

EAST TENNESSEE INTERGROUP UNITY NEWSLETTER



November 2019
Volume 43, Issue 11



Step Eleven:

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

”

Prayer and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a second-hand benefit. Or perhaps we don't believe in these things at all.

*Twelve Steps and Twelve Traditions, page 96. Copyright © 1981
Alcoholics Anonymous World Services, Inc.*

Eleventh Step Prayer

Higher Power, as I understand You,
I pray to keep my connection with You
Open and clear from the confusion of daily life.
Through my prayers and meditation I ask especially for
Freedom from self-will, rationalization, and wishful thinking.
I pray for the guidance of correct thought and positive action.
Your will, Higher Power, not mine, be done.

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 Eleven (Long Form):

Our relations with the general public should be characterized by personal anonymity. We think A.A. should avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better that our friends recommend us.

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

Tradition Eleven Checklist:

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

Concept XI:

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Concept XI Checklist:

- Do we understand how the roles of nontrustee directors and nontrustee appointed committee members help serve and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional “Right of Participation”?
- Do we practice rotation in all our service positions?

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
October 2019 Anniversaries

Roger B., 27 years
Joan S., 18 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)

Intergroup is located now 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 7:00pm.

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.

The Annual District 50/51 Christmas Party will be held on Saturday, December 7, 2019, at the Trinity United Methodist Church, 5613 Western Ave., Knoxville, TN 37921

6:00 pm to 9:00 pm  
Speaker at 7:00 pm

Please bring a covered dish

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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.

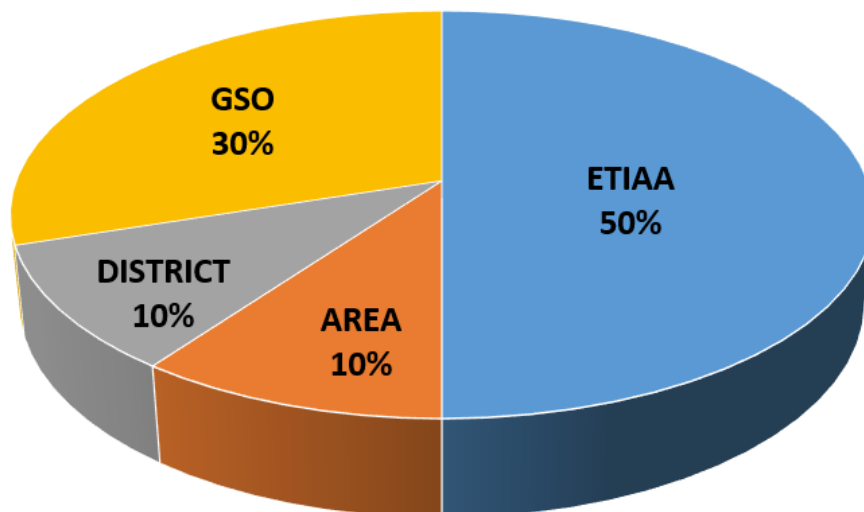
- The area committee, which coordinates vital AA activities over a broad geographic area, sends a delegate to the annual General Service Conference, holds area assemblies to determine the needs of the Fellowship, and provides information at all levels of service.

- 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)

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

**Prefer online contributions**

**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*

## SEPTEMBER 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 there are any concerns that need to be addressed, let us know. We would love the chance to address them and possibly attend your business meeting.

|                            | Sep 19 | Jul - Sep 19 |                         | Sep 19          | Jul - Sep 19    |
|----------------------------|--------|--------------|-------------------------|-----------------|-----------------|
| 1ST THINGS 1ST-P40         | 435.14 | 435.14       | SEYMOUR SHARING         | 0.00            | 247.12          |
| 4TH DIMENSION              | 0.00   | 627.00       | SOBER PRIDE             | 0.00            | 1.64            |
| BACK TO BASICS- OAK RIDGE  | 0.00   | 100.00       | SOBRIETY SOCIETY- SO-SO | 200.00          | 200.00          |
| BIG BOOK RECOVERY          | 25.00  | 50.00        | STEPS FORWARD           | 0.00            | 55.00           |
| COLONIAL GROUP             | 0.00   | 50.00        | TELLICO VILLAGE         | 0.00            | 60.00           |
| CONTRIBUTION JAR           | 7.30   | 20.87        | TENNESSEE GROUP         | 0.00            | 477.42          |
| COOKIE GROUP               | 120.00 | 120.00       | TRI-STATE GROUP         | 0.00            | 300.00          |
| DAILY REPRIEVE             | 2.82   | 2.82         | WORKING WITH OTHERS     | 0.00            | 50.00           |
| DISTRICT 50/51             | 30.00  | 120.00       | <b>TOTALS</b>           | <b>1,283.44</b> | <b>7,060.70</b> |
| FOUNTAIN CITY SERENITY     | 0.00   | 592.50       |                         |                 |                 |
| FREE AT LAST               | 60.00  | 60.00        |                         |                 |                 |
| GOOD VIBES                 | 0.00   | 0.00         |                         |                 |                 |
| GROUP PRIMARY PURPOSE      | 0.00   | 75.00        |                         |                 |                 |
| GROUP WITH NO NAME         | 350.00 | 350.00       |                         |                 |                 |
| GSMRC EVENT                | 2.56   | 2.56         |                         |                 |                 |
| Individual                 | 3.44   | 142.97       |                         |                 |                 |
| JEFFERSON CITY UNITY       | 0.00   | 78.29        |                         |                 |                 |
| KODAK HWY 66               | 0.00   | 100.00       |                         |                 |                 |
| LAFOLLETTE-THERE IS HOPE   | 20.00  | 60.00        |                         |                 |                 |
| LUNCH BUNCH- GREENEVILLE   | 24.85  | 96.90        |                         |                 |                 |
| MEMORIAL RECOVERY          | 0.00   | 100.00       |                         |                 |                 |
| MORRISTOWN GROUP           | 0.00   | 30.00        |                         |                 |                 |
| NEW BEGINNING- LOUDON      | 0.00   | 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                 | 0.00   | 325.00       |                         |                 |                 |
| RIVERSIDE GROUP            | 0.00   | 773.35       |                         |                 |                 |
| ROANE COUNTY UNITY         | 0.00   | 100.00       |                         |                 |                 |
| Sandy P                    | 2.33   | 2.33         |                         |                 |                 |
| SEEDS OF HOPE              | 0.00   | 25.00        |                         |                 |                 |

## DISTRICT 6 OCTOBER MEETING MINUTES

**October 5, 2019**

Attendees: Sandy W., DCM, Richard B., Tara H., Joan S., Lynnette B. Meeting was opened with the 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 there were more expenses for the month than donations. Checking account is still in good shape. Joan S. made a motion to accept Treasurer's report as submitted. Sandy W. seconded. Motion passed.

**Group Reports:** Primary Purpose – Richard B. stated that group celebrated their 29<sup>th</sup> Anniversary with snacks and cake before and after regular Friday Grapevine meeting, Grapevine reading from 1991 and it was well attended. Back to Basics has eat and speak first Saturday of every month, eat at 6, speaker at 7:00. Happy, Joyous and Free will continue to meet on Fridays until the end of October when meeting will be on Monday and Wednesday at noon. A decision on this will be made on 10/9. Norris Clinton – Tara H reports steady meeting attendance.

**Intergroup:** In January Intergroup meeting will be held on the 3<sup>rd</sup> Monday of every month at 6:30. Intergroup is in new location and will be open until 7:00 on Friday. Corrections and Treatment Committees are more active.

**DCM:** Sandy W. stated that there are 6 proposals for the 2020 General Service Conference. 1. Create "AA Comes of Age Part 2 "; 2. Remove 2 Delegate duties; 3. New pamphlet used to Carry the Message to AA Member; 4. Remove "opposite sex" from 12 X 12 and replace with "mate"; 5. Change "Living Sober" to "How Not To Take First Drink"; 6. Create pamphlet on members' experience, strength and hope on meditation.

Stories from older alcoholics are needed regarding their experiences with coming to AA and the tools used to maintain sobriety; 500-800 words, send to GSO, cutoff date is December 15.

**Old Business:** Sandy W. to contact Sherry to speak at workshop on 4<sup>th</sup> and 5<sup>th</sup> Step; Possible dates are 11/2 or 11/9.

**New Business:** There will be no District meeting in November. Elections were held at open positions remaining: DCM, Alt. DCM, and Alt. Treasurer with Committee Chairperson positions except for PI/CPC and Hospitality. Joan S. made a motion for a letter/flyer go to groups regarding continuing election on December 7 meeting and hopefully fill vacant positions.

Motion to adjourn at 11:00 AM. 7<sup>th</sup> Tradition - \$22. Next meeting to be held on December 7 at 10:00 at Serenity Club in Oak Ridge.

## INTERGROUP OCTOBER MINUTES

Opened with serenity prayer and monthly tradition

Introduction and sign-in sheet: Those present Rebekah R., David C., Carole W., Marian G., Annie B., Beth H., Jacque H., Greg S., Stacie G., Shelley M., Stephanie W., Joni Q., Fawn L.

Accepted September minutes.

Manager's report – Rebekah R.

- Paper Report Submitted- Contacted Tri-cities Website to request that they list Intergroup on their contributions page on their website.
  - Contacted UT about the recovery fair. Unable to add us. But delivered some literature. Will be contacted about future events.
  - Attended MDC Recovery Fair and gave away lots of schedules.
  - Attended ICOAA
  - Attended tech workshop NAATW with Shelley
  - Move went well. Will send out thank-you notes to those who helped with the moves and projects.a
  - Expenses – We had 3 paychecks covering 2 weekend workshops that took place in September.
- Mobile IG update
  - GSMRC Sept 20- Joni and Beth attended.
  - Serenity in the Smokies October 17-20 Newport Rebekah will attend.

Design for Living Oct 26<sup>th</sup> Dinnertime Tri-Cities – Need volunteer for this event.

Treasurer report – Fawn L – Balance sheet looks good. Prudent reserve is \$13,250. Checking account is in good shape despite moving expenses. Profit and loss – moving expenses put us in a hole for September, but outlook still good. Contributions were down for the month of September, mention to your groups if possible.

Hotline – Jacque H – Some changes with volunteers. Tammy T. and Frank T. helping with Wednesday nights and fourth weekend of the month. Prepare some hotline packets. Charlie G. helping out were needed, possibly some sign of appreciation. Barb S. is still working on the 12<sup>th</sup> step call list, communicating with her about updates. Need to figure out how to switch over the phones remotely now with new service provider.

Office Service Workers- Annie B – Everyone is showing up. All spots are covered Ended up giving keys to all workers. No key box right now. Keypad lock for new type of door was expensive.

Archive – Annie B – Looking for storage space for cassettes. Still checking on possibility of updating cassettes to CDs.

Website – Shelley M – 2700 users. Average session about 10 minutes. Most looking for meetings. Attended NAATW workshop with Rebekah. Gave report from workshop on websites and links. Add Grapevine link to our website.



## INTERGROUP OCTOBER MINUTES

Accessibilities – *Open*

Spanish Speaking Liaison – *Open*

CPC/PI – *Open*

Treatment- Beth H – Treatment workshop next Saturday, October 19, here at Intergroup from 11 to 1. CPC/PI committee meeting regularly at Intergroup last Wednesday of every month at 5:30 pm. Corrections – Marian – Will go with Beth to Kingsport in November. Attended (with Beth) District 50/51 district meeting and introduce ourselves. Reported on corrections event that took place yesterday. Proposal to attend National Corrections conference in Houston November 1 thru 3, total expense \$782.60. Need to book by October 18 for cheaper hotel rate.

Outreach – *Open*

Events - *Open*

### **Old Business**

- Yearly Reserve Re-Evaluation – Make a part of future outlook committee. Our prudent reserve is pretty modest.
- Rebekah's Evaluation Due in November – Eight people signed up. Committee will meet after November Intergroup meeting.
- Intergroup Future Outlook Committee – 5 years from now what does Intergroup like? How are we servicing our groups? Budgets for Corrections and Treatment? Budgets for Conferences?
- Need at least 5 on the committee. David and Stacie willing to participate.

### **New Business**

- Carole W. nominated as Accessibilities Chairperson.
- Approved motion for Marian G. to attend National Corrections Conference in Houston for \$850 (to include tax). Marian G. will bring in all receipts.
- Freezed prudent reserve at \$13,000 for now. Seems to be sufficient for time being.
- David C. and Stacie G. nominated to head up Outlook Committee. Report due in January.
- Tabled discussion about possible key box lock. For now have given keys to trusted volunteers.
- Elections coming up in December– Chair, Treasurer, Office Service Worker Chair, Website Chair, CPC/PI Chair, Spanish Speaking Chair, and Corrections Chair will be up for election.
- Shelley nominated to continue as Website Chair. Fawn L. nominated to remain a Treasurer. Marian G. nominated to continue as Corrections Chair. Annie B. nominated to remain as Office Service Worker Chair.

Intergroup will contribute a basket to the District 50/51 Christmas party. \$50 cap. Rebekah will prepare.

Next Meeting-Sunday, November 10, at 12:30pm.

## DISTRCT 50/51 OCTOBER MINUTES

**October 7:** Attending: Angela, Marian, Paul, Karen C., Sheldon, Katie, John, Jacque, Nathan, Erica, Trey, Jerry, Frankie, Sandra, Beth, Robin, Dary, Ralph

The meeting was opened by Jerry 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 reported that he went to the fourth quarter assembly. They had elections and new officers were elected. The proposed area budget passed. They adopted a form to hopefully streamline structure changes. He reminded everyone that the AA International convention is in Detroit next year.

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

### **Robin District 51**

She reminded everyone that we will be having elections next month for all service positions. Be thinking of a position that you might be interested in standing for and to encourage others to come and participate in district meetings and service.

DCM must have two years of sobriety, served one year as a GSR and have attended some assemblies.

Treasurer and Alternate Treasurer must have two years of sobriety.

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

### **Treasurer's Report – Ralph**

Ralph did not have the checkbook or bank access code with him so he did not have the balance available.

The secretary provided him the form so each DCM could sign it in order to add other people to the bank account.

He will be writing checks to the DCM's to reimburse them for their assembly expenses.

### **PCP/PI – Trey**

There was a proposed agenda item approved to change the Speaking at Non-AA Events Pamphlet. The committee will have the changes, the background and the changes to the delegate by December 14<sup>th</sup>.

The PCP/PI committee meets the last Wednesday of every month at 5:30 at the Intergroup Office.

### **Archives Report – Karen:**

Archives is decommissioning five books and will be giving them away as door prizes.

There will be an open house at Archives (in Murfreesboro) on April 18, 2020 from 2:00 to 5:00.

### **Treatment Report – John S.**

Meetings are still being held at Cornerstone, Centerpoint and Great Starts. They are making sure that pamphlets are being kept up to date at Centerpoint. They have bought books to use at Great Starts but they belong to the treatment committee.

The treatment committee will be hosting a workshop on October 19 from 11am to 1pm. It will be about how to chair a meeting and how to share the message in treatment.

## DISTRCT 50/51 OCTOBER MINUTES

Bridging the Gap needs a new chairperson. The qualifications are one year of sobriety.

You may contact John at [jsincla2@gmail.com](mailto:jsincla2@gmail.com)

### **Corrections Report – Frankie:**

Corrections will be having a pancake breakfast and speaker meeting on October 12<sup>th</sup> at Trinity United Methodist Church. We will eat from 9:00am to 9:45am and the speaker will speak at 10:00. Come help us out and do some service work!

The next corrections committee meeting will be on Wednesday October 9 at 6:30 at the Intergroup office.

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

### **Grapevine Report – Sandra:**

Sandra has received the two subscriptions for the Corrections Committee. She has another subscription that she has been distributing to some nonprofit organizations.

Sandra can be reached at: [sgbrown0418@comcast.net](mailto:sgbrown0418@comcast.net)

### **Events Report – Paul**

There is a District 50/51 Christmas party that is pending the approval of the church. It will be held on December 7<sup>th</sup> from 6pm to 9pm. Meat, tea and water will be provided by district and everyone will be asked to bring a side dish. Please ask your groups to make baskets to be raffled at the party.

Paul can be reached at 865-274-9190 or [pmuaddib80@gmail.com](mailto:pmuaddib80@gmail.com).

### **Bridging the Gap Report**

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

We need a new chairperson for this committee!

### **Group News:**

The TN group will be having their second anniversary dinner on January 25, 2020 at 6:00pm. There is dinner and there will also be a speaker from Atlanta.

The GSMORG has a hike on October 13<sup>th</sup> at 8:00am at Honeycreek in Big South Fork.

They will also be having a back-packing trip in November. More details to come.

They will also be having a bowling night on October 26<sup>th</sup> at 9:00pm on Western Avenue “Strike & Spare.”

### **OLD BUSINESS:**

### **NEW BUSINESS:**

Ralph mentioned that Intergroup had graciously offered to let district use their address for our correspondence. There was much discussion about this. Ralph made a motion to table the decision until next week.

Trey made a motion to make a \$30 contribution to Intergroup for the use of their office for our meeting.

A motion was made to adjourn the meeting. It was seconded and passed unanimously.

**THE NEXT DISTRICT MEETING WILL BE NOVEMBER 4<sup>th</sup> AT 6:30PM AT THE INTERGROUP OFFICE**



**ANNUAL  
DISTRICT 50/51  
CHRISTMAS PARTY**

**December 7, 2019 Saturday  
6:00 pm to 9:00 pm  
Speaker at 7:00 pm**

**Trinity United Methodist Church  
5613 Western Ave  
Knoxville, TN 37921**

**FOOD AND FUN FOR EVERYONE!!!**

**\*\*\*\*PLEASE BRING A COVERED DISH\*\*\*\***

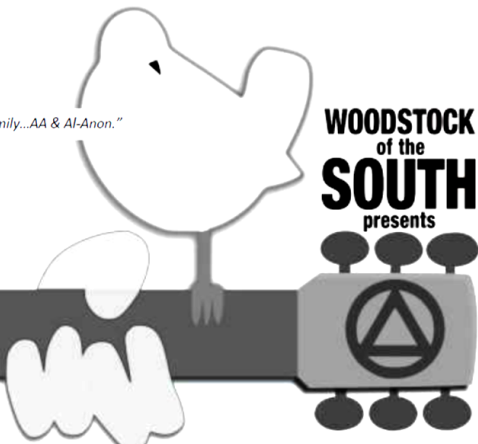


**Nov. 21 - 24, 2019**

**Woodstock of the South  
Legacy Lodge,  
Lake Lanier Islands,  
Buford, GA**

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

**NEW DATES FOR  
WOODSTOCK!**



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)

**Questions?**

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

Name \_\_\_\_\_

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

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

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# 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](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.



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### Service Experience:

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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)

## BONUS MATERIAL

**Blackout!** *From the April 1962 AA Grapevine magazine*

*Some of our weirdest case histories involve a loss of memory which is still a mystery to science*

ONE of the experiences which we share, and which normal drinkers can seldom understand, is the "blackout." Normal drinkers, if for some reason they try to see how much they can hold, can *pass out* but that is another thing entirely. The blackout, in its purest form, is a loss of memory of "what happened last night"--while we were behaving either normally to all appearances or were merely "high." Being a chronic victim of blackouts myself during my drinking years, I have been collecting incidents which happened to friends of mine and which I have heard recounted at open meetings. Here are a few:

Gail "came to" while walking on lower Broadway in Manhattan. She bought a paper to find out where she was and the date. She was wearing a completely strange outfit. There was money in her pocketbook, but no papers except a receipt for a bill paid at a Colorado ski lodge. She had been blacked out for two months, during which time she had traveled from San Francisco to New York, with a stop-over in Colorado.

Kathleen made six trips back to the Old Country and does not remember a single departure, crossing or arrival. She always blacked out before sailing, came to after arrival.

Joe, a Wisconsin farmer, rushed to the window each morning and sure enough, the stake truck was always parked in its garage. But every time he was drunk and blacked out, instead of using the regular lane he drove the truck carefully through the orchard, never scratching a tree.

Kay went back to visit a night club at which she had once been a featured dancer. It was now four years and many drunks later. She awoke the next day in a strange house and learned from her hostess that she had done an extraordinarily good dance number while in a blackout. No one had any idea she was drunk. Bob went on leave from a Veteran's Hospital in his wheelchair. He came to halfway across the U.S.A., being interviewed on a radio show.

There are a few alcoholics who have never had blackouts but most of us have had just the same sort of experiences though probably not quite as dramatic. But dramatic or not they are frightening. And our distress the next day isn't helped any by ignorant people who refuse to believe that a person can function apparently normally and not remember anything that happened. They often feel that we are simply cooking up an alibi in a cowardly attempt to evade responsibility for wild behavior.

I started to drink at twelve years of age, coincidental with getting my first job, a position at a resort hotel. At fifteen I graduated from high school. The morning after, I woke up to find that I had spent the night on the steps of a church in the central green of the little town where I was brought up. I had to ask my classmates three questions: Did I show up at the graduation? They assured me that I had. Did I deliver the speech that I was supposed to make? They said that I had. Did I make all kinds of a fool of myself? The answer was "Why nobody knew that you were drunk!" This was my first blackout, more than twenty years before AA came into existence.

At twenty-two I was night manager of a large theatrical club. On one occasion we were having a big affair for a V.I.P. I had been nipping prohibition liquor through the evening and I remember taking a drink around 11 P.M. The next thing I knew, I woke up in bed at home. It was 3 P.M. the next day. I went to work at 6 P.M. not knowing what kind of a mess I might be walking into, only to find that no one had the slightest suspicion that I had drunk too much. I had performed all my duties meticulously, including checking out several cashiers, balancing accounts and making up bank deposits of several thousand dollars. The affair had broken up at 3 A.M. and I had left about 6 after saying good night to the house detective and night clerk.

Beginning about 1930 my blackouts had become more or less chronic. From that time on I could rarely get beyond the sixth drink and still be able the next morning to recall where and with whom I had been, what I had done and what I had said. The "said" part is one of the most tormenting for many of us have the experience of being accosted the next day, either in person or over the telephone, and reminded of promises made the night before while we were apparently functioning quite normally. We promise partnerships, loans and

## BONUS MATERIAL

the use of "political influence." We buy and sell cars, order merchandise, bestow gifts on strangers, invite assorted "characters" home for the week end. And, one of the most upsetting of all, at office parties we outline to the Big Boss some brilliant plans for the future which the next day have completely evaporated, yet the boss expects us to carry them through.

One morning I inspected a new car of mine, with less than a thousand miles on the speedometer, and found that the entire left side had been so badly smeared that the car required new front and rear bumpers, new left front and rear fenders and a new running board.

One day a lady executive of the restaurant chain I was associated with for fourteen years came into the branch I was operating and thanked me for driving her and her husband home from a big employee blow-out held the night before. I knew her pretty well. I looked at her blankly and said, "I drove you home last night?"

"Sure you did. Don't you remember doing eighty miles an hour on Rockaway Boulevard?"

One of the most dangerous things about the whole deal is that for a long time we tend to consider blackouts a normal phenomenon associated with "gracious living." Actually, they are one of the earliest symptoms of alcoholism.

After I got into AA I began studying the case histories of other members of the Fellowship and comparing them with my own, especially in the blackout department. My blackout champion to date is a former professional boxer who had *an entire year* he could not account for!

I have asked an AA physician to give me a medical opinion on the cause of blackouts. He wrote as follows:

"An alcoholic blackout is purely and simply a problem of progressive anesthesia in a person who has a high tolerance to the anesthetic agent, alcohol. Physiologically, the alcoholic apparently builds up a tolerance to alcohol over the course of years so that at any given time he is able to tolerate more alcohol than he could in past years. Therefore, his body learns to tolerate large doses of it. He by-passes the nausea and vomiting stage and lingers on his feet long enough for the frontal lobes to be anesthetized. The frontal lobes are where consciousness is located as we understand it. Thus, he is 'blacked out.' Some very complicated pharmacological and physiological mechanisms go on in a blackout, but it is primarily a partial anesthesia in a person with a high tolerance for a toxic substance."

Some of these mechanisms are complicated indeed--puzzling. Toward the end of my drinking career I started having blackouts when I was cold, stone sober!. I have another AA friend who did the same--it was the final shock which caused him to realize that his life had become unmanageable when he found himself having a conference with the editor of a famous magazine, and he could not remember how he got into the office, what he was doing there or what was the article they were discussing. He was not drunk; it happened the day after a real wing-ding. And when he left the office it happened again--he found himself walking down the street with no recollection of how he got there. If alcohol had anesthetized the frontal lobes of his brain, why did it suddenly stop anesthetizing them and why did it suddenly start again? And stop again, when he "came to"?

I would not presume to contradict my learned medical friend, but I think that in us alkie something happens a little differently--I think a blackout of this kind occurs *at the moment when we seem to come to*. I think something suddenly wipes out a portion of the memory. The theories of what memory is and how it works are constantly changing anyhow. Maybe someday we will know how the human mind remembers and, consequently, what can cause it to stop remembering--in sections.

But of one thing I am assured--I will not have any more blackouts as long as I stick with the Fellowship, stay away from the first drink a day at a time, do not get exhausted, get plenty of sleep, get plenty of protein in my diet, and plenty of vitamins--and let God run the world.

-- M. L.; Chicago, Illinois



## 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.

**NOTICE:** ETIAA has a meeting listed in **Sunbright, TN**, for which we think the address is incorrect. We have currently removed the meeting from the meeting guide. Please call 865-522-9667 if you have any information.

### NEW MEETINGS:

The **Happy Destiny Group** meets on Saturdays, 5:30pm to 6:30pm, at the Old Gun Cabin Building, 325 Whitecrest Dr, Maryville, TN 37801. Type of meeting: Living Sober, Newcomer, Open. Old Gun Cabin Building between Krystal and Bowling Alley.

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

### MEETING CHANGES

**Trudging The Road Group** meets on Sundays, 6:00pm to 7:00pm, (formerly met at Mount Zion UMC in Dandridge) now meets at Holy Trinity Catholic Church, 475 TN-92, Jefferson City, TN 37760. Type of meeting: D, O Discussion, Open.

The **Day Drinkers Group** (formerly met at 3631 Western Ave, Knoxville, TN) now meets on Fridays, Noon to 1:00pm, at THE MEETING HOUSE, 3607 Western Ave, Knoxville, TN 37921. Open Meeting; Bus Route: 12/90, North Knoxville.

### MEETING CANCELLATIONS

The **Seven Islands Sobriety Group** in Kodak and the **Monday Meeting** at the **Metro Group** are no longer meeting.

AA meetings are no longer happening at **The Meeting House** on Western Avenue.

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**NOVEMBER 2019**

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