  
Knoxville, TN 37923  
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)  
Prefer online contributions**

**Area 64 Assembly  
2500 Murfreesboro Pike  
Suite 105 Box 235  
Nashville, TN 37217  
[www.area64assembly.org](http://www.area64assembly.org)**

**District 1 Treasurer  
Richard Ellis  
1302 Chestnut Street  
Kingsport, TN 376604**

**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  
Alcoa, TN 37701**

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

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

*Please be sure to include your Group Name and Number*



## AUGUST 2019 GROUP CONTRIBUTIONS

If you belong to one of the groups that is able to contribute to Intergroup through AA's Seventh Tradition, please check your group's contribution amount 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.*

|                            | <u>Aug 19 Jul - Aug 19</u> |                        |
|----------------------------|----------------------------|------------------------|
| 4TH DIMENSION              | 627.00                     | 627.00                 |
| BACK TO BASICS- OAK RIDGE  | 100.00                     | 100.00                 |
| BIG BOOK RECOVERY          | 25.00                      | 25.00                  |
| COLONIAL GROUP             | 0.00                       | 50.00                  |
| CONTRIBUTION JAR           | 5.57                       | 13.57                  |
| DISTRICT 50/51             | 30.00                      | 90.00                  |
| FOUNTAIN CITY SERENITY     | 0.00                       | 592.50                 |
| GOOD VIBES                 | 0.00                       | 0.00                   |
| GROUP PRIMARY PURPOSE      | 75.00                      | 75.00                  |
| Individual                 | 107.53                     | 139.53                 |
| JEFFERSON CITY UNITY       | 0.00                       | 78.29                  |
| KODAK HWY 66               | 100.00                     | 100.00                 |
| LAFOLLETTE-THERE IS HOPE   | 20.00                      | 40.00                  |
| LUNCH BUNCH- GREENEVILLE   | 41.92                      | 72.05                  |
| MEMORIAL RECOVERY          | 0.00                       | 100.00                 |
| MORRISTOWN GROUP           | 30.00                      | 30.00                  |
| NEW BEGINNING- LOUDON      | 100.00                     | 100.00                 |
| NORRIS CLINTON GROUP       | 0.00                       | 100.00                 |
| NORTH GATLINBURG GR        | 0.00                       | 220.87                 |
| ONEIDA                     | 0.00                       | 50.00                  |
| OUR PRIMARY PURPOSE        | 0.00                       | 74.00                  |
| PHOENIX GROUP              | 0.00                       | 484.92                 |
| PRIMARY PURPOSE- OAK RIDGE | 0.00                       | 200.00                 |
| PRIME TIME                 | 200.00                     | 325.00                 |
| RIVERSIDE GROUP            | 773.35                     | 773.35                 |
| ROANE COUNTY UNITY         | 100.00                     | 100.00                 |
| SEEDS OF HOPE              | 0.00                       | 25.00                  |
| SEYMOUR SHARING            | 0.00                       | 247.12                 |
| SOBER PRIDE                | 0.00                       | 1.64                   |
| STEPS FORWARD              | 0.00                       | 55.00                  |
| TELLICO VILLAGE            | 0.00                       | 60.00                  |
| TENNESSEE GROUP            | 0.00                       | 477.42                 |
| TRI-STATE GROUP            | 0.00                       | 300.00                 |
| WORKING WITH OTHERS        | 50.00                      | 50.00                  |
|                            | <b><u>2,385.37</u></b>     | <b><u>5,777.26</u></b> |



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](https://www.aa.org/assets/en_US/en_2020_IC_registration_brochure.pdf)**

## DISTRICT 6 MEETING MINUTES

### September 7, 2019

Attendees: Sandy W., DCM, Richard B., Liza B., Marion G., Beth H., Doug M., Tara H., Robert G.  
Meeting was opened with Serenity Prayer at 10:00 AM. Richard B. read the 12 Traditions.

**Secretary Report:** Richard B. moved to accept minutes as submitted. Doug M. seconded. Motion passed

**Treasurer Report:** Richard B. reported there were 2<sup>nd</sup> and 3<sup>rd</sup> Quarter Assembly expenses for the month. Joan S. made motion to accept the Treasurer's report as submitted. Doug M. seconded. Motion passed.

**Group Reports:** Primary Purpose – Richard B. noted that attendance is good. Primary Purpose will be celebrating its 29<sup>th</sup> Birthday with Grapevine topic from September 1990 and snacks before and after meeting on September 13. Back to Basics – Liza B. stated that attendance is up recently and Eat and Speak continues on the 1<sup>st</sup> Saturday of every month. Norris Clinton – Tara H. attendance is steady with new people coming in; meets at 7:00 on Monday at Sinking Springs UMC. Happy, Joyous and Free – Doug M – Wednesday attendance is good with after meeting out to lunch; possibly discontinuing Friday meeting, lack of attendance.

**Intergroup:** Beth H. - Intergroup office is moving on September 28 and 29 to new location beside Park 40; needs are posted on Intergroup FB page. PI/CPC committee meets on last Wednesday of every month at IG office at 5:30. Intergroup office will now be open on Friday until 7:00 PM. Beth H, also Treatment Chair noted that meetings are needed in Treatment Centers; working on getting a budget and organizing who is bringing in meetings and when.

**Corrections:** Marian G., Intergroup Corrections Representative – has budget of \$250 a quarter for literature; plans to visit groups on a quarterly basis to ask about their needs for Corrections and order literature as needed. Area 64 Pre Release Coordinator has lists of those writing to inmates; by bypassing GSO, the process is quicker; also has a data base of jails and prisons in TN; LaFollette is interested in having meetings brought to jail, both men and women. San Quentin in 1942 had 1<sup>st</sup> meeting brought into correctional facility.

**DCM:** Sandy W. emailed Area Inventory results; also had 1 from District 30; Joan S. to scan and email to District members; John P, Delegate talked about service positions and level of commitment; he encouraged use of change forms for elections; Structure change in Service Manual to possibly change that voting Assembly is always held in Nashville; 2020 GSO Conference theme is Clear Vision for You; in 2018, 1641 new groups added nationwide; 32 people donated \$5000 in 2018; in 2017, 64 donated \$5000; Remember Birthday plan, giving to GSO \$1 for the number of years of sobriety; 9-9-2019 begin to register for International Convention in Detroit; in 1-2 month an ASL Big Book will be released; Area Corrections Committee asked for Big Books to be brought to Assemblies for distribution; Grapevine is looking for stories on Service in AA; 4<sup>th</sup> Quarter Assembly to be held in Clarksville at Riverview Inn.

**Old Business:** Joan S. made motion for Sandy W. to contact Sherry from Nashville to head workshop on 4<sup>th</sup> and 5<sup>th</sup> Step sometime in November. Tara H. seconded. Motion passed

**New Business:** Tara H. noted that current effective treatment is medical assistance with 12 Step program; District 6 picnic to be held on September 28 at Clark Center Park from 11-3:00. Speak at 1:00; Marian G. to do presentation; Joan S. made motion for Sandy W. to get speaker; flyer to be made regarding District elections on October 5.

Motion to adjourn at 11:20 AM. 7<sup>th</sup> Tradition - \$36. Next meeting to be held on October 5 at 10:00 at Serenity Club in Oak Ridge.

## INTERGROUP AUGUST MINUTES

September 8, 2019; 12:30pm — Open with serenity prayer and monthly tradition  
Introduction and Sign-in sheet - Rebekah, Bob W, Charlie M, Joan S, Joni Q, Steve T, David C, Beth H, Dave R, Trent W, Marian G, Stacie G, Annie B, and Amber R.  
Accept/modify previous minutes: All last names were not printed in the Newsletter. Minutes accepted with 1 correction: GSMRC will be Sept 21, not Sept. 20.  
Manager's report - Rebekah R  
✦ Mobile IG update

- o GSMRC Sept 21- Joni/Beth/Susi
- o Serenity in the Smokies October 17-20 Newport - Rebekah will attend.
- o Design for Living Oct 26<sup>th</sup> Dinnertime Tri-Cities - Supportive Event for Round-Up
- o Events
- o MDC Recovery Fair September 19 10am-2pm- Trey M/Mark R
- o Move Projects - List Provided/Reviewed - Tabled to New Business.
- o Yearly Reserve Re-Evaluation - Tabled to New Business.
- o Rebekah's Evaluation Due in November
- o Nominations for Chairs begin in October - Have to be here in October or November and we vote in December; by anonymous ballot.
- o Corrections Budget - Have voted in the past for \$250 per quarter, that's what we're sticking with unless anyone opposes.

Rebekah will not be here for October Meeting  
Treasurer report - Fawn L: Absent. Rebekah reports we're still in the Black this month. Savings is changed to "Prudent Reserve."  
Hotline - Jacque H: Absent. Hotline needs permanent Wednesday nights 5pm-9am. Barb is doing 12 Step Call List update - needs help with Knoxville area; please get lists from your own individual groups. Requirements for Hotline or 12 Step Call List are 1 year of sobriety, worked the steps, and have a sponsor.  
Office Service Workers- Annie B: Moving along well, only losing 1 because of our move.  
Archive - Annie B: Getting ready to move.  
Website - Shelley M: Absent. Google says 2800 users, 4.4K Sessions there for an average of 2 minutes. National AA Technology Workshop is this 9/21 and 9/22 and Rebekah wants to attend.  
Accessibilities - *Open*  
Spanish Speaking Liaison - *Open*  
CPC/PI - *Open*: Starting a Workshop IG Office every last Wednesday of every month at the Inter-group Office.  
Treatment- Beth H: Marian and Beth went to District 6, still gathering information and introduce themselves. Have a schedule set. Need to start thinking about a budget and a Treatment Workshop involving all Districts.



## INTERGROUP AUGUST MINUTES

Corrections - Marian: As Beth stated with Treatment we're trying to work with them and make what we do here at IG known. November will be in Kingston for District 1. District 51 Corrections Committee on October 12<sup>th</sup> will host a pancake breakfast at Trinity Baptist Church, tickets are \$10, and will have a woman speaker from Chattanooga.

Outreach - *Open*

Events - *Open*

**Old Business:** None.

**New Business:**

- **New Meeting Time - Motion** - change IG meeting to the 3<sup>rd</sup> Monday of every month, @ 6:30pm, starting January of 2020. Approved: Majority carried the 2 opposed.
- Schedule Change with Packing and Moving - The Truck is charged by the hour, our Aim is to rent the truck, pack the truck, and unload the truck all on Saturday 9/28.
- Yearly Reserve Re-Evaluation - **Motion** to Table Old Business next month because our Treasurer (Fawn) is Absent; Motion Accepted.
- Rebekah's Evaluation- Due in November- We need 3-5 volunteers: Fawn, Bob, Greg, Trent, Joni, Barb, and Beth. Date/Time will be set amongst.
- Budget for Corrections \$250 quarterly - Motion to not take any action for change; motion accepted.
- UT Trauma Services will host The Event for Recovery Awareness Month, September 13<sup>th</sup> 10am-1pm. Event is in the south lobby at UT to provide resources to get help with mental/substance use disorders; help to build awareness/provide resources. We haven't been invited. Motion to ask them by e-mail if we can attend to be there with literature, or if we may be invited in the future - Motion Approved.

Outlook Committee (for Long-Term Goals/Budgets for IG) - Motion to Tabled for Old Business next month; accepted.

Next Meeting-Sunday,  
October 13th at 12:30pm.

## DISTRCT 50/51 AUGUST MINUTES

September 9, 2019; Attending: Jerry H., Robin G., Jacque H., Erica J., Sheldon G., Susi M., John S., Trey M., Ralph B., and Frankie R.. The meeting was opened by Jerry with a moment of silence followed by The Serenity Prayer.

Trey made a motion to dispense the reading of the May minutes, all agreed.

### **Jerry District 50**

Jerry reminded everyone of 2020 International Convention in Detroit. Nothing further to report.

Jerry can be reached at [jerrythebman@yahoo.com](mailto:jerrythebman@yahoo.com) and/or 865-719-0308.

### **Robin District 51**

Robin reminded everyone of the 4<sup>th</sup> Quarter Voting Assembly in Clarksville on the weekend of Oct. 4-6<sup>th</sup>. Nothing further to report.

Robin can be reached [robingavilan@gmail.com](mailto:robingavilan@gmail.com) and/or 865-438-3571

### **Treasurer's Report – Ralph B.:**

Per Ralph, at present the banking balance is \$4323.91

### **CPC/PI – Trey M.:**

CPC/PI had business meeting on the last Wednesday of August with good attendance. Discussed doing televised PSA again. They will need more budget if they decide to do the PSA. They are still gathering information on cost and when to run ad, possibly Dec. 15<sup>th</sup> – Jan. 15<sup>th</sup>. Voting at 4<sup>th</sup> Quarter the restructuring of pamphlet “Speaking at Non AA Events”.

Next meeting is Sept. 25<sup>th</sup> at 5:30 pm at the Intergroup Office.

### **Archives Report – Karen:**

Chair not present.

### **Treatment Report- John S.:**

There will be a Workshop on Oct. 19<sup>th</sup> at the Intergroup office from 11:00am to 1:00pm. Will be covering bringing the message into treatment centers and how to get involved. Will have flyer at next district meeting.

Need a Bridging the Gap chair. 1 year of sobriety recommended.

The Treatment Committee meets on the second Thursday of the month at Park 40 at 7:00pm in the Blue Room.

### **Corrections Report – Frankie R.:**

There will be a Pancake Breakfast with a speaker on Oct. 12<sup>th</sup> from 9:00-11:00am at Trinity United Methodist Church located at 5613 Western Ave. Knoxville, TN. Tickets are \$10.00. There will be an organizational meeting on Oct. 9<sup>th</sup> at 6:30pm at the church to go over final details.

Frankie can be reached at: [frankie.ramos@rocketmail.com](mailto:frankie.ramos@rocketmail.com)

**Grapevine Report – Sandra B.:** Chair not present. Nothing new to report via phone call.

**Events Report – Paul W.:** Chair not present.

Ed G. present from New Path Group brought up the Christmas Party and having a group sponsor it along with District. Christmas Party on 1<sup>st</sup> Saturday of December.

## **DISTRCT 50/51 AUGUST MINUTES**

Bridging the Gap Report – Need a chair. John S. is checking the emails and voicemails until we get a chair.

### **OLD BUSINESS:**

Reminder that elections for chairs at District will be on Nov. 4th.

### **NEW BUSINESS:**

Ralph nominated Sheldon for new Treasurer. Sheldon voted in as new Treasurer with Ralph as Alternate Treasurer. Passed.

Trey made a motion to give Robin funds to go to 4th Quarter Assembly- Passed.

Trey made a motion for District to reimburse Jerry \$271.98 for 3rd Quarter Assembly attendance. Passed.

Robin made a motion to pay \$16.84 for office supplies. Passed.

Trey made a motion that District 50/51 writes a check to Intergroup for \$30 for using the office. The motion was seconded and passed unanimously.

The next District Meeting will be on October 7, 2019 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

AA's Public Information (PI) history:

Adapted from an email sent to the East Tennessee AA Intergroup (ETAAl)

At the PI/CPC committee meeting, we decided to try to relay the importance of the work by having a friendly competition. Robin and I both wrote a paragraph talking about how PI first made its debut in mainline print via *The Saturday Evening Post*. We presented both our articles to the committee to vote on and see which one we would ask to be put into the next newsletter, but everyone said they like them both because of the different perspectives. Can we place these two articles in the next newsletter? Below are the two articles separated. You can put them together, separate them, or do whatever you want.

### Article 1:

Historically, with the publication of the Big Book of Alcoholics Anonymous in 1939, the first piece of information became available to the Public. In 1941, an Article in the Saturday Evening Post by Jack Alexander would be another piece of Public Information describing Alcoholism and the new Program of Action in a group of Alcoholics that had proven successful for a certain number of years. The Post Article shared a few of the Alcoholic stories but not their names. This Article provided Public Information for people who did not know about AA and produced an overwhelming interest in AA. Ways of conveying information have changed today, however Public Information is just as vital to many outside the fellowship. If all we do is plant a seed we have done something. Many share they have gotten sober from simple contact or information they have heard in various places from the available Public Information. There is so much more we can do.

### Article 2:

After *The Saturday Evening Post* published Jack Alexander's first article about Alcoholics Anonymous in 1941, A.A. received a massive influx of inquiries. It was reported by Ruth Hock, A.A.'s first secretary, there were 918 inquiries in 12 days as a *direct* response to the article. Despite the favorable results, when Bill W. wrote begging for a follow-up article in 1949, Jack Alexander refused. After a year of much persuasion on behalf of A.A., "The Drunkard's Best Friend" was published. In this article it is revealed that A.A. membership had grown from 2,000 before the first article, to 90,000 by the time of this second publication. This piece of A.A. history substantiates the claim in our Twelfth Tradition: "But it became apparent that the word-of-mouth method was too limited. Our work, as such, needed to be publicized. The A.A. groups would have to reach quickly as many despairing alcoholics as they could."

## **Siren Song:** AA Grapevine April 1997

I have told the following story at several AA meetings as a reminder to all of us not to be too complacent concerning our illness: An old man stood in front of us with tears running down his cheeks. He could hardly speak as he began to tell us his story. He'd been sober for thirty-four years and things were going quite well for him. His life was under control and there were no real pressing problems plaguing him. He was walking past a liquor store and for some unknown reason decided to buy a half pint of whisky. A half pint won't hurt me, he said to himself as he walked through the doors. Within a few days he was up to a fifth a day. His friends in AA discovered he was drinking again and helped him to regain his sobriety once more.

I just celebrated my twenty-second year of continuous sobriety, so I had my sobriety well under control, or so I thought. Little did I know I was about to be exposed to a situation that tested my resolve and caused me to revamp my attitude toward my sobriety.

My significant other was going on a business trip to California and asked me to join her on the weekend to meet her father. I'd wanted to meet him for some time so I jumped at the chance.

Her father was a member of a band that plays in various bars around California on the weekend. He asked us to come listen to him and I didn't see any harm in that. My friend had just celebrated eight years of sobriety, and I had twenty-two years of sobriety. What could go wrong?

The evening was really fun. The band was great, and my friend and I discovered a new wonderful aspect of our relationship by learning to dance together for the first time since we'd become a couple.

People in the audience were buying her father glasses of straight whiskey that he was drinking on stage as he played the steel guitar. During one of the short breaks that the band took, he came over to our table to chat and brought his glass of whiskey with him. While he was at the table with us, someone brought him another glass of whiskey that he put on the table in front of me. When he went back to the stage, he left this glass of whiskey on the table.

As I turned to watch the band, I saw the glass of whiskey sitting before me. For the next hour and a half, that glass of whiskey tempted me beyond what I thought was possible. I thought all those years of sobriety would protect me from even being tempted. But I was wrong.

All kinds of reasons kept going through my mind as to why it would be okay to take a drink of that whiskey. "One little sip won't hurt anything. I'll take a sip while my friend is in the rest room. I have breath mints so she'll never know. Just one little sip is all I'll have. Nobody will notice if I take just one little sip."

My Higher Power and all I'd learned from AA throughout the years kept me from taking that drink. Knowing other alcoholics' experiences proved to be helpful to me in this situation as well. I remembered that elderly man with thirty-four years of sobriety. I remembered how he slipped, and it was enough to keep me from making that fatal mistake of taking the first drink.

I acquired a new respect for my illness that evening. I learned it was just lurking under the surface waiting for the first opportunity to raise its ugly head. I learned it truly was cunning and baffling.

— Rawlins R. - Tucson, Arizona



**THE MORRISTOWN GROUP**  
**314 S FAIRMONT-MORRISTOWN, TN**



**SATURDAY, OCTOBER 19<sup>TH</sup>, 2019**

**IMMEDIATELY FOLLOWING THE NOON MEETING AKA 1:00 PM**

**CONTESTANTS:**

**BRING YOUR CHILI IN A CROCKPOT**

**CHILIS WILL BE NUMBERED AND EVERYONE GETS A VOTE**

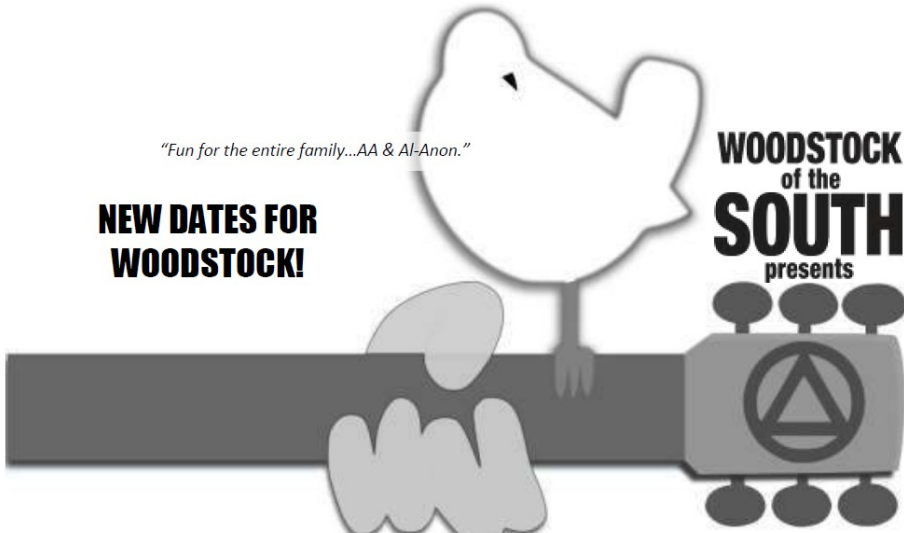
**WINNER GETS BRAGGING RIGHTS AND \$50.00 PRIZE**

**SPOONS, BOWLS, WATER, COFFEE, CRACKERS WILL BE PROVIDED**

**COME JOIN THE FUN! YOU DON'T HAVE TO COOK TO JOIN US!**

"Fun for the entire family...AA & Al-Anon."

**NEW DATES FOR  
WOODSTOCK!**



**Nov. 21 - 24, 2019**

**Legacy Lodge,  
Lake Lanier Islands,  
Buford, GA**

**Questions?**

Just go to [www.aawoodstock.com](http://www.aawoodstock.com) or call 404 735-9271

Name \_\_\_\_\_

Name(s) on badge(s) \_\_\_\_\_

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AA

☐

Al-Anon

☐

Alateen

☐

Guest

E-mail Address \_\_\_\_\_

☐

Yes! I want to help someone attend Woodstock of the South!

Please use this amount for the Scholarship Fund! \_\_\_\_\_

\*\* Remember to include your check with registration

**WOODSTOCK  
of the  
SOUTH**  
DON'T MISS IT THIS TIME

# **1<sup>st</sup> ANNUAL CORRECTIONS COMMITTEE GRATITUDE PANCAKE BREAKFAST**



**Speaker Jami S. – Chattanooga**

**Saturday, October 12<sup>th</sup>  
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**

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**Service Workshops \* Panel Discussions \* Shared Service Experience**

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

Register Online at [www.area62.org/SSAASA](http://www.area62.org/SSAASA) or complete the form below

Meals and Lodging: Reserve rooms online at [www.lakejunaluska.com](http://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](mailto: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](mailto:SSAASAFive@gmail.com) or call 919-880-4026 (Elizabeth P) or 910-793-5895 (Kenneth C)



# District 4 Picnic



Louisville Point Park

Sunday Oct 13<sup>th</sup> 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

**The Golden Age Retirement Village** in East Knoxville by Skyline Park would like to have a meeting brought in and/or offer their space for a meeting. Contact Kimberly at 585-4044 if you or your group is interested.

**Seymour Sharing Group's** 40th Anniversary. We will be celebrating 40 years of carrying the AA message on October 25, 2019 at the Eat and Speak at 7:00pm. We will have cake and ice cream. So please come and help us celebrate this special time.

### NEW MEETINGS:

**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

The **Seven Islands Sobriety** in Kodak has started meeting again. Saturday, 4:00pm-5:00 pm; Discussion, Open; located at Bethel UMC, 9400 Kodak Rd, Kodak, TN 37764.

The **Riverside Group** at the Pigeon River Clubhouse, Pigeon River, TN, meets Monday through Sunday at 7:00am and Sunday at 8:00am. We will have a 7:00am meeting 7 days per week.

### MEETING CANCELLATIONS

The **Serenity Seekers Group** which has been meeting on Thursday nights at 7:00 pm at the Church of the Good Samaritan on N. Cedar Bluff Rd in Knoxville, TN, is no longer meeting.

The **Men's Sunday Meeting** 2pm at Rebos in Johnson City is no longer meeting.

The **There Is Hope** 10am Saturday morning meeting of Lafollette is no longer meeting.

The **Steps and Promises Meeting** at Fariview UMC, 2505 Niles Ferry Rd., is no longer meeting.

**EAST  
TENNESSEE  
INTERGROUP  
UNITY  
NEWSLETTER**

9217 Park West Blvd #B3  
Knoxville, TN 37923  
NEWSLETTER@etiaa.org

24/7 HOTLINE  
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**OCTOBER 2019**

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