

# UNITY NEWSLETTER



January 2021

Volume 45; Issue 1

## A.A. Oldtimers...On the First Step

A.A. Grapevine, November 1944, Vol. 1 No. 6

*"We admitted we were powerless over alcoholism –  
that our lives had become unmanageable."*

The first of the 12 steps in the creed or philosophy of Alcoholics Anonymous is, "We admitted that we were powerless over alcohol—that our lives had become unmanageable." By such an admission any alcoholic, provided he is sincere, has achieved his first success on the road to well-being.

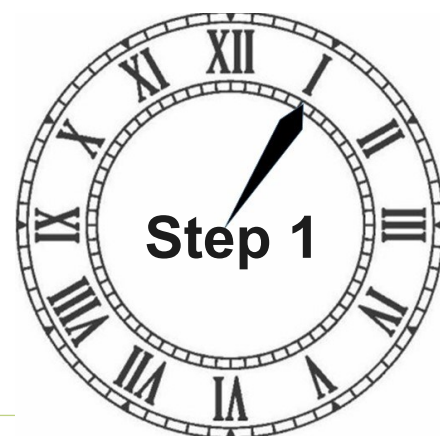
Such an admission is usually very difficult for the alcoholic to make. The very nature of his disease makes him shun the knowledge of his inability to cope with the problems of everyday life. Hence his desire for something that will rapidly create whatever he thinks he lacks as an individual. With a few drinks under his belt he can fashion the most wonderful dreams about himself. These dreams can become his real characteristics—but only when he recognizes that he must dominate alcohol rather than have alcohol dominate him.

The sincerity with which the newcomer takes the first step is the gauge by which his recovery through A.A. can be measured.

Over the years the alcoholic develops a three-dimensional ability at picture building, which is a kind way of saying that alcoholics are adept liars. So that by really taking the first step—admitting freely and without reservation that he is an alcoholic—a person starts to build a new pattern of thought. The whole, at last, is fabricated from truth rather than wishful thinking or fantasy.

"Ye shall know the truth—and the truth shall make you free" applies certainly to the first step in this program—for truth, to the alcoholic, is simply admitting to himself that he can't handle alcohol, and because of this his life is unmanageable. To those who accept this first step the other eleven follow in the natural course of events—as the scope of the teachings of A.A. become realized and some small rewards have been received.

John B.



*"We admitted we were  
powerless over alcohol —  
that our lives had become  
unmanageable."*

## In This Issue

- Preface to first edition of "Alcoholics Anonymous" .....p 2
- Link to the Akron AA Manual, 1940.....p. 3
- Intergroup Financial Report .....p. 6
- December 2020 Intergroup Meeting Minutes.....pp. 7

**East Tennessee Intergroup of Alcoholics Anonymous  
Presents  
2021 Monthly Online Zoom Step Meetings**



Second Saturday of the Month from 10:00am to 11:00am ET  
(limited to first 100 attendees)

STEP 1, January 9<sup>th</sup> Speaker: Gerry C. - Dundee, Scotland

STEP 2, February 13<sup>th</sup> Speaker: Mike D. - Brooklyn, NY

STEP 3, March 13<sup>th</sup> Speaker: Penny P. - Livermore, California

Zoom ID: 881 6025 4458

*For More Information Contact the ETLAA Office Manager at 865-522-9667*

## **Forward to 1st Edition of “Alcoholics Anonymous”**

WE, OF Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book. For them, we hope these pages will prove so convincing that no further authentication will be necessary. We think this account of our experiences will help everyone to better understand the alcoholic. Many do not comprehend that the alcoholic is a very sick person. And besides, we are sure that our way of living has its advantages for all.

It is important that we remain anonymous because we are too few, at present to handle the overwhelming number of personal appeals which may result from this publication. Being mostly business or professional folk, we could not well carry on our occupations in such an event. We would like it understood that our alcoholic work is an avocation.

When writing or speaking publicly about alcoholism, we urge each of our Fellowship to omit his personal name, designating himself instead as “a member of Alcoholics Anonymous.”

Very earnestly we ask the press also, to observe this request, for otherwise we shall be greatly handicapped.

We are not an organization in the conventional sense of the word. There are no fees or dues whatsoever. The only requirement for membership is an honest desire to stop drinking. We are not allied with any particular faith, sect or denomination, nor do we oppose anyone. We simply wish to be helpful to those who are afflicted.

We shall be interested to hear from those who are getting results from this book, particularly from those who have commenced work with other alcoholics. We should like to be helpful to such cases.

Inquiry by scientific, medical, and religious societies will be welcomed.

ALCOHOLICS ANONYMOUS.

At the bottom of the meeting information (right) is a link to the 1940 Akron AA Manual

Dr. Bob says that this little booklet was written and being distributed within one year of the publication of the Big Book, which would date it to 1940. On the basis of a number of statements made within the text, it certainly could not have been produced much later than that. This pamphlet assumes hospitalization at St. Thomas Hospital under the care of Sister Ignatia and the overall supervision of Dr. Bob as the normal first step in recovery, and gives recommended readings (e.g. the Upper Room for your morning meditation) which dropped out of A.A. practice fairly soon thereafter, but parts of its advice are still very relevant, and it makes very fascinating reading even today. We must assume that Dr. Bob himself (and probably Sister Ignatia too) gave their approval to the statements made in this little booklet.

LINK



### *Should I ZOOM or meet in person?*

Current information about new meetings, changed meetings, discontinued meetings, and more can be found here:

<https://www.etiaa.org/meeting-update-info-2020/>

East Tennessee Printable Meeting lists:

<https://www.etiaa.org/meeting-information/>

Meeting Search:

<http://www.etiaa.org/meetings/>

Meeting Guide App:

[https://www.aa.org/pages/en\\_US/meeting-guide](https://www.aa.org/pages/en_US/meeting-guide)

Please let Intergroup know of any changes:

[manager@etiaa.org](mailto:manager@etiaa.org)

or call 865-522-9667



**NEW!** PDF Link to the Akron Manual for AA (1940)

<https://aaagnostica.org/wp-content/uploads/2015/01/A-Manual-for-Alcoholics-Anonymous-Compressed.pdf>

## **Step One: We admitted that we were powerless over alcohol—that our lives were unmanageable.**

WHO cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

### **First Step Prayer**

Dear Lord, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction.



### **Tradition One (long form):**

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

### **Tradition One Checklist:**

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?



**Concept I and Checklist:** Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down triangle of A.A.?



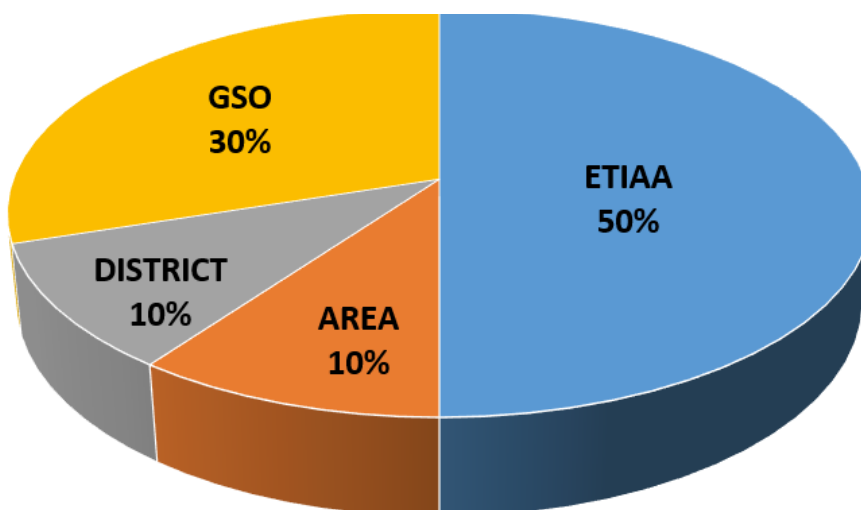
## How can groups participate?

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)

#### **New ways to donate:**

**Paypal Manager@etiaa.org or 865-320-8649**

**Zelle Manager@etiaa.org or 865-320-8649**

**Venmo @ETIAA**

**General Service Office**  
**Grand Central Station**  
P.O. Box 459  
New York, NY 10163  
[www.aa.org](http://www.aa.org)

**The GSO prefers 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 St.  
Kingsport, TN 376604

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

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

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

## Intergroup Financial / Contributions Report

GROUPS DONATING	Jul 20—		GROUPS DONATING	Jul 20—	
	Nov 20	Nov 20		Nov 20	Nov 20
1ST THINGS 1ST KNOXVILLE 719412	100.00	1,350.00	MEMORIAL RECOVERY 112566	0.00	50.00
4-WAY GROUP	50.00	100.00	MORRISTOWN GROUP	0.00	50.00
4TH DIMENSION	0.00	358.25	NEW BEGINNING- LOUDON	0.00	50.00
BACK TO BASICS- OAK RIDGE	50.00	300.00	NORRIS CLINTON GROUP	0.00	50.00
BIG BOOK RECOVERY	0.00	145.00	NORTH GATLINBURG 157790	0.00	146.75
BLOUNT COUNTY GROUP	0.00	150.00	Paypal	0.00	8.00
BREAKFAST BUNCH GREENEVILLE	0.00	110.00	PHOENIX GROUP	0.00	912.00
COLONIAL GROUP	0.00	200.00			
COLONIAL HEIGHTS 99658/120932	0.00	35.00	PRIMARY PURPOSE- OAK RIDGE	0.00	250.00
CONTRIBUTION JAR	13.00	38.97	ROANE COUNTY UNITY 112631	50.00	50.00
COOKIE GROUP	0.00	240.00			
COVER TO COVER	0.00	120.00	SATURDAY MORNING BIG BOOK	0.00	553.70
DANDRIDGE UNITY 638213	86.00	86.00	SEEKERS JONESBOROUGH 66383	0.00	20.00
DOWN BY THE RIVER 101834	400.00	400.00	SERENITY IMPROVEMENT	0.00	600.00
FOUNTAIN CITY SERENITY	0.00	168.08	SERENITY SISTERS 630722	0.00	1,620.79
FREE AT LAST 712012	0.00	36.00	SEYMOUR SHARING	0.00	420.00
GROUP WITH NO NAME	0.00	210.00	SOBRIETY SOCIETY- SO-SO 709581	0.00	200.00
HAPPY HOUR	115.00	1,208.00	STEPS FORWARD	0.00	110.00
HAPPY, JOYOUS AND FREE	0.00	50.00	SUNDAYS AT 7-KNOXVILLE	0.00	130.00
HIGH NOON ROGERSVILLE 713957	30.00	30.00	TCYPAA	10.00	40.00
HIGH NOONERS-P40	0.00	200.00	TELLICO VILLAGE	0.00	90.00
Individual	66.92	3,164.20	TENNESSEE GROUP 723519	0.00	202.90
KEEP LEANING FORWARD	0.00	90.00	TRI-STATE GROUP-HARROGATE	0.00	200.00
KODAK HWY 66	150.00	150.00	UNKNOWN GROUP	0.00	108.82
LAFOLLETTE-THERE IS HOPE	20.00	100.00	Venmo	0.00	39.00
LUNCH BUNCH- GREENEVILLE	0.00	99.71	WEST KNOXVILLE GROUP	0.00	102.30
			<b>TOTALS</b>	<b>1,140.92</b>	<b>15,143.47</b>

*East Tennessee Intergroup of AA fiscal year is July 1 -June 30*



### DONATIONS TO DISTRICT 50/51

**Mail all District 50/51 donations** to the Intergroup Office. Please make sure you are specifying on the check AND on the outside of the envelope that is for District. 50/51.

**District 50/51; C/O. East TN Intergroup; 9217 Park West Boulevard #B3; Knoxville, TN 37923**

Make your check out to District5051. This will help the office staff maintain separation between Intergroup and District donations

Also, donations can accepted electronically with Venmo at: @Sandra—Brown-289

Thank you for your support! Also, if you have questions or concerns, the District 50/51 treasurer may be contacted at 865.599.5288. Initially, texting will be the fastest option for contact.

## **December 2020 Intergroup Meeting Minutes**

Open with Serenity Prayer and monthly Tradition at 6:30.

Present via Zoom: - Tami D, Rebekah R., Fawn L., Suzanne A., Heather B., Brad T., Dave., Greg S., Robert G., Carole W., Wesley., Sterling, Mark R., Thomas, Nancy T., Ken L., Maggie, Annie B., Nicole L.

Groups Represented: Group affiliation not requested.

Previous minutes were accepted, motion by Fawn L., seconded by Mark R., all in favor.

### **Manager's Report – Rebekah R.**

- Remind – Rebekah again asked for anyone wanting to be added to the Remind App for staying up-to-date with announcements and updates to add their contact information in the Zoom chat box.
- Discontinue Zoom meeting list – Rebekah advised she has now combined the in-person meeting list with the Zoom meeting list and all are in PDF format. The Zoom meetings listed include a hyperlink for direct navigation to Zoom meeting log in. Rebekah also advised she wants to remove all meetings that have been suspended due to Covid19 from the meeting list and that they can be added back as they open back up.
- Christmas gifts for service workers – Rebekah advised the Starbucks gift cards were emailed to the Intergroup service workers today and should be received within the next 3 days.
- Extended Open House – Rebekah reported the Open House is going well. Lots of t-shirts given away in the raffles. She stated she needs some help for the next couple of weeks as she is under quarantine due to an exposed family member.
- US/Canada Forum – Rebekah participated in the Forum 12/05/2020 and spoke with many other Intergroup managers specifically about issues arising from the ongoing pandemic.
- Office Rearranged – Rebekah showed pictures of the new office arrangement (Thank you Greg S.!).

### **Treasurer's Report – Fawn L.**

- Profit and Loss – November net income \$1701.84. December 1-16 net income \$1704.87. Year to date, as of December 16th net income \$6393.87.
- Fawn reported cash, checking and prudent reserve all healthy!
- Motion to accept Treasurer's report by Maggie., seconded by Mark R., all in favor.

### **Hotline – Susi M. – not present**

Rebekah advised the Hotline workers workshop is still in the works and she is looking into new Hotline software.

### **Service Workers – Annie B.**

Need more people to fulfill obligations and fill in when necessary.

### **Archives – Annie B.**

Nothing new to report

## **Website – Sterling**

Rebekah sent a link to the new website for all to review. Sterling asked for on-going feedback as they are working on revising the website. Sterling advised he is getting lots of help on this project from SuZanne A. and Eamonn. There is lots to do and they are currently working on new forms for the purposes of updating meetings and applications for service work positions. New site will be live sometime in 2021!

## **Accessibilities – Carole W.**

Carole advised nothing new to report

## **Spanish Liaison – still open**

## **CPC/PI – Robin G. – not present**

## **Treatment – Beth C. – not present**

## **Corrections – Marian G. – not present**

Marian reported via text to Tami D., nothing new to report

## **Outreach - open**

Ken L., advised he is willing to be a backup to the chair. Otherwise nothing new to report.

## **Events – SuZanne A.**

SuZanne shared a spreadsheet with all of the upcoming speakers for the Step Series Workshop. All months are filled save July and August as she would like to put together a couple of live events for those months. More to come! Flyers for the January, February and March Step Workshops have been printed in the newsletter and posted to appropriate social media sites.

## **Mobile Intergroup – Patrick - not present**

## **Old Business:**

December Elections for open positions: the following people had been nominated for open positions and a vote was taken all at once to approve the following nominations. All were in favor, none opposed.

Vice Chair – Welsey nominated.

Secretary – Tami D. nominated.

Hotline Chair – Susi L. nominated.

Archives – open

Accessibilities Chair – Carole W nominated.

Outreach Chair – open

Treatment Chair – Beth C. nominated.

## **New Business:**

Fawn L. – stated she would like to see the Intergroup office begin to recycle paper. She is willing to bring a box for this purpose and is also willing to come by and empty as needed.

Meeting closed via motion from Annie B. and seconded by SuZanne A. at 7:30 pm. All in favor.

**Next meeting to be held Monday January 18th at 6:30pm**





# **GOODBYE 2020!**

## **District 6 PRESENTS:**

**A Zoom Seminar with  
Shannon C.  
Area 64 Alt. Delegate**

**Shannon will share her experience  
with us on service work at the Area level.  
Opportunities available to you in Area 64.**

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**SATURDAY JANUARY 2ND 2021  
10:00-10:30 AM Eastern**



**<https://us02web.zoom.us/j/84746054072?pwd=SERBTXJ0QmhZzZVJQXFqSjZzWE11dz09>**

**Meeting ID: 847 4605 4072**

**Passcode: 129368**

**We will present other speakers and topics throughout the year.  
Please let us know if you have a topic or speaker you want to see.**





# PRICE CHANGES

Starting 1st November 2020 your local intergroup office is offering reduced pricing on the following items

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**BRONZE MEDALLIONS - \$1.00**

**HARD BACK BIG BOOK - \$9.50**

**PRICE REDUCTION ON GRAPEVINE**

**PRICE REDUCTION ON GENERAL SERVICE**

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East Tennessee Intergroup Office

\*Some items may increase in price

*On the lighter side....*



*“Ooh, look... it’s Mister Cunning, Baffling, and Powerful!”*



Jingle all the way.

Half jingles  
availed us nothing.

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email subscription.**

**January 2021**



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