



East Tennessee Intergroup

April 2020
Volume 44, Issue 4

Unity Newsletter



*Made a searching
and fearless moral
inventory of
ourselves.*

Taking Inventory – A.A. Grapevine, January 1955, Vol. 11 No. 8

WHEN I first began to hear people in AA talking about character defects I presumed I possibly had one or two. I knew definitely that I drank much too much but aside from that fact I was a pretty good guy.

One day I attended a meeting where a large sign was displayed:

CHARACTER DEFECTS

- | | |
|----------------|--------------------------|
| • Dishonesty | • Frustration |
| • Selfishness | • Impatience |
| • Resentments | • Condemnation of Others |
| • Egotism | • Inadequacy |
| • Fear | • Jealousy |
| • Anger | • Arrogance |
| • Hatred | • Remorse |
| • False Pride | • Self-Pity |
| • Self-seeking | • Revenge |
| • Conceit | • Worry |
| • Intolerance | • Anxiety |
| • Bigotry | • Uncharitableness |
| • Laziness | |

These words made little impression on me at the time as they evidently applied to someone else—not me.

At meeting after meeting that infernal sign stared me in the face. I resented it. One day I said so to myself and then I realized I was showing evidence of both resentment and anger. Maybe, I said to myself, I did have a character defect or two; maybe I should look them all over a bit more carefully.

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DISTRICT MEETINGS

District 1 : Not meeting until May.

District 2 : Not meeting in April.

District 3 will be skipping its April meeting.

District 4 will meet online; contact Mike T. for information.

District 50/51 meeting is online on Zoom.

<https://zoom.us/j/129330698>

Dial 1-929-205-6099

Meeting ID: 129 330 698

District 6 meets at 10:00am the first Saturday of the month at the Serenity Club.

Intergroup Meetings meeting will be available on Zoom.

<https://zoom.us/j/190817792>

Call 1-929-205-6099

Meeting ID: 190 817 792

AA in the time of COVID-19 News

Updates from Intergroup regarding meeting information and more can be found here:

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

Updated 8:25pm 3/26/2020

Please let Intergroup know of any changes: manager@etiaa.org or call 865-522-9667

Online Knoxville Meetings: <https://westknoxaaonline.wordpress.com/>

Meetings Currently Suspended or Moved:

Suspended:

Intergroup Office

Appalachian Regional Round-up cancelled (<https://www.appalachianregionalroundup.com/>)

District 1 Business Meeting until May

District 2 Meeting

Intergroup Open House 4/25

Alcoa-Surrender to Win (MLK)

Bristol, VA- TSDD Tri-Cities

Cosby- Our Primary Purpose

Erwin- Erwin Group

Farragut- Courage to Change, Concord Group, 11th Step Meditation

Gatlinburg- Friday 8pm Speaker meeting

Greeneville- Caring and Sharing

Harrogate- Tri-State Group

Johnson City- Broad Highway, Central, DOM Meeting, Sunrise Serenity/Serenity at 7, Unity Grits will be meeting via Skype- Contact Layla for more info.

Jonesborough- Seekers

Kingsport- Colonial Heights, Remax

Knoxville-Age of Miracles, Free at Last, Keep Leaning Forward, Metro, Saturday Morning Serenity (Online), Sober Pride (Online), Sobriety and Beyond, Tennessee Group, 1st 164, 4th Dimension (Online), 4 Way

Flat Iron- New Beginnings, Survivor, Unity

Park 40 Club- 1st Things 1st, Saturday Morning Big Book, Phoenix, High Nooners, Heart to Heart, Happy Hour, Nueva Esperanza, Serenity Sisters, Fresh Start, 12 Step, Prime Time, Speaking of Recovery

Recovery Central- Before Noon, Northside

Kodak-Kodak HWY 66

LaFollette- There is Hope

Maryville- 12 Step at Blount Memorial

Morristown= Morristown Fellowship (All Saints) Tuesday 8pm

Mountain City: I Am Responsible

Newport- Seeds of Hope

Rockford- Lenguaje Del Corazon, Rockford, Daily Reprieve

Rogersville- Rogersville Group at the Hospital

Sevierville- Pigeon River Club, Wears Valley Carriage House

Townsend-Down ON the River

Moved:

North Gatlinburg Group -Mon – Sat Noon meeting Mynatt Park (Outdoor)-Fri – Tue 7pm meeting White Oak Resort, 170 White Oak Resort Way, Galtinburg, TN

Kingsport- Serenity Improvement moved to Prospect Center, 1425 E Center St, Kingsport, TN 37664. Same Schedule.

Beyond Your Wildest Dreams moved to 4204 Nickleby Court, Kingsport.

Fountain City Serenity and North Station will meet in Fountain City Park Gazebo; 117 Hotel Rd, Knoxville, TN 37918

West Knox Group moving to Tyson Park Pavillion.

Morristown- The Morristown Fellowship (All Saints) will be meeting at 314 South Fairmont FRIDAYS at 8:00 p.m.

North Gatlinburg Group -Mon – Sat Noon meeting Mynatt Park (Outdoor)-Fri – Tue 7pm meeting White Oak Resort, 170 White Oak Resort Way, Galtinburg, TN

Piney Flats- Meeting has moved to 505 Price Road, Piney Flats, TN

Just in case someone can't get to a meeting with all that is going on right now, be sure to check out the AA Online Intergroup for a list of online meetings: <https://www.aa-intergroup.org/>

Step Four: “Made a searching and fearless moral inventory of ourselves.”

CREATION gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often far exceed their proper functions.

Tradition Four (long form): With respect to its own affairs, each A.A. group should be responsible to no other authority other than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

Tradition Four Checklist:

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

Concept IV: At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Concept IV Checklist:

- Do we understand the spiritual principles underlying the “Right of Participation”?
- What does “in reasonable proportion” mean? Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?
- Do we expect that, because we are A.A. members, we should

Unity Newsletter

is a monthly publication of East Tennessee Inter-group 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, Discontinued:

For approximately two weeks starting Monday 3/2/20 the **Pigeon River Club** meetings will be at Middle Creek UMC in the Fellowship Hall behind the Chapel at 1828 Middle Creek Road, Pigeon Forge, TN 37863.

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
March 2020 Anniversaries

Nora G.	27 years
Bob B.	17 years
Bill W.	14 years
Richard B.	11 years
Susan M.	7 years

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

BONUS: The 50 best AA speeches of all time:

<https://www.rehab4addiction.co.uk/resources/best-aa-speeches-all-time>

Intergroup Financial / Contributions Report

February 2020	Feb 20	Jul 19 - Dec 20	February 2020	Feb 20	Jul 19 - Dec 20
1ST THINGS 1ST-P40	0.00	833.30	NEW BEGINNING- LOUDON	0.00	200.00
4-WAY GROUP	50.08	150.08	NEW PATH	0.00	30.00
4TH DIMENSION	0.00	1,053.05	NORRIS CLINTON GROUP	0.00	200.00
BACK TO BASICS- OAK RIDGE	0.00	150.00	NORTH GATLINBURG GR	0.00	973.50
BIG BOOK RECOVERY	0.00	100.00	ONEIDA	0.00	50.00
BIG BOOKS STUDY P40	0.00	692.86	OUR GROUP	50.00	50.00
BLOUNT COUNTY GROUP	0.00	250.00	OUR PRIMARY PURPOSE	0.00	151.50
COLONIAL GROUP	0.00	150.00	PHOENIX GROUP	0.00	1,596.86
CONCORD GROUP	0.00	81.46	PRIMARY PURPOSE- OAK RIDGE	0.00	400.00
CONTRIBUTION JAR	12.43	60.83	PRIME TIME	0.00	685.00
COOKIE GROUP	0.00	240.00	RIVERSIDE GROUP	0.00	1,184.89
COURAGE TO CHANGE	200.00	200.00	ROANE COUNTY UNITY	50.00	200.00
COVER TO COVER	0.00	130.00	SEEDS OF HOPE	0.00	74.00
DAILY REPRIEVE- MARYVILLE	0.00	2.82	SERENITY IMPROVEMENT	0.00	200.00
DANDRIDGE UNITY 638213	0.00	64.00	SERENITY IN THE SMOKIES	0.00	7.24
DISTRICT 50/51	30.00	270.00	SERENITY SEEKERS	0.00	70.00
DOWN ON THE RIVER	0.00	200.00	SEVEN ISLANDS	0.00	40.00
FOUNTAIN CITY SERENITY	0.00	1,232.50	SEYMOUR SHARING	0.00	870.97
FREE AT LAST	100.00	160.00	SOBER PRIDE	0.00	451.64
GOOD VIBES	0.00	0.00	SOBRIETY SOCIETY- SO-SO	0.00	500.00
GROUP PRIMARY PURPOSE	0.00	75.00	SPIRITUAL PROGRESS	45.00	45.00
GROUP WITH NO NAME	0.00	675.00	STEPS FORWARD	0.00	110.00
GSMRC EVENT	0.00	2.56	SUNDAYS AT 7-KNOXVILLE	0.00	225.00
HAPPY HOUR	0.00	750.00	TELLICO VILLAGE	0.00	180.00
HIGH NOON ROGERSVILLE	40.00	40.00	TENNESSEE GROUP	0.00	800.73
Individual	73.86	1,012.46	TRI-CITIES GROUP- BRISTOL	0.00	300.00
JEFFERSON CITY UNITY	0.00	216.34	TRI-STATE GROUP-HARROGATE	0.00	300.00
KEEP LEANING FORWARD	186.00	238.00	TRUDGING THE ROAD	0.00	79.40
KODAK HWY 66	0.00	100.00	TURNIP PATCH	0.00	109.00
LAFOLLETTE-THERE IS HOPE	0.00	140.00	WEST KNOXVILLE GROUP	0.00	86.72
LOUDON	0.00	35.00	WORKING WITH OTHERS	0.00	100.00
LUNCH BUNCH- GREENEVILLE	34.73	325.78	TOTALS	1,747.10	21,157.49
MEMORIAL RECOVERY	0.00	150.00			
METRO GROUP	875.00	875.00			
MORRISTOWN GROUP	0.00	230.00			

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

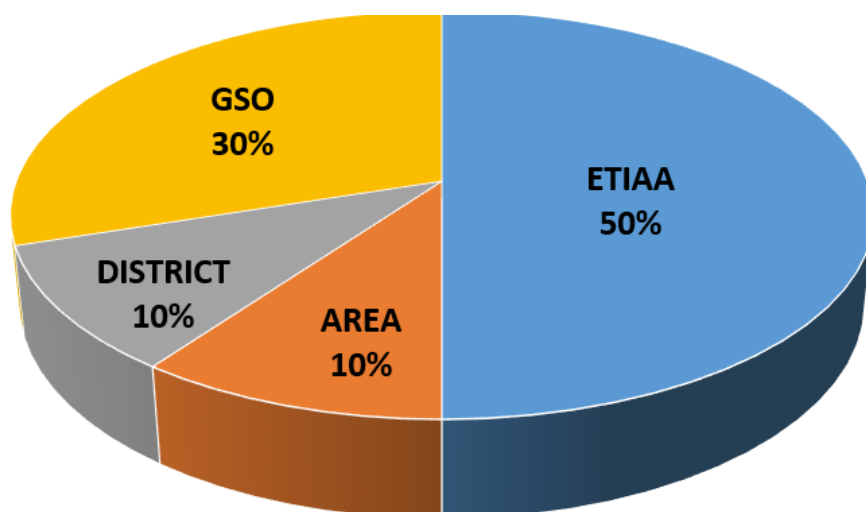
How can groups participate?

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 St.
Kingsport, TN 37604

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.

Service Committees

Intergroup Committee will be available on Zoom.

<https://zoom.us/j/190817792>

Call 1-929-205-6099.

District 50/51 meetings are online on Zoom.

<https://zoom.us/j/129330698>

Dial 1-929-205-6099

Meeting ID:
129 330 698

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

Does Your Home Group Have an 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

March 2020 Intergroup Minutes

Present (in office and via VOOM): Rebekah R., David C., Carole W., Katie R., Beth C., Robin G., Fawn L., Susi M., Calvin W., Patrick W., Ken L., Heather B., Rhonda M., Barbara S., Trent W., Suzan A., Annie B.

Opened with serenity prayer. Introduction/Role. Accepted previous minutes.

Manager's report – Rebekah R.

- ◇ Intergroup Open House scheduled April 25th from 9 to 6 cancelled due to coronavirus.
- ◇ Anticipating ARR will be cancelled due to coronavirus. IG purchased "drunk junk" in advance of event from 2 different vendors. Rebekah has contacted those vendors. Large vendor will allow IG to return merchandise, but IG will have to pay return shipping. Other vendor will accept return of ½ of jewelry, but IG will have to keep the other ½ and resell. Rebekah estimated that there will be about \$1000-worth of merchandise IG will need to resell. Rebekah will also try to return to other items purchased to facilitate ARR sale. ARR had requested IG purchase about \$1,000 in bookcovers for their speakers (these covers are specialized), which are en route to IG office. Rebekah will try to recoup some of that money.
- ◇ Website Update - Still working on migrating from old server to new server; almost complete.
- ◇ Bookcases-Due to old bookcases, we are anticipating a quote from Trey M. to build new bookcases and also to possibly to upgrade to pamphlet shelf.
- ◇ Office Response to the virus - Rebekah has opened a ZOOM account for IG. A regular account costs \$15 a month, but a discount is available through TechSoup. Rebekah attended a workshop for ZOOM yesterday 3/15. Rebekah has let districts and committees know that this is an available tool for them to use. As of now, reserving use of ZOOM for districts and committees. Zoom can accommodate up to 10 hosts. Also as a reference, "official" online AA intergroup provides online AA meetings.
- ◇ Rebekah will begin work on our online store due to possibility of having to close the store temporarily. She has also looked at Stamps.com for shipping options-cost is \$17 a month but do not have to go to post-office, may try for one month. Possibly need for a postal scale. May also need to look into cell phone and laptop for the office.

Treasurer – Fawn L: February contributions were below normal, but total profit/loss is in the black and "healthy." Approximately \$3,000 is in the bank currently, but is subject to outstanding debts such as the \$1,000 spent for book covers. The prudent reserve of \$13,000 is fully funded. Worst-case scenario, the prudent reserve can fund the office for approximately 3 months if needed due to the coronavirus and lack of contributions from meetings. Even if no contributions come in from meetings, would still expect some individual sales and contributions.

Hotline - Jacque H. (absent) - Hotline is staffed. Prepared to be available 24/7 if necessary.

Office Service Workers - Annie B. - Office is staffed. Tom has returned. Also, two possible new volunteers. Rebekah sent message to workers that if ill, please stay home, and let us know so we can cover the office.

Archives - Annie B. - Nothing to report.

Website – Shelly M. (absent) - Steady numbers, expect increase in traffic due to coronavirus.

Accessibilities - Carole W. – Carole had planned to visit all meetings in

the area to assess specific accessibility factors of each meeting and had planned to prepare spreadsheet; postponing trips due to coronavirus.

Spanish Speaking Liaison - Open. For informational purposes, a Spanish speaking meeting was just started at Park 40 two nights a week (believe the meetings are held Sundays and Wednesdays at 8).

CPC/PI - Robin G. – Robin attended and participated in a health fair at Pellissippi. She received information that Cumberland Heights will be opening a Knoxville location in April; they would like for us to attend if possible. Robin obtained Narcon kits at fair. She is also taking a flyer to doctor offices and will speak with them to see if they will allow us to put AA information in their offices.

Treatment - Beth C. – Attended District 3 meeting this month, accompanied by Marian. A group is having some difficulty with a local treatment center due to the behavior of some of their participants at meetings. Beth provided the group with information from the Area about how to talk with treatments centers and what AA provides for treatment centers. Beth also had Robin G. speak with one of the group members. Robin is willing to assist the group further if needed. District 3 is considering hosting a treatment workshop in the fall. Beth and Marian also visited District 1 for district meeting, but went on the wrong Saturday. Will check-in with Districts 1 and 2 in the future before making the long trip.

Corrections – Marian G. (absent) – Provided District 3 with literature.

Outreach - Ken L – Visited Rebo's Club while in Johnson City and asked for volunteers for service work. Also went to several meetings around town, including Metro Group downtown. Ken has a new job but that he hopes it will not interfere with his IG commitment

Events – Suzan A. - Hard to plan any additional events right now due to coronavirus. Need to get word out that Intergroup Open House has been cancelled; will get something prepared.

Mobile Intergroup Coordinator – Patrick W. - Events cancelled for the foreseeable future due to coronavirus if needed.

Voting Procedures Reminder – Only group's IG representatives and chair positions can vote. Also, VOOM has a poll feature if needed in the future.

Old Business

- ◇ Quickbooks – Rhonda M. is working with Rebekah to upgrade Quickbooks.
- ◇ Rhonda M. also has a new map of local area, which she will get it into the office.
- ◇ Adhoc Pricing Committee for price/cost analysis on literature sold in the IG office – Rhonda M., Heather B, and Lynette B. - no update
- ◇ Survey Update – David C. - no update, allowing time for groups to respond
- ◇ Venmo Update – To have a venmo account would need to have a separate cell phone for IG office; Rebekah will try to set up paypal account using IG email address.
- ◇ Also, although Open House is cancelled. Rebekah would still like chairs to formulate a description of their various positions.

New Business

- ◇ Complete IG Office Closure – The decision will be left to Rebekah's discretion as to whether to close the office partially or completely as needed due to the coronavirus outbreak.

Next Meeting – Monday, April 20th at 6:30 p.m.

March 2020 District 50/51 Minutes

Attending: Jacque, Angela, Jennifer, Robin, Clara, Katie, Patrick, David T, Sheldon, Bree, Rick, John, Jeff, Erica, Sandra, Frankie, Trey, David S, Angela, Clara

Meeting was opened by Jacque with a moment of silence followed by The Serenity Prayer. Introductions.

A motion was made to accept the minutes from last month as written. The motion was seconded and passed unanimously.

Jacque District 50

No report.

Will be traveling to Memphis for 2nd quarter assembly.

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

Angela District 51

No report.

Will be traveling to Memphis for 2nd 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 March 2, 2020 is \$2,497.95.

Total donations from district is \$295. Rent was paid for February & March. Checks went out to corrections for literature (\$741). Treatment committee received check (\$34).

General discussion about corrections budget and pancake breakfast money (Frankie, Trey & Bree).

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

CPC/PI – Trey

Billboard is up in Old City.

The next CPC/PI meeting will be on Wednesday March 25th at 5:30 at the Intergroup office.

Treatment Report – John S.

The treatment chair coordinates meetings for treatment centers.

Great Starts, Cornerstone, Centerpointe are the three facilities where we currently have a presence. Everything is going well.

New request at Irongate Recovery.

Susannah's House Meeting is an open AA meeting.

Accessibility Kits have been received.

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

Corrections Report – Bree:

Need more people to volunteer. Men's max security meeting is good, but KCDF meeting needs more support. There has been an issue with volunteers not following rules.

Will be discussing requirements for corrections volunteers at next committee meeting.

Always looking for new volunteers! Must be approved by Knox County Detention Facility. Process takes approximately 3 months. Please send to Jeffrey Hunter at Jeffrey.Hunter@knoxsheriff.org or call him at 865-281-6900.

The next Corrections meeting is March 6, 2020 7:00 at Intergroup.

Bree can be reached at 865-936-3133 (no email requested)

Grapevine Report – Sandra: Handing Grapevines out to Jacque and to VMC. Would like to buy some back issues to distribute elsewhere.

GSRs please announce in your home groups the opportunity to buy Grapevine.

Sandra can be reached at sgbrown0418@comcast.net

Bridging the Gap Report – David T:

Quiet month. If anyone is interested in being added to the list please let David know.

David can be reached at: BTG5150@gmail.com or 865-272-9526

Events – Erica:

Next event is "Step into Spring" April 18, 2020 11:00-2:00 at Victor Ashe Park (Speaker Heather G. at 12:30) to support 1st Quarter Assembly.

Committee meeting immediately following District meeting. Please meet in blue room at Park 40.

Archives Report – Open

The position of Archives chair is open. Please see Angela or Jacque if you are interested.

Job entails retrieving group history forms. Talk to our archivist in Murfreesboro and compare to current meeting list. If there is a group that has old photos or tapes you may be responsible to sending to Murfreesboro for preservation.

Group News:

Clara: Knoxville won bid for 2021 TCYPAA. Information meeting April 5, 2020 6:30 at Intergroup office. We will be having elections for committee on April 12, 2020.

OLD BUSINESS:

Intergroup Survey is on website. Survey – link on ETIAA for 10 questions. Need a strategic plan for Intergroup. Possible need for a satellite office in Tri-Cities or Morristown. GSR's please take back to your home groups.

Robin: 3rd and 4th Quarter Assemblies update...

Cookeville is bidding for both 3rd & 4th quarter assemblies. Saturday lunch is most important meal. We will ask each district for financial support and for people to help volunteer in hospitality room. Please consult groups about financial support going to another district instead of originally staying in Knoxville (District 50/51). Financial need would be significantly less than if the assemblies were hosted here.

NEW BUSINESS:

Pre-conference report March 22, 2020 3:00pm at Intergroup office.

Jeff made a motion for a detailed financial report from the treasurer. Motion seconded. Passed unanimously.

Each committee needs to bring a budget proposal to the April District meeting. Budgets range from \$200-500, except for corrections which is higher. Each committee needs a rough outline of where the money will go and what it will be used for, keeping the autonomy of each committee.

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

Jeff made motion which was seconded for \$600 total for DCMs to travel to Memphis for 2nd quarter assembly. Passed unanimously. (\$300 to Angela, \$300 to Jacque)

Clara made motion and it was seconded for District to pay rent to Intergroup for use of office for District 1st quarter assembly meeting.

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

Closed with the Serenity Prayer.

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

Service Work Opportunities for Intergroup

Looking for involvement in Service Work? Following is a list of Intergroup projects that need assistance:

- 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 storing of inventory. The majority of this service work can be performed from home, and is an ongoing position.



On the lighter
side....



"I can give up drinking and lead a normal
life? — Make up your mind, will you?"



"I could go for a cold one ..."

Continued from p. 1

All right. . . I'll concede resentments and anger but that's all! Except possibly selfishness—maybe I did have a tinge of that? And what about impatience? Well, yes, but who isn't impatient when other people behave the way they do? Then that one called remorse. . . sure, I was sorry for many of the things I did. In fact,

I'd give anything if they hadn't happened, but what good guy, like myself, wouldn't be? This was a virtue, not a defect.

And so on down the line I went: bigotry—no; condemnation of others—no, except perhaps a little bit. Honesty? No I never stole anything except from my family.

At this point I stopped and asked myself: is this strictly honest? Let's go back to that "condemnation of others" again. I answered that "No" but if I'm strictly honest I must admit that I answered this one with a barefaced lie.

So I might as well admit it—I've got 'em all. Maybe I'd better take them one at a time. I couldn't quite see how I could be such a louse, but try as I would to avoid it I had to admit that I had each and every one to some degree.

Then another horrifying thought occurred to me: is the list complete as far as I'm concerned? What about lust? I hadn't noticed that one listed but that could be covered by self-seeking. What about lying? Maybe dishonesty covers that one but I don't think so. Some of my lies don't hurt anybody; I just tell them because they make a good story or maybe just to keep in practice in case I ever go back to the bottle again. . . .

I can't keep this up. . . this kind of thing will either put me back on the stuff or I'll never speak to myself again. But wait a minute! Isn't this type of thinking in itself a character defect, known as negative thinking?

Some of these defects are native to my character and some are acquired. I must accept those I cannot change and change those I can. Even those I cannot eliminate entirely I can perhaps divert to useful purposes. Anyway, it's worth a try, so here goes:

Dishonesty: this is a natural character defect of mine but I can refuse to be dishonest for my own benefit. That will still let me tell a little white lie if in so doing I can help a guy or prevent hurting his feelings.

Selfishness: another natural, but I can do unselfish things for my own selfish gratification.

Resentments: I can be resentful of those things which interfere with my AA activities. Certainly, I must take care of those other duties but my resentment will make me hurry back to AA whenever the opportunity does present itself.

Egotism: I've got a load of this but it makes me like myself so much that no one, in or out of AA, can make me start knocking my own brains out again. As far as my sobriety goes, I'm the most important man in AA.

Fear: I used to have a ton of this but now I can confine my fears to just one thing—that first drink.

Anger: this trait, like profanity, is the most useless character defect a person can have. It accomplishes nothing and is destructive to peace of mind and self-respect. I'm trying to tone this down to righteous indignation.

Hatred: this is but a prolonged and aggravated case of anger. Anger is a rash but hatred is a deadly cancer, This I can truthfully say I have whipped for the time being, at least. I know it is a characteristic that an alcoholic can't afford to have.

False pride: I've still got the pride, perhaps, but I've written off the false. I definitely know that I'm but one drink away from a stumblebum. I am what I am by the Grace of God only.

Self-seeking: this is a tough one. Where does it start and stop? Isn't it all right to seek those things for yourself that enable you to provide for your family? Surely, there's no argument here. Maybe I'd better play it safe and seek only those things which are rightfully mine, which enrich me either materially or spiritually and which leave no man poorer because of my acquisition.

Conceit: do I love myself? I do, and what's more, I'm going to continue doing so but I'm only going to love those things in me that are lovable. I can keep some of that conceit if I keep it on that basis.

Intolerance: I once knew a guy who knew everything, but time has demonstrated that he was wrong nine out of ten times. That guy was me. I am now trying to bring my average up to five out of ten. Until I pass that mark I am not prone to be too intolerant. I wouldn't want people to agree with me all the time anyway. It would make them as smart as me and I wouldn't like that.

....cont. on p.13

Cont. from p. 11

Envy: this characteristic I can not only retain but enlarge. All I have to do is to change my standard of values: I can envy a person with more happiness, more serenity, more humility, more usefulness, and more spirituality, and I can work unceasingly to surpass him.

Bigotry: I've got a very personal God and a very personal religion. It's mine and I'm going to keep it. Others have or are looking for their own. If I retain this thinking I don't think bigotry will prove too much of a problem.

Laziness: yes, I'm lazy. . . . Always have been, always will be. Someone in AA told me "Easy Docs It" and I'm following that advice. It is going to take my entire life anyway to acquire this program whether I rush the job or not. The really good things of this life take a long time to develop and if we try to step up the process we are in danger of ruining the whole thing.

Frustration: working this program so that I will be at peace with the God of my understanding and with my fellow man, it is extremely difficult even for a lazy, inefficient and a rather unsuccessful individual like myself to have a feeling of frustration.

Impatience: of this I have a great deal. I suppose I will always honk my horn and pass out dirty looks at Sunday drivers, and feel considerably irritated when I phone a man and tell him I will be at his house in an hour to take him to a meeting and have him greet me at the door in his undershirt and tell me I will have to wait until he shaves. In cases like this I'm powerless but I'm still trying.

Condemnation of others: this one gives me a lot of trouble. I still like to take others' inventories even though I haven't received delivery on my own wings and halo as yet. Instead of condemning, however, I will endeavor to profit by their mistakes.

Feelings of Inadequacy: this is very confusing to me. In some departments of my life I admit inadequacy. In others I not only feel adequate but actually overconfident. Maybe when I have completely "turned my life and my will over to the care of God as I understand Him" I will be freed from all sense of inadequacy.

Jealousy: I am very fortunate in that I have never had occasion for a real case of jealousy concerning individuals but I am extremely jealous of the way of life I have found in AA and I intend to retain it with every resource at my disposal.

Arrogance: as with most of us, whiskey made me arrogant but hangovers cut me down to my proper size. I find it rather hard to have a feeling of arrogance after I've honestly examined myself under the revealing glass of these character defects.

Remorse: of course I did many things I am not proud of. Many of those things I don't remember; in many cases it would be impossible or useless to try to make amends. I like to think the old me is dead. So for the most part I try to let the dead past bury its own dead.

Self-pity: I have my sobriety, a God of my own understanding, my self-respect, peace in the family, no bills I can't eventually pay, good health, and a steady income. Yet I sometimes indulge in self-pity. This I say, is just plain stupid.

Revenge: this characteristic used to mean that if some louse did me wrong, I'd get even with him, thus making a louse of myself. This I will try to change. The person who did the most injury to me was old John Barleycorn and I'll get my revenge on him by severing all my former relations with him, by ignoring him completely.

Worry: I still have a lot of worries but I've found a gimmick that enables me to ease the load: as my shoulders are only so wide, I load them up to the edges with other folks' troubles and I then have no room for my own. I find others' loads are much lighter.

Anxiety: this appears to me but a milder case of worry. I needn't have too much of this. I have formed a partnership with a Power so great that I am sure nothing can happen that He, with my willing cooperation, can't handle.

Uncharitableness: to me, the lack of charity—the first of all the virtues—applies to thoughts and words as well as to deeds and material things. I doubt if I could be completely charitable but I can try. There is no way I can use this defect of character so I must try to eliminate it. . . on second thought, I might be able to use it, because it will always give me something to exercise my soul on when I have eliminated all my other defects a hundred or so years from now.

As our admission and acceptance of our alcoholic condition was a prime factor in finding our sobriety, so let our admission and acceptance of our character defects enable us to find the AA way of living.

T. W. R., Alexandria, Virginia

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CARRY THE MESSAGE WITH CORRECTIONS CORRESPONDENCE

Many years ago in my early sobriety I used to take meetings inside the walls of prisons. Unfortunately today, my job inhibits dedicated service work of that kind. Another kind of service work I enjoy that can be done almost anytime anywhere is the Corrections Correspondence Service.

I first wrote to Gabe in October, 2012. The last time I wrote to Gabe was in November, 2017. Over the time we corresponded, I sent Gabe over 90 letters. He was an inmate in a Michigan state prison.

Gabe was trying to stay clean and sober in a difficult environment. I tried to encourage his effort with positive words of what it was like for me, what happened and what it is like now. Gabe relapsed a few times but at one point had put together over a year of sobriety. As far as I know, he was paroled in late 2017 or early 2018. I don't know if Gabe is still sober today but I hope and pray that he is. He stopped writing. One sure thing is that writing to Gabe helped me in my own sobriety.

Gabe isn't the only inmate I've written to. I've tried corresponding with several others. Most returned at least one letter and some a few more than that. Occasionally I am surprised by a letter from an inmate with as many as 6 months since the last one was received.

I can't be sure of why an inmate would write to GSO and ask to be connected an AA member only to not write back. Again, what I can be sure of is that it has helped me stay sober. Letter writing helps me practice my program. I can't be hypocritical and suggest something to someone trying to stay sober and not practice the same thing myself.

Generally I have been put in contact with inmates that are in other 'regions' of the country. Most have been out west. I believe that the CCS is designed that way. I think Gabe was the closest inmate to me in Michigan.

More information about the program can be found in the **'Corrections Correspondence' pamphlet F-26** (see link below). I would encourage anybody looking for a way to carry the message to pick up pen and paper (or a keyboard and a computer) and reach out to an inmate today. It's an easy but important way to practice Step 12.

Ken L.

To download the AA Corrections Correspondence manual F-26, link here

https://www.aa.org/assets/en_US/f-26correctcorrespondence.pdf



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