EAST TENNESSEE INTERGROUP UNITY NEWSLETTER



December 2019 Volume 43, Issue 12

Step Twelve:

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

THE joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety.

When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it. Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs. "What do you mean when you talk about a 'spiritual awakening'?" they ask.

Twelve Steps and Twelve Traditions, page 106. Copyright © 1981 Alcoholics Anonymous World Services, Inc.

Twelfth Step Prayer

Dear God,

My spiritual awakening continues to unfold.

The help I have received I shall pass on and give to others,

Both in and out of the Fellowship.

For this opportunity I am grateful.

I pray most humbly to continue walking day by day

On the road of spiritual progress.

I pray for the inner strength and wisdom

To practice the principles of this way of life in all I do and say.

I need You, my friends, and the program every hour of every day. This is a better way to live.

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 <u>during even-</u> <u>numbered months</u> 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

<u>CPC/PI committee</u> meets regularly at Intergroup the last Wednesday of every month at 5:30 pm.

<u>**Corrections**</u> meets the 1st Friday of the month at 6:30pm

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

<u> District 50/51 - Treatment</u>

<u>**Committee</u>** meets at 7:00pm on the 2nd Thursday of the month at Park 40; includes Bridging the Gap.</u>

Tradition Twelve (Long Form):

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

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

Tradition Twelve Checklist:

1. Why is it good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?

2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?

3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?

4. Do I ever try to get a certain AA group to conform to my standards, not its own?

5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?

6. Does my personal behavior reflect the Sixth Tradition-or belie it?

7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?

8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?

9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?

10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?

11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?

12. What is the real importance of me among more than a million AAs?

Concept XII:

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

Concept XII Checklist:

- How do we guard against becoming a "seat of perilous wealth or power"?
- How do we practice prudent use of our Seventh Tradition contributions and literature revenue?
- Do we insure the spiritual liberties of all A.A. members by not placing any member in the position of absolute authority over others?
- Do we try to reach important decisions by thorough discussion, vote and, where possible, substantial unanimity?
- As guardians of A.A.'s traditions, are we ever justified in being personally punitive?
- Are we careful to avoid public controversy?
- Do we always try to treat each other with mutual respect and love?

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

<u>Primary Purpose Group,</u> <u>Oak Ridge; November 2019</u>

Becky M., 19 years John N., 15 years Rex B., 1 year

So-So Group

Jacque H. December 8 years Shannon C. December 6 years Bernice P. December 6 years

<u>Primary Purpose Group,</u> <u>Knoxville</u> Dave R., November 36 years

Monday Night Men's Group; Knoxville Larry H. November, 1 year

Submit AA Anniversaries to: newsletter@etiaa.org

Please use the following format:

- ◊ *first full name*
- ◊ *last name initial*
- o birthday month

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 <u>prior</u> 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)

Intergoup 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*.

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.

For Small Business Saturday on November 30th, we will be open 9am to 5pm.

The Intergroup Office will be closed the following days for the Holidays.

Thursday, November 28	Wednesday, December 25
Friday, November 29	Thursday, December 26
Tuesday, December 24	Tuesday, December 31

Wednesday, January 1, 2020

As always we are reachable 24/7 at 865-522-9667

MOBILE INTERGROUP When should we visit your group?

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

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 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.

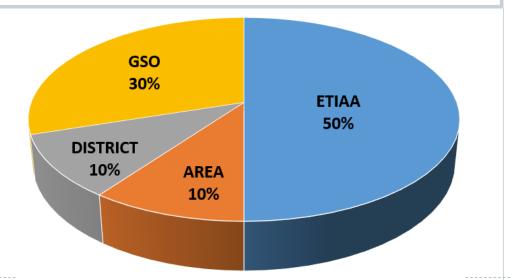
• The area committee, which coordinates vital AA activities over a broad geographic area, sends a delegate to the annual General Service Conference, holds area assemblies to determine the needs of the Fellowship, and provides information at all levels of service.

• 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]

7TH TRADITION SUGGESTED CONTRIBUTIONS



Every AA group ought to be fully selfsupporting, 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

General Service Office Grand Central Station P.O. Box 459 New York, NY 10163 <u>www.aa.org</u> Prefer online contributions

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

NEW ADDRESS

AA District 50/51 Treasurer 9217 Park West Blvd Suite B-3 (ETIAA) Knoxville, TN 37923

Please be sure to include your Group Name and Number

OCTOBER 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.

		ul—Oct 19		Oct 19	Jul - Oct 19
1ST THINGS 1ST-P40	0.00	435.14	ROANE COUNTY UNITY	0.00	100.00
4-WAY GROUP	50.00	50.00	Sandy P	0.00	2.33
4TH DIMENSION	0.00	627.00	SEEDS OF HOPE	0.00	25.00
BACK TO BASICS- OAK RIDGE	0.00	100.00	SERENITY IN THE SMOKIES	7.24	7.24
BIG BOOK RECOVERY	25.00	75.00	SERENITY SEEKERS	70.00	70.00
BLOUNT COUNTY GROUP	150.00	150.00	SEVEN ISLANDS	40.00	40.00
COLONIAL GROUP	50.00	100.00	SEYMOUR SHARING	317.00	564.12
CONCORD GROUP	81.46	81.46	SOBER PRIDE	0.00	1.64
CONTRIBUTION JAR	0.00	20.87	SOBRIETY SOCIETY- SO-SO	100.00	300.00
COOKIE GROUP	0.00	120.00	STEPS FORWARD	0.00	55.00
DAILY REPRIEVE	0.00	2.82	TELLICO VILLAGE	60.00	120.00
DISTRICT 50/51	30.00	150.00	TENNESSEE GROUP	164.78	642.20
FOUNTAIN CITY SERENITY	150.00	742.50	TRI-STATE GROUP	0.00	300.00
FREE AT LAST	0.00	60.00	TURNIP PATCH	109.00	109.00
GOOD VIBES	0.00	0.00	WORKING WITH OTHERS	0.00	50.00
GROUP PRIMARY PURPOSE	0.00	75.00	TOTALS	2,557.75	9,618.45
GROUP WITH NO NAME	0.00	350.00			
GSMRC EVENT	0.00	2.56			
Individual	163.08	306.05			
JEFFERSON CITY UNITY	0.00	78.29			
KODAK HWY 66	0.00	100.00			
LAFOLLETTE-THERE IS HOPE	20.00	80.00			
LUNCH BUNCH- GREENEVILLE	6.25	103.15			
MEMORIAL RECOVERY	0.00	100.00			
MORRISTOWN GROUP	0.00	30.00			
NEW BEGINNING- LOUDON	0.00	100.00			
NEW PATH	30.00	30.00			
NORRIS CLINTON GROUP	0.00	100.00			
NORTH GATLINBURG GR	362.00	582.87			
ONEIDA	0.00	50.00			
OUR PRIMARY PURPOSE	40.00	114.00			
PHOENIX GROUP PRIMARY PURPOSE- OAK RIDGE	531.94 0.00	1,016.86 200.00			
PRIME TIME	0.00	325.00			
RIVERSIDE GROUP	0.00	773.35			
	0.00	0.00			

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 29th 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 3rd 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^{th} and 5^{th} 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^{th} 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.
- o Attended MDC Recovery Fair and gave away lots of schedules.
- o Attended ICOAA
- o 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
- o Expenses We had 3 paychecks covering 2 weekend workshops that took place in September.
- Mobile IG update
 - o GSMRC Sept 20- Joni and Beth attended.
 - o Serenity in the Smokies October 17-20 Newport Rebekah will attend.

Design for Living Oct 26th 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 12th 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

November 4, 2019

Attending: Angela, Trey, Sheldon, Ralph, Jerry, Katie, Jacque, Eddie, Karen, John, Andrew, Sandy, Nathan, Frankie, Robin

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 attended the treatment workshop.

He reminded everyone about the Christmas party on December 7th. He distributed fliers.

He mentioned the International Convention coming up in 2020 and that he is still considering chartering a bus to go if anyone is interested.

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

Robin District 51

Robin is doing research and going around to ask which groups would allow ASL interpreters into the meetings. She has received some information from GSO about it (if you want this information, you can ask Robin). She isn't sure if the person that needs the interpreter has to provide one but she is working on finding out. She is also trying to determine if there are any meetings that currently have interpreters so they can be listed as ASL accessible on the meeting schedule.

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

Treasurer's Report – Sheldon

Our current balance in checking as of October 31, is \$1861.01. There have been some checks deposited that are not reflected in that balance.

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

PCP/PI – Trey

Trey and Nathan are going to UT tomorrow to talk to a recovery coordinator at the hospital. The request for this came through Intergroup.

They have been talking about options for PSA's. They could not find a TV station that was willing to do a free PSA without us being affiliated with someone else. The idea now is to use small billboards for PSA's. They are asking for an additional \$900 to cover the cost of renting the billboards. The cost would be \$1500 for six boards to run throughout the year. They have contacted some people in Australia to see if we can use the images they use on theirs; no response to date. They are possibly thinking about getting an AA member to paint an image. The PCP/PI committee will finalize everything (images, etc. and bring back to district). Jerry made a motion to table until the next meeting. The motion was seconded and passed unanimously.

The next PCP/PI meeting will be on Wednesday November 27th at 5:30 at the Intergroup office.

Archives Report – Karen:

There are no new group histories. The position of Archives chair will be open. Her goal before her term is up is to give each GSR what she has for their group.

Treatment Report – John S.

The treatment workshop went well, and they feel like they got information to people that really needed it regarding how to chair a meeting.

DISTRCT 50/51 OCTOBER MINUTES

They are working with the nonviolent parole board offenders to take a meeting into their day center. Bridging The Gap still needs a chairperson!!!! Bridging the Gap has recently been able to help several people.

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

The next treatment committee will be on Thursday November 14th at 7:00pm in the Blue Room at Park 40.

Corrections Report – Frankie:

The First Annual Gratitude Pancake Breakfast was a success! The corrections committee hopes to do it again next year.

The monies raised will be given to district and used to purchase literature for Corrections.

Always looking for new volunteers!

Frankie would like everyone to take the following information back to their groups and get feedback on the subject of bringing Morgan County corrections into our district and supporting them financially.

District would like more information on how much Intergroup is supporting this meeting before making a decision.

The next Corrections meeting will be Friday November 8th at 6:30pm.

Frankie can be reached at: <u>frankie.ramos@rocketmail.com</u>

Grapevine Report – Sandra:

Sandra was not present.

Sandra can be reached at: sgbrown0418@comcast.net

Events Report – Paul

Paul was not present, but he sent word to remind everyone of the District Christmas party on December 7th. Paul can be reached at 865-274-9190 or pmuaddib80@gmail.com.

Bridging the Gap Report

There is currently no chair for Bridging the Gap but we need one.

Group News:

OLD BUSINESS:

Ralph made a motion to close the current P.O. Box in North Knoxville and have all of District's mail come to the Intergroup office. The motion was seconded and passed by majority vote.

NEW BUSINESS:

Trey made a motion to pay Intergroup \$30 for the use of the office for the District meeting. The motion was seconded and passed unanimously.

Elections were held for the new DCM's. The people that agreed to stand were Frankie, Jacque, Nathan and Trey for District for 50 and Angela for District 51.

The new DCMS are: Jacque for District 50 and Angela for District 51.

Katie L. was nominated for District Secretary and she agreed to stand. She was voted in unanimously.

The Archivist Chair is still open, and we will continue to bring it up at every district meeting.

The Events Chair is still open also.

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

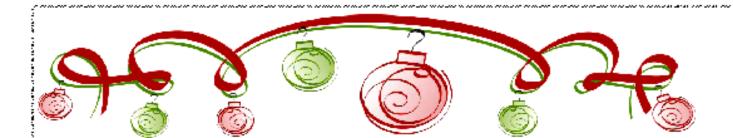
NEXT DISTRICT MEETING WILL BE DECEBER 2 AT 6:30PM AT THE INTERGROUP OFFICE

We at Intergroup would like to give a HUGE THANK YOU to all those who helped us move to our new location.



- . Annie B.
- . David C.
- . Beth H.
- . Trent W.
- . Clara M.
- . Jerry H.
- . Charlie D.
- . Harry N.
- . Fawn L.
- . Jenna H.
- . Meagan C.
- . *Trey M*.

- . Bob W.
- . Toby W.
- . and the guys from Recovery Trail
- . Robin Y.
- . Susi M.
- . Greg S.
- . Mike
- . Joni Q.
- . Scott
- . and Charlie G.





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****



BLOUNT MEMORIAL HOSPITAL AUDITORIUM

FOOD & FELLOWSHIP 6-8pm FOLLOWED BY GUEST SPEAKER Susan O.

MAIN DISH, DRINKS & UTENSILS WILL BE PROVIDED PLEASE BRING A COVERED DISH!

COME JOIN US FOR GOOD FOOD, FELLOWSHIP & A MESSAGE OF AMAZING EXPERIENCE, STRENGTH & HOPE THIS JOYOUS HOLIDAY SEASON!



Come celebrate the Holidays Serenity Improvement Group AA Invite your family and friends December 21, 2019 5:00 pm to meeting at 7:00 pm Open event

Meat, drinks and table settings provided Bring a side dish or dessert to share

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Celebrate a Sober New Years

Tuesday December 31st AA Sober Event by District 1 9:30 pm till 12:45 pm Prospect Center Kingsport TN (The old Mac building) Corner of Center and Prospect Bring finger food Wear your dancing shoes

BONUS MATERIAL

Editorial: On the 12th Step

Grapevine -- October 1945 (thanks Ronny H)

"Having had a spiritual experience as the result of those steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Very few of us know the exact hour and date we had our spiritual experience, and some of us are not conscious of ever having had one at all. However, our changed personalities and perspectives are definite proof that "something" happened to us somewhere along the line as those who knew us "when" will attest.

A.A.s refer to the 12th Step as "working with others," and this means we try to help the other person work out his or her problem. From our vast fund of knowledge on the subject, gained from our own actual experiences and often under similar conditions, we are peculiarly qualified to exercise that sympathetic understanding that only another alcoholic can have and which is so important in talking to a person who, like ourselves, is allergic to alcohol. This is the crux of the success obtained by groups throughout the country. This A.A. program, which is responsible for our own sobriety, and for giving us a new lease on life, was handed to us on a silver platter and without monetary cost. It is our bounden duty, therefore, to pass it on in the same manner to those who want it. It was not intended for us to keep to ourselves.

We are admonished to, "Go ye and spread the gospel," and Webster defines gospel as: "Any doctrine concerning human welfare that is agitated as of great importance." Surely, to us alcoholics it is of the utmost importance. We carry out the 12th Step when we share our gift by telling others of the help we have found, by lending encouragement to those who find the way difficult, by making calls when requested to, and by attending meetings to show to the sensitive newcomer that he or she is not alone.

Sobriety, however, is not enough and length of sobriety is not so important as quality of sobriety. The A.A. program is a design for living normal, happy lives, and it is necessary that we practice the principles of tolerance, patience, unselfishness, humility, and that we curb our all too human desire to criticize and bear resentment.

It is sometimes discouraging to talk to a person who does not immediately respond to our "pearls of wisdom," but right there is where we exercise patience and realize that once the seed has been sown, John Barleycorn is our best salesman. Two years ago O.L. was called upon in New York City and after three or four meetings considered himself "cured," and in no further need of association with the A.A. group. Last week I was called to a hospital here in Atlanta, to interview a patient who turned out to be my old friend O.L. who had sense enough to scream for A.A. and was now "ready" for the entire program. None of us can let our defenses down, for unless we keep everlastingly at it we are doomed.

Persons thank us for showing them the way, and relatives are inclined to credit one or another of us with the recovery of their loved one. It is then that we realize that "Of myself I am nothing" --and we thank the Power greater than ourselves for making us an instrument of His ways.

T. B. Atlanta, Georgia

BONUS MATERIAL

Dr. Bob's Last Message

Presented at The First International Conference of Alcoholics Anonymous July 28 - 30, 1950 at Cleveland, Ohio

In Memoriam Dr. Robert Holbrook Smith August 8, 1879 - November 16, 1950 Co-founder of Alcoholics Anonymous

"My good friends in AA and of AA. I feel I would be very remiss if I didn't take this opportunity to welcome you here to Cleveland not only to this meeting but those that have already transpired. I hope very much that the presence of so many people and the words that you have heard will prove an inspiration to you - not only to you, but may you be able to impart that inspiration to the boys and girls back home who were not fortunate enough to be able to come. In other words, we hope that your visit here has been both enjoyable and profitable."

"I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing that I did a number of years ago, played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

"But there are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis; one is the simplicity of our Program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual AA work. Our 12 Steps, when simmered down to the last, resolve themselves into the words love and service. We understand what love is and we understand what service is. So let's bear those two things in mind.

"Let us also remember to guard that erring member - the tongue, and if we must use it, let's use it with kindness and consideration and tolerance."

"And one more thing; none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend or attempt to, that help which has been so beneficial to us, to our less fortunate brothers. Thank you very much."

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.

NEW MEETINGS:

SUNDAY BIG BOOK STUDY; Sundays 4:00pm--5:00pm; REBOS Buliding; 213 E Maple St, Johnson City, TN 37601. Big Book, Closed meeting; Bus Route: Blue.

KEEP LEANING FORWARD Group (west Knoxville; Mondays Noon--1:00 pm; CEDAR SPRINGS PRESBYTERIAN church; 9132 Kingston Pike, Knoxville, TN 37923; Closed (last Monday of the month is OPEN), Literature. Bus route: 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

The Newport *Seeds of Hope Group* has made some meeting changes:

New meetings: Tues, and Thursday at noon: First United Methodist Church, 212 Washington Avenue, Newport TN, 37821

Meeting discontinued: Thursday, 6:00pm, First Baptist Church, 261 E Broadway Newport TN, 37821.

All other meetings remain unchanged.

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* <u>are no longer meeting.</u>

Final Destiny Meeting at Calvary Church in Greeneville <u>no longer meets</u>.

EAST TENNESSEE INTERGROUP UNITY NEWSLETTER

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

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



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