



Unity Newsletter



“Came to believe that a Power greater than ourselves could restore us to sanity.”

A Personal Story of how an unwilling, defiant A.A. took Step Two

When I first came to A.A., I didn't believe that I was an alcoholic... but I could agree that I was slightly nuts. As a matter of fact, when I showed up at the San Fernando Valley Central Office of A.A., on the morning of December 28th, 1985, I was of the opinion that I had gone insane.... and I was hoping that I could find someone at A.A. to pronounce me insane and to validate my belief that I did not have a drinking problem.

Let's face it. If I had a drinking problem, I might have to learn to control my drinking... and I had already tried controlling my drinking and it didn't work. I couldn't control my drinking. I had come to realize that my drinking was killing me, but not drinking was just as lethal. At least while I was drinking I was moderately sane... and when I was sober..... I was totally nuts. I needed alcohol to live... but drinking alcohol was killing me. Sounded like insanity to me!

But, naturally I could not be an alcoholic, because I thought that you had to be living on skid row drinking out of a paper bag, stuffed into the pocket of one of the seven layers of dirty stinky overcoats. And, that sure didn't describe me.

When I showed up at A.A., I wasn't looking to get sober..... Who in their right mind would want to be sober? (Well. I'd have to agree -- WHO in their RIGHT mind would be landing in A.A.?) :-)

I was hoping that A.A. would know where I could find a rubber room to be locked up in because I had gone crazy. I had been in a rubber room before... you can usually find one in the drunk tank at a city jail. The room has rubber on the walls, rubber on the cell door, a big hole in the floor to puke or pee in, and they take all your clothes, hose you down for a shower, and slide food under the door when it's time to eat.
—(cont. on p. 16)

DISTRICT MEETINGS

District 1 meets ODD MONTHS ONLY at 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 the 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.

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

Step Two: “Came to believe that a Power greater than ourselves could restore us to sanity.”

“Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.”

Tradition Two: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Tradition Two Checklist:

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

Concept II: Concept II: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

Concept II Checklist:

Do we have an understanding of the history of the General Service Conference (the “Conference”)?

What is a Conference Advisory Action? Does our home group’s G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?

Is our group meeting its wider Seventh Tradition responsibilities?

Bill W. & Dr. Bob



The 1940 “Akron Manual for Alcoholics Anonymous” can be found at the following website:

http://silkworth.net/pages/aahistory/akron_manual.php

The 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.

Submissions

Is your group celebrating Birthdays/Anniversaries? Are you? Do you have AA-related questions or myths that Intergroup of East Tennessee Alcoholics Anonymous (ETIAA) can answer for you? Is there an "In Memory" group member to be recognized? We encourage all appropriate submissions by sending them to:

Newsletter Coordinator,
manager@etiaa.org

Around East Tennessee

Meetings: New, Changed, and Discontinued:

The **Kodak Meeting** times on Wednesdays and Thursdays has changed to 6pm.

The **Cover to Cover Meeting** has changed their Tuesday meeting time to 7pm.

Final Destiny Group in Greeneville has moved locations. This open discussion meeting (handicap accessible) now meets at Eastview Recreation Center, 456 E. Bernard Ave. It meets on Tuesdays at 6:00 PM.

Green Pastures in Elizabethton has moved locations. This open discussion meeting (handicap accessible) now meets at 546 East Elk Avenue.

The **Greeneville women's meeting, A Women's Journey** no longer meets.

Service Opportunity

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.

AA Birthdays:

Primary Purpose Group, Oak Ridge, TN
January 2020 Anniversaries

Joe S.,	3 years
Doug M.,	1 year

Back to Basics Group, January
Johnnie S. 21 years

Intergroup Anniversaries
Rebekah R. 10 years 2/17/10
Frankie R 10 years 2/14/10

Maryville 12 Step Group
Howard B. 40 years
Greg S 34 years

Please use the following format: **first full name; last name initial; birthday month; number of years sober**

Intergroup Financial / Contributions Report

December 2019	Dec 19	Jul - Dec 19	December 2019	Dec 19	Jul - Dec 19
1ST THINGS 1ST-P40	398.16	833.30	NEW PATH	0.00	30.00
4-WAY GROUP	0.00	50.00	NORRIS CLINTON GROUP	100.00	200.00
4TH DIMENSION	0.00	627.00	NORTH GATLINBURG GR	0.00	582.87
BACK TO BASICS- OAK RIDGE	50.00	150.00	ONEIDA	0.00	50.00
BIG BOOK RECOVERY	0.00	100.00	OUR PRIMARY PURPOSE	0.00	114.00
BIG BOOKS STUDY P40	0.00	374.36	PHOENIX GROUP	0.00	1,016.86
BLOUNT COUNTY GROUP	0.00	150.00	PRIMARY PURPOSE- OAK RIDGE	0.00	400.00
COLONIAL GROUP	0.00	100.00	PRIME TIME	360.00	685.00
CONCORD GROUP	0.00	81.46	RIVERSIDE GROUP	0.00	773.35
CONTRIBUTION JAR	7.35	40.32	ROANE COUNTY UNITY	0.00	150.00
COOKIE GROUP	0.00	120.00	Sandy P	0.00	2.33
COVER TO COVER	130.00	130.00	SEEDS OF HOPE	0.00	50.00
DAILY REPRIEVE	0.00	2.82	SERENITY IMPROVEMENT	0.00	200.00
DANDRIDGE UNITY 638213	0.00	64.00	SERENITY IN THE SMOKIES EVENT	0.00	7.24
DISTRICT 50/51	30.00	210.00	SERENITY SEEKERS	0.00	70.00
DOWN ON THE RIVER	200.00	200.00	SEVEN ISLANDS	0.00	40.00
FOUNTAIN CITY SERENITY	0.00	742.50	SEYMOUR SHARING	0.00	564.12
FREE AT LAST	0.00	60.00	SOBER PRIDE	0.00	451.64
GOOD VIBES	0.00	0.00	SOBRIETY SOCIETY- SO-SO	0.00	300.00
GROUP PRIMARY PURPOSE	0.00	75.00	STEPS FORWARD	55.00	110.00
GROUP WITH NO NAME	275.00	675.00	SUNDAYS AT 7	225.00	225.00
GSMRC EVENT	0.00	2.56	TELLICO VILLAGE	0.00	120.00
Individual	456.06	838.83	TENNESSEE GROUP	0.00	642.20
JEFFERSON CITY UNITY	138.05	216.34	TRI-STATE GROUP	0.00	300.00
KEEP LEANING FORWARD	0.00	52.00	TRI-STATE GROUP-HARROGATE	300.00	300.00
KODAK HWY 66	0.00	100.00	TURNIP PATCH	0.00	109.00
LAFOLLETTE-THERE IS HOPE	20.00	120.00	WEST KNOXVILLE GROUP	0.00	86.72
LUNCH BUNCH- GREENEVILLE	82.05	291.05	WORKING WITH OTHERS	0.00	100.00
MEMORIAL RECOVERY	0.00	150.00	TOTALS	3,026.67	14,566.87
MORRISTOWN GROUP	200.00	230.00			
NEW BEGINNING- LOUDON	0.00	100.00			

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

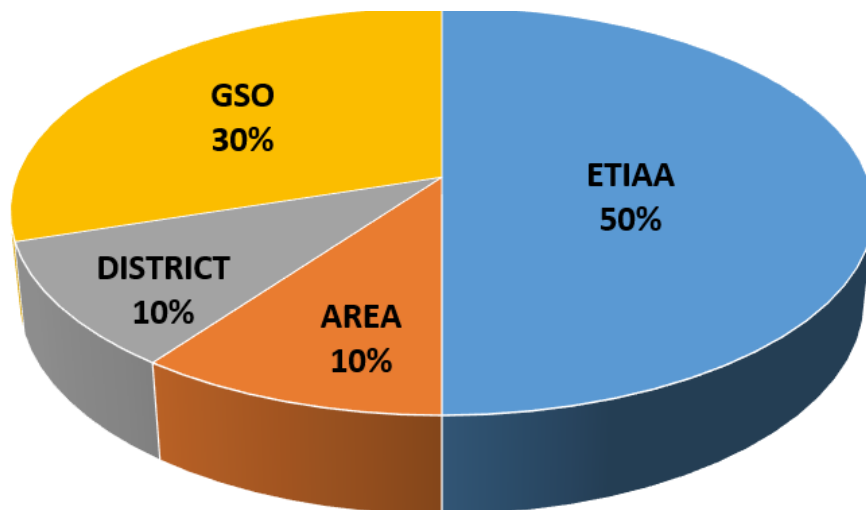
How can groups participate?

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

www.aa.org
The GSO prefers 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.

January Intergroup Minutes

Service Committees

Intergroup Committee meets at 12:30pm on the 3rd Monday of the month at 6:30pm 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.

District 50/51 CPC/PI Committee meets regularly at Intergroup the last Wednesday of every month at 5:30 pm.

District 50/51 Corrections Committee meets the 1st Friday of the month at 6:30pm

To add your district's service committees email us at manager@etiaa.org

Open with serenity prayer and monthly tradition 6:30 pm

Introduction and Sign-in sheet Barb S., Fawn L., Annie, David R., Jacque H., Bob w., Bernice P., Marian G., Suzan A., Caitlin M., Carol W., Robin G., Brad T., Lynette B., Katie E., Rhonda M., Heather B., Trent W., Rebekah R., Susi M., present.

Groups Represented: Dist. 1/Colonial Heights, P-40 1st Things First, Sobriety Society, Dandridge Unity, Tennessee Group, Cookie, Primary Purpose/Dist.6, Morristown Group, and 4th Dimension.

Accept/modify previous minutes: Accepted

First Tradition was Read by Fawn

Manager's report – Rebekah R

Mobile IG update Still need a chair for this

Plan Open House Moved to April 25, 2020. Need Chair people to be there to help answer question, will have discounted items and some give always.

Need complete written description of what each position does.

Getting Ready for Appalachian Regional Round-up. We have 2 vendors giving us consignments. We get our own room. Yay. Need bar code Scanner to use at event, and also tablets. Will buy remaining pieces. Will be scheduling training for volunteers at this event.

Website update: new site in Progress, still functional.

Need help re-labeling and Re-organizing Pamphlets.

Barb is our new DCM for Dist. 1

Jacque is our new DCM for Dist. 50

Angela is our new DCM for Dist. 51 Thank You all for your Service

Treasurer report – Fawn L. Well ahead on profit in comparison. Avg. Sales \$200.00.

Overall looking good.

Hotline – Jacque H

12 step list has now been updated. Thanks to Barb S. We lost our Monday night person so we will be needing that position to be filled, in the meantime Jimmy Z has volunteered to cover 2 nights for now. Trent also volunteered.

Office Service Workers- Annie B Still looking for people to fill is as regular day office help and or fill in/on call 1 yr. sobriety required.

Archive – Annie B No Report

Website – Shelley M 60% of users Less than 30 yrs. old. 3,000 users

Accessibilities – Carole W

Will list only meetings with both entrance and bathroom facility accessibility.

Spanish Speaking Liaison – open

CPC/PI – Robin: WBIR went well thru the holidays, November. 2019 10 thousand shown. Of the 10,000 shown we got 111 clicks. Dec 2019 over 10 thousand shown and 47 clicks.

Robin is getting more involved and joining treatment and corrections to do more CPC-PI meetings with other DCM's also.

Caitlin introduced our survey that will go out to members to determine how well Intergroup is doing and what we can do to improve. There will be a dead line of Jan. 22 to April 22, 2020 and should take about 20 days to compile the results.

Thanks David and Caitlin for putting this together. We have the best Volunteers ever.

Treatment- Beth H

Corrections – Marian and Beth from Treatment and Corrections Committees are working together to now also with Dist.3 All Treatment centers are covered. Also getting involved with other dist. Still to coordinate literature. Making it available to more. Great Job Volunteers. Thank You

Outreach – Open

Events – Suzan not available, she is working on Open House for April.

Financial Outlook/Strategic Plan. David

Developing a survey for feedback. What services are used, and who uses them. This info will be used to help determine need for satellite office in Tri City area

Old Business

Would like to get a written description of all Chair positions.

New Business

Voted to reserve one more room for ARR to use for volunteers. \$405.00 was approved.

Voted for Rebekah to receive \$220.00 per diem for ARR

We will be getting an easel for all events.

Rhonda from Morristown will be hunting for a new map for our wall at intergroup.

Motion made to discount on all items by 10% at Open house. Approved

Motion to have Rebekah choose what will be given away at open house also. Approved

Meeting closed at 7:40 pm with responsibility statement.

Next Meeting-Monday, February 17th at 6:30pm

January District 50/51 Minutes

January 6, 2020

Attending: John, Sandy, Erica, Rick, Jerry, Trey, Andrew, David C., David T., Sheldon, Katie, Angela, Sandra, Jacque, Karen

The meeting was opened by Jacque 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.

Jacque District 50

Jacque introduces herself and lays out plan with Angela to attend all meetings in district and alternate chair the meetings.

2021 Knoxville would like to host 1st quarter assembly. We will discuss in new business.

Jacque will be attending 1st quarter assembly in Chattanooga.

Jacque can be reached at sweetiepie5267@gmail.com and/or 865-296-4501

Angela District 51

Angela will be attending 1st quarter assembly.

Angela can be reached agl8137@tds.net and/or 865-924-3055

Treasurer's Report – Sheldon

Our current balance in checking as of January 6, 2020 \$2,795.79 .

Including the Christmas party raffle money the balance is \$3,609.

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

CPC/PI – Trey

Lamar has cashed check for billboard. Should see the billboard go up by next month. PSA will go out stating if you don't like the billboards you are welcome to attend the PI meeting. The billboard cost is \$1500. Committee has decided on 6 different designs.

No data back on PSA click-rate for online campaign.

The next PCP/PI meeting will be on Wednesday January 29th at 5:30 at the Intergroup office.

Treatment Report – John S.

The treatment coordinates meetings for treatment centers. Great Starts, Cornerstone, Centerpointe are the three facilities where we currently have a presence. Treatment is looking for chairs for meetings

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

The next treatment committee will be on Thursday January 9th at 7:00pm in the Blue Room at Park 40.

Corrections Report – Frankie (filling in for Bree):

Bree W is new corrections chair. She was unable to attend today, but will be here next month per Frankie.

Currently in process of reorganizing for 2020.

Morgan County literature is "status quo".

Always looking for new volunteers!

The next Corrections meeting is TBA in February.

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

Grapevine Report – Sandra:

Sandra says we had a hiccup with Grapevine shipment for corrections. The booklets were delivered to Jacque to take to the facilities. The additional shipment has been going to VMC. If you need any booklets please let her know.

Sandra can be reached at: sgbrown0418@comcast.net

Events Report – Open (Erica J. voted in on 1/6/20)

Jerry reports on Christmas party: There was a total of \$814 made. We forgot to pass the 7th tradition basket.

Angela nominates Erica J. for Events Chair. Erica is unanimously voted as chair.

Bridging the Gap Report – David T.

Nothing to report. Making plans to talk to treatment facilities about the service of Bridging the Gap. Has not received any emails or phone calls.

David can be reached at: DavidThomasson@live.com

Archives Report – Open

Karen: There are no new group histories.

The position of Archives chair is open.

Group News:

January 18, 2020 8:00pm OSAT & Sobriety Society are having a movie night at St. Thomas Episcopal.

Tennessee Group hosting 2nd Anniversary Dinner January 25, 2020 6:00pm (meat provided...bring a covered dish) Food at 6:30/ Speaker at 7:30 @ 1001 Ebenezer Rd (Ebenezer United Methodist)

OLD BUSINESS: NONE

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.

Trey made a motion to pay both DCM's \$300 to attend assembly this weekend. The motion was seconded and passed unanimously. Angela made a motion to submit a bid to host the 2021 1st Quarter Assembly in Knoxville. The motion was seconded and passed unanimously. We need a proposed hotel contract, a written proposed budget and signed letter of support from District. Everything needs to be ready for proposal by 2nd quarter. Next Assembly Host Committee meeting will be February 3, 2020 at 5:30 at Intergroup Office.

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

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

Closed with the Serenity Prayer.

THE NEXT DISTRICT MEETING WILL BE FEBRUARY 3, 2020 AT 6:30PM AT THE INTERGROUP OFFICE

Service Work Opportunities for Intergroup

Looking for some Service Work? Here is a list of projects we currently need help with in the Intergroup office:

- Outreach to meetings; does not have to cover all of East Tennessee.
- Written Description of all chair responsibilities for each IG chair
- List of all service opportunities
- Meeting list/app coordinator to update meeting info
- Someone to help with YouTube videos
- Re-label and reorganize pamphlets

We have need for a Mobile Intergroup Coordinator. This service position coordinates schedules for all Mobile events, makes sure all service workers have been trained for the Mobile Intergroup and schedules the packing and put away of inventory. The majority of this service work can be performed from home. This is an ongoing position but is urgent now due the upcoming Appalachian Regional Roundup at the end of March.

Are you interested in doing some service work during the Roundup? The East Tennessee Intergroup of AA is currently looking for workers to man the Mobile Intergroup table during the event. Our first training in the Tri-Cities will be at 4:30pm before the Spaghetti Dinner Scheduled for April 22, 2020. If you are interested, contact the office.

We are looking for the following items for the Intergroup items:

- Do you have an old tablet collecting dust in your garage and looking for a new home?
- Do you have an extra square credit card reader?
- We are currently in need of tablets with USB compatibility to be used at remote events.

If you have one, please drop it by the office. We may also be able to meet you in a VERY well-lit public place to pick it up.



<https://www.surveymonkey.com/r/7GXHWPB>



On the lighter side....

Me: but I don't want to look at
my part
My sponsor:



Gentle Persuasion

Please take this survey and tell us how we are doing at the Intergroup?
<https://www.surveymonkey.com/r/7GXHWPB>

Take the East Tennessee Intergroup Satisfaction Survey



<https://www.surveymonkey.com/r/7GXHWPB>



You're invited to the

MOBILE INTERGROUP WORKSHOP

If you are interested in working the MOBILE INTREGROUP at any mobile events but especially the ARR, please join us!

Where: Boones Creek Christian Church
305 Christian Church Road
Johnson City, TN 37615

When: February 22, 2020

Time: 4:30 pm

If you need more info, call the
Intergroup Office at 865-522-9667.



Does Your
Have an

Home Group Intergroup Representative?

Keep your Home Group connected to events
and information in our area.

Help the *East Tennessee Intergroup of Alcoholics Anonymous* be an informed body to serve its local groups. Just as healthy AA groups need informed group consciences, so do healthy Intergroups.

Elect and Send your Home Group's Intergroup Representative to our next monthly meeting:

3rd Monday of every month
6:30 pm at the Intergroup Office
9217 Parkwest Blvd #B3
Knoxville, TN 37923
865-522-9667

ETIAA maintains our area's website and hotline; publishes our newsletter and meeting directory; has AAWS and Grapevine literature, chips and medallions for purchase; has information about Steps, Traditions, and other AA related topics, including Archives, Corrections, and CPC/PI

Service Opportunities: Outreach, Hotline, Volunteer in Office, CPC/PI

EACYPAA XVIII

PITTSBURGH PA MARCH 26-29 2020

WESTIN CONVENTION CENTER

EACYPAA2020.ORG



Our Pick Struck

GOLD



Appalachian Regional Roundup

"Faith without works is dead."

March 27-29 2020

Kingsport, TN

Speakers

Craig B from TX
 Astrid H from CA
 Steve L from TN
 Don L from WA
 Kent C from OH
 Tami P from CA
 Michael D from SD
 Billy N from GA
 Theresa F from CA
 Aaron J from NC (Al-Anon)

Meadowview Conference Resort
 & Convention Center
 1901 Meadowview Parkway
 Kingsport, TN 37660

Room Rate \$116.00
 Rate Cut Off Date March 5th
 Call Or Visit Our Website To Book
 423-578-6600

Make check or money order
 payable to Appalachian Regional
 Roundup & mail to:
 P.O Box 7494
 1001 N. Eastman Rd
 Kingsport, TN 37664

Join us for a golf outing on
 Friday! Starts at 9AM, meet at the
 clubhouse. 9 holes for \$23 or
 18 holes for \$38.

Pre-registration is \$25; cut off date March 13th
 \$30 at the
 door. Online pre-registration is
 available at
www.appalachianregionalroundup.com

For more information, contact Tia H at
 423-470-9203 or visit our website at
www.appalachianregionalroundup.com

Third Annual Appalachian Regional Roundup

name: _____
 address: _____
 city: _____
 state: _____ zip: _____
 phone: _____
 email: _____

name: _____
 address: _____
 city: _____
 state: _____ zip: _____
 phone: _____
 email: _____

scholarship contribution: \$ _____
 (lend a hand to those unable to
 pay the registration fee)

number of registrations: _____ total: \$ _____

Will there be a DJ, can I dance, what's the theme/dress code?

How can I avoid being boring and glum?

Anybody have a red bull?

What is TCYPAA?

TCYPAA Bid Committee

General interest meeting

6:30pm Sunday 02/02/2020 @

P40* Blue room

Got questions?

Show up and ask!

Refreshments potentially provided

TCY
TCY
TCY?

Where is TCYPAA?

Who understands how hard it is to get or stay sober as a young person in Tennessee?

Who can attend TCYPAA?

*P40 address: 9217 Park W Blvd, Knoxville, TN, 37923

JOIN US FOR THE 3RD ANNUAL ROUNDUP WARM UP!

Spaghetti Cook Off

SATURDAY FEBRUARY 22, 2020

BOONES CREEK CHRISTIAN CHURCH

305 Christian Church Road
Johnson City, TN

DINNER AT 6PM

SPEAKER AT 7:30PM

PAUL M.

ROCKAWAY BEACH, NY

- ▲ Enter your spaghetti or vote for your favorite
- ▲ Voting is by cash contributions
- ▲ Prize for 1st place winner
- ▲ All proceeds will benefit the Appalachian Regional Roundup
- ▲ Suggested \$3 donation





EAST TENNESSEE INTERGROUP – OPEN HOUSE!

FOOD, FUN, FELLOWSHIP!!!

Saturday, April 25th, 2020

9:00am to 6:00pm

9217 Park West Blvd., #B3, Knoxville

Stop by your East Tennessee
Intergroup (ETIAA) to learn more
about how we support AA in your
area!

**10% Discount Off All Merchandise!
Give-Aways!**

Meet Committee Chairs and find
out more about Service Work! For
more information contact
Manager@etiaa.org

*Sponsored by East Tennessee Intergroup
Alcohol Anonymous*



Cont. from p. 1

I didn't want to go to jail, because I felt like my luck was running out... and I'd probably be locked in a cell without the rubber... and I'd end up banging my head against the steel bars and then I'd have a massive headache in addition to being insane!!!

So, you could actually say that "I came to A.A. looking to get pronounced insane." Yet, when I saw the words "restored to sanity" in Step 2, I balked at it because I couldn't accept the fact of me being insane!!!! My sponsor would have said something like "Sounds like alcoholic thinking to me."

Then, I looked over to Step 3 and saw the word "God". And, I realized that I must be in the wrong place.... because I had already tried "God" and that just wasn't going to work for me. As a matter of fact, I already had an agreement with the God of my understanding... that we were angry at each other... and I wouldn't even use the word God, unless I was using it as part of a cuss word!!! If I was going to have to swallow this "God idea" I'd just rather die drunk and insane.

I hated the Serenity Prayer years before coming to A.A. I thought "what kind of low-life weak-kneed puke would ever have to accept something they could not change?" As far as my thinking was concerned, I was all-powerful and had tremendous self-will, self-knowledge, self-control, self-discipline, self-awareness, and self-reliance. I was not just an average everyday "real man" I was a very special, and unique self-made real man." Yes, I was a "little nuts" and "couldn't control my drinking" but I was still all of the above!!! I didn't need a God, a Higher Power, and I wasn't about to "come to believe in" anything other than me!!!

I later learned the hard way, that perhaps I was an alcoholic of a different type and what was working for them didn't work for me. In my first 5 1/2 months in A.A. I went to 3 and 4 meetings a day..... and got drunk less than 24 hours after my last meeting.

When I was able to finally crawl back into the doors of A.A., I did want to be sober. But, I couldn't get sober. I would leave my house sober... head to an A.A. meeting with the intention of being sober for the rest of my life, and I'd get drunk on the way to the meeting, and sit drunk in the meeting!!! Finally, after going to so many meetings drunk... and listening to them say "Just keep coming back..." I stopped coming back. What was the use?

When I did finally get a second chance at sobriety on November 14th, 1986, I became willing to do what recovering alcoholics in A.A. really do... and that was to be "willing to go to any lengths to stay sober" even if it meant taking the 12 Steps, calling my sponsor, going to meetings, and yes, even to swallow the God-stuff. That was easier said than done.

When I met with my sponsor and told him what had really happened to me, he said "I have some bad news for you." He said "In all my years in A.A., I've never seen an alcoholic of your type recover." I said "never?" And, he said "never". He said the only way I could ever have a hope of recovering was that if I found a God of my own understanding, and had some sort of spiritual experience that would relieve me of my alcoholism.

He pointed out that in Chapter 3, More about alcoholism, that it says "we alcoholics are men and women who have lost the ability to control our drinking."

That means... sober... I do not have the necessary power to stay away from next drink. That's what it means to me to be an alcoholic. That means, I'm screwed. I am doomed... to drink again and die an alcoholic death. That's the First Step. I'm powerless over alcohol, and no matter how well I try to manage my life, I'm screwed.

My only hope was that I could find a way to change my mind about the God stuff. My sponsor said "Do you believe that I have a God of my understanding?" I said "Yeah, I think you probably have one." He said "Do you believe that I am sober?" And, I said, "Yes. I believe you are sober."

Then, he said, "If I'm an alcoholic then how am I staying sober?" I said.... "Geez, I don't know. How are you staying sober?" (I guess you can tell by my brilliant intelligence, that in some areas I'm obviously a slow learner!).

So he tried again. "Do you believe in any kind of Higher Power?" I said, "I'm not sure." He said "would you be willing to believe in a Higher Power?" I said that "I'm not sure if I can." He said "How do you think all the alcoholics in A.A. are staying sober?" And, I said "They have a God, they have a Higher Power." And, then he said "Well can you go to A.A. meetings and believe that the alcoholics there have a Higher Power that is keeping them sober?" And, I said "Yeah. I can do that." He said, "Then I want you to go to meetings and be around A.A.'s who have a Higher Power. Hang out with them. And, start praying to whatever Higher Power that you think is around there that you can come to believe in it." I said "Okay. I can do that."

I'm not totally sure when it happened. But over time, I was able to discover many powers that were greater than me. Here's an example. Try to jump up in the air and just stay there. Try it more than once. If you are able to succeed my hat is off to you. You are a power greater than the power of gravity. I'm not. If you do not believe that electricity is a power greater than you... try putting a light bulb in your hand and make it light up by using your own energy. There is no power in the light bulb.

Have you heard of "magnetic fields?" Ever used a compass? A compass has no power in itself. Yet, the needle will always point to true north. That's because of the magnetic field of the earth. Try to get the needle to point south... on it's own. It can't do it. The magnetic field of the earth is a power greater than the compass. And, if you know how to read a compass... the compass is a power greater than you... even though it has no power of it's own. It can get you "unlost" if you are lost... if you know how to use it.

Plant a seed in good soil and water it and give it sunlight. The seed will grow into a plant of its type. That's because the seed is using several powers greater than the seed... and it grows. Try holding the seed in your bare hand and see if it grows. If it doesn't grow... that means there are powers greater than you. The 12 Steps are "Spiritual Principles." There is no power in the principles. We do not have to believe that they will work for us. But, we must take the actions to take the 12 Steps to find out if they will work for us. Some will not even try it. They will say "There is no intelligent reason why the 12 Steps will work." That's mind verses spirit. The mind says "it won't work." So, we have to take actions that we don't believe in.

And, when you take the actions... that you didn't believe in, and when you apply them.... something happens as a result of your actions. And, what happens, is explained to us in the Appendix II, Spiritual Experience, in the Big Book of Alcoholics Anonymous. They produce a psychic change. They produce the personality change that is necessary to recover from alcoholism.

"Came to believe" does not necessarily mean "now I believe". "Came to believe" is a process. In my early beginning I used it as "Came to A.A. meetings to believe that other alcoholics were staying sober." And, I was hoping that if I did what they did, I might recover also.

What is "sanity?" Sanity means "sound thinking." Admitting that I was alcoholic was probably the first sound thinking that I was able to achieve. Coming to believe that on my own... with my alcoholism... I was screwed, was also sound thinking.

As I took the 12 Steps, and kept coming back to A.A., my life began to change. My thoughts began to change. I was then able to see the truth about my condition of "powerless" and to see the truth about the "insanity of the first drink." Something was happening to me that I had previously been unable to make happen to me. I was staying sober... and I was discovering that I was able to be happy with my sobriety.

Remembering that "I am powerless" and remembering what the solution is, the 12 Steps, is why I keep going to A.A. meetings. "On my own, I'll come up with a different solution...." and that is very dangerous for an alcoholic of my type. That is sound thinking. And, sound thinking... is sanity.

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