



East Tennessee Intergroup

May 2020  
Volume 44, Issue 5

# Unity Newsletter



**Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

## Step Five – A Clean Slate

Most of us were born perfect and the slate was clean. From the very first day of our lives we started to experience different emotions (for lack of a better term) and those feelings had a lot to do with the way we evolved into who we are today. Instinctively we responded to the different threats and joys that we were faced with and these were the things that established our strengths and weaknesses. That is true for most of us, but not all of us.

Unfortunately some of us were born with other problems that require medication, such as, A.D.D; Bipolar, and other difficulties that cannot be treated simply by changing our attitudes and behavior. These things, I am not educated enough to discuss, but for the average alcoholic, I believe, our problems can be traced back to that conditioning we experienced as we formed our mental and spiritual makeup.

I often hear it said that alcoholism is a disease of perception. It is a disease of many things, and perception is one of them. The perception we have of ourselves may be likened to a chalkboard containing every experience of our lives. If we can look at it and be satisfied that we had a pretty good track record, we would probably be comfortable with it and lead a relative normal life. If, however, we find ourselves on the negative side of the ledger most of our lives, we may develop abnormal feelings of guilt and shame, for instance, and that may just be the thing that triggers the beginning of the compulsion to drink excessively.

by some tragic occurrence in our lives that drives us to alcoholics anonymous, we are encouraged to go through a process that can restore us to a somewhat normal life. Steps one through four are about surrender, acceptance, and discovery. Step five is about disclosure.

*Continued on p. 16*

## DISTRICT MEETINGS

**District 1:** TBD.

Contact Barbara S.

**District 2:** TBD.

Contact Gretchen S.

**District 3:** Has cancelled our May 3rd meeting, plus cancelled the district picnic for May 17 until Sept 20.

Contact Michael J.

**District 4:** Meeting Sunday 5/3 2pm via zoom.

ID: 840 7385 8212.

PW: 029980.

This is not a recurring meeting.  
Contact Mike T.

**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

## 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 6:40pm 4/27/2020

This page will provide any updates received by the Intergroup Office regarding changes to meetings due to the coronavirus (COVID-19). Please let Intergroup know of any changes: [manager@etiaa.org](mailto:manager@etiaa.org) or call 865-522-9667

Online Knoxville Meetings: <https://www.etiaa.org/et-online-meetings/>

### Meetings Reopened:

Johnson City- Central

Knoxville- Flat Iron- New Beginnings, Survivor, Unity

Lafollette- There is Hope

### Meetings Currently Suspended or Moved:

#### Physical Meetings Suspended:

Intergroup Office

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

Gatlinburg- North Gatlinburg Group

Greeneville- Breakfast Bunch, Caring and Sharing,  
Lunch Bunch Greeneville

Harriman- Roane County Unity

Harrogate- Tri-State Group

Johnson City- Broad Highway, DOM Meeting, Sunrise Serenity/  
Serenity at 7, Unity

Grits will be meeting via Skype- Contact Layla for more info.

Jonesborough- Seekers

Kingsport- Colonial Heights, Serenity Improvement

2020 International Convention in Detroit

District 1 Business Meeting until May

District 2 Meeting

Intergroup Open House 4/25

Alcoa-Surrender to Win (MLK)

Bristol, VA-Lunch Bunch, Memorial Recovery, TSDD Tri-Cities

Church Hill- Keep It Simple

Clinton- Norris Clinton Group

Cosby- Our Primary Purpose

Dandridge- Unity

Erwin- Erwin Group

Kingston- Steps to Freedom, New Freedom

**Knoxville**-Age of Miracles, Big Book Recovery, Free at Last, Keep Leaning Forward, Melrose, Metro, Northstation, Saturday Morning Serenity, Serenity, Sober Pride , Sobriety and Beyond, Tennessee Group, Turnip Patch, 1st 164, 4th Dimension, 4 Way 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

Louisville- Topside

Maryville- 12 Step at Blount Memorial, Principles Before Personalities

Morristown- Morristown Fellowship (All Saints) Tuesday 8pm, New Hope

Mountain City: I Am Responsible

Newport- Seeds of Hope

Oak Ridge- 1107 Sunday, Happy, Joyous and Free, Primary Purpose

Rockford- Lenguaje Del Corazon, Rockford, Daily Reprieve

Rockwood- Roane County Unity

Rogersville- Rogersville Group at the Hospital

Sevierville- Pigeon River Club, Wears Valley Carriage House

Seymour- Seymour Sharing

Ten Mile- Roane County Unity

Townsend-Down BY the River, Down ON the River

#### Moved:

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

Knoxville- West Knox Group moving to Tyson Park Pavillion.

Maryville- Blount County Group's Friday meeting will be held at the Union Hall in Alcoa.

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

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 Five: “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. .”

All of A.A.'s Twelve Steps ask us to go contrary to our natural desires . . . they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one.

A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

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Tradition Five (long form): Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.

Tradition Five Checklist:

1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

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Concept V: Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

Concept V Checklist:

Do we encourage the minority opinion, the “Right of Appeal,” to be heard at our home group, district committee meetings, area assemblies and the Conference?

What does our group accept as “substantial unanimity”?

Has our group experienced the “tyranny of the majority” or the “tyranny of the minority”?

Does our group understand the importance of all points of view being heard before a vote is taken?

## 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](mailto: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  
April 2020 Anniversaries

Karen D.,	45 years
Jack P.,	34 years
Jeff C.,	19 years
Paula M.,	6 years
Diane D.,	6 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

GROUPS DONATING	Jul 19 -		GROUPS DONATING	Jul 19 -	
	Mar 20	Mar 20		Mar 20	Mar 20
11TH STEP MEDITATION	40.00	40.00	METRO GROUP	0.00	875.00
1ST THINGS 1ST-P40	0.00	833.30	MORRISTOWN GROUP	0.00	230.00
4-WAY GROUP	0.00	150.08	NEW BEGINNING- LOUDON	0.00	200.00
4TH DIMENSION	0.00	1,053.05	NEW PATH	0.00	30.00
BACK TO BASICS- OAK RIDGE	0.00	150.00	NORRIS CLINTON GROUP	100.00	300.00
BIG BOOK RECOVERY	0.00	100.00	NORTH GATLINBURG GR	0.00	973.50
BIG BOOKS STUDY P40	0.00	692.86	ONEIDA	0.00	50.00
BLOUNT COUNTY GROUP	0.00	250.00	OUR GROUP	0.00	50.00
COLONIAL GROUP	0.00	150.00	OUR PRIMARY PURPOSE	0.00	151.50
CONCORD GROUP	0.00	81.46	PHOENIX GROUP	0.00	1,596.86
CONTRIBUTION JAR	23.64	84.47	PRIMARY PURPOSE- OAK RIDGE	0.00	400.00
COOKIE GROUP	120.00	360.00	PRIME TIME	466.20	1,151.20
COURAGE TO CHANGE	0.00	200.00	PRINCIPLES BEFORE PERSONALITIES	50.00	50.00
COVER TO COVER	0.00	130.00	RIVERSIDE GROUP	0.00	1,184.89
DAILY REPRIEVE- MARYVILLE	0.00	2.82	ROANE COUNTY UNITY	0.00	200.00
DANDRIDGE UNITY 638213	48.00	112.00	SEEDS OF HOPE	0.00	74.00
DISTRICT 50/51	30.00	300.00	SERENITY IMPROVEMENT	0.00	200.00
DOWN ON THE RIVER	0.00	200.00	SERENITY IN THE SMOKIES EVENT	0.00	7.24
FOUNTAIN CITY SERENITY	0.00	1,232.50	SERENITY SEEKERS	0.00	70.00
FREE AT LAST	0.00	160.00	SEVEN ISLANDS	0.00	40.00
GOOD VIBES	0.00	0.00	SEYMOUR SHARING	0.00	870.97
GROUP PRIMARY PURPOSE	0.00	75.00	SOBER PRIDE	0.00	451.64
GROUP WITH NO NAME	0.00	675.00	SOBRIETY SOCIETY- SO-SO	0.00	500.00
GSMRC EVENT	0.00	2.56	SPIRITUAL PROGRESS	0.00	45.00
HAPPY HOUR	0.00	750.00	STEPS FORWARD	55.00	165.00
HIGH NOON ROGERSVILLE	20.00	60.00	SUNDAYS AT 7-KNOXVILLE	0.00	225.00
Individual	89.81	1,102.27	TELLICO VILLAGE	0.00	180.00
JEFFERSON CITY UNITY	0.00	216.34	TENNESSEE GROUP	0.00	800.73
KEEP LEANING FORWARD	0.00	238.00	TRI-CITIES GROUP- BRISTOL	0.00	300.00
KODAK HWY 66	150.00	250.00	TRI-STATE GROUP-HARROGATE	0.00	300.00
LAFOLLETTE-THERE IS HOPE	20.00	160.00	TRUDGING THE ROAD	0.00	79.40
LOUDON	0.00	35.00	TURNIP PATCH	0.00	109.00
LUNCH BUNCH- GREENEVILLE	72.62	398.40	WEST KNOXVILLE GROUP	96.25	182.97
MEMORIAL RECOVERY	0.00	150.00	WORKING WITH OTHERS	0.00	100.00
			<b>TOTALS</b>	<b>1,381.52</b>	<b>22,539.01</b>

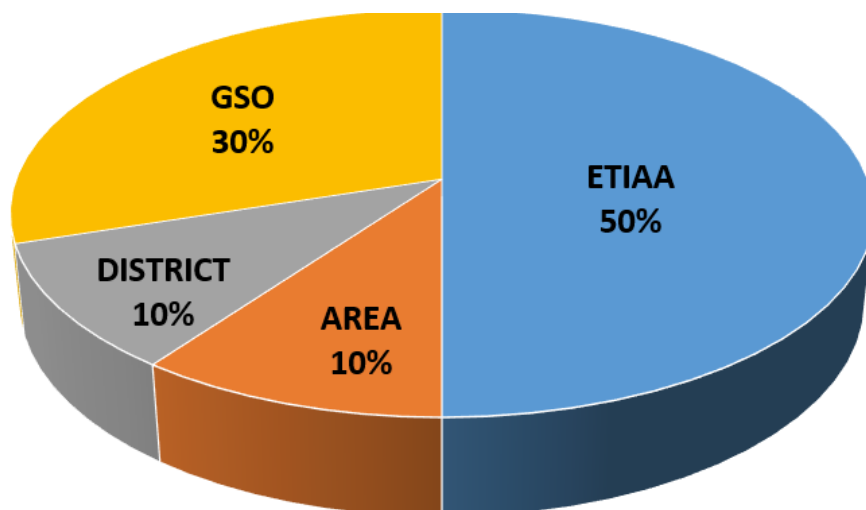
## How can groups participate?

To help support AA's essential services, the General Service Conference suggests that individual groups, through an informed group conscience, adopt a specific contribution plan tailored to meet the group's financial situation. Once the basic group expenses have been taken care of (for example, rent, refreshments, AA literature, Grapevine literature, local meeting lists, GSR travel expenses to attend service functions) and a "prudent reserve" has been set aside to cover any emergency contingencies that might arise, the group may decide to further carry the message by sending money to the following AA service entities.

- The local district, which communicates directly with the groups, providing the district group conscience for the area assemblies and serving as a link between the area delegates and the GSRs.
- The area committee, which coordinates vital AA activities over a broad geographic area, sends a delegate to the annual General Service Conference, holds area assemblies to determine the needs of the Fellowship, and provides information at all levels of service.
- The local intergroup or central office, which may provide phone service for Twelfth Step calls and other inquiries, coordination of group activities, AA literature sales, institutions work, public information, and cooperation with the professional community activities.
- AA's General Service Office, which functions as a storehouse of AA information, communicating with members and groups around the world, publishes AA literature, and supplies information and experience to professionals and others interested in AA.

[Self-Support—Where Money and Spirituality Mix. Go to: [www.aa.org/assets/en\\_US/f-3\\_selfsupport.pdf](http://www.aa.org/assets/en_US/f-3_selfsupport.pdf)]

## 7TH TRADITION SUGGESTED CONTRIBUTIONS



***Every AA group ought to be fully self-supporting, declining outside contributions.***

## CONTRIBUTION ADDRESSES

**ETIAA East Tennessee Intergroup of Alcoholics Anonymous**  
**9217 Park West Blvd #B3**  
**Knoxville, TN 37923**  
**865-522-9667**  
[www.etiaa.org](http://www.etiaa.org)

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

**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**

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

## RECURSOS EN ESPAÑOL

La Viña (The Grapevine) en Español

<https://lvtienda.aagrapevine.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:**

3<sup>rd</sup> 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

## April 2020 Intergroup Minutes

Present (via ZOOM): David C., Beth C., Jacque H., Rebekah R., Annie B., Ken L., Fawn L., Calvin N., David R., Greg S., Sterling S., Katie R., Patrick W.

Opened with serenity prayer.

Introduction/Roles. Accepted previous minutes.

Manager's report – Rebekah R.

Mobile IG update – ARR cancelled due to coronavirus. IG was able to return the majority of the items purchased. Even though put return to sender on one large parcel, IG was still charged with return shipping fees.

Zoom – Discussed the two account options – Discussed the two account options, those being, (1) \$190 per year for 10 hosts, 300 participants and phone support or (2) \$65 per year for 1 host up to 100 participants. Currently, IG has second type of account. This account thus far has been reserved for district and committee meetings and not for individual meeting use. NYC's intergroup has larger account; it allows any group to host by granting a license; asks only for contributions. Decided to stick with current account and usage due to time and logistics of using the larger account. Shipping, Laptop, Online Store, Quickbooks, Paypal – Purchased a laptop for \$400 from Amazon in order for Rebekah to keep up with current online needs of IG and her responsibilities as officer manager. Due to the overwhelming amount of time keeping track of meeting changes and making sure the information is disseminated quickly, Rebekah has unable to set up online bookstore. Has determined that IG shipping needs would be best met by utilizing the USPS rather than other shipping options. Also, has not had time to do more with Quickbooks or Paypal, but still in the works.

Meeting Changes – Massive meeting changes due to coronavirus. The app is up-to-date. There is also a link on the website to a meeting guide with all meeting times and days of the week, including ZOOM IDs and passwords. Links to the ZOOM meetings are also imbedded.

Orders – Still taking orders. Will meet at office or make other arrangements for delivery. Large purchase from the Flat Iron today.

Website update – Sterling S. has been taking the lead in updating website and moving to the new server. Viewed a sample of the new website. Appeared to be much improved. Sterling reported that IG is no longer paying for email and the new host for the website is cheaper. Sterling hopes the new website will be more user-friendly for newcomers, as well as cell-phone and user-friendly for all. He will be open to input once the new site is up and running.

Office Manager Role – Reminder that when IG committee formed that the specified role of the part-time office manager was to perform essential functions, such as purchasing books, pay bills, etc. The remainder of the work would be performed by volunteers. We have the following service needs:

- (1) Secretary for IG committee.
- (2) Someone to update the meeting lists, website and app. Needs to be proficient in Word Press and MS Publisher and highly organized. Meeting Guide App keeps updating functions so meetings need to be frequently revisited to have updated information.
- (3) Someone to help with the content for the website, such as writing articles.
- (4) Someone to help with online bookstore set up. Needs to be

proficient in Square and work with USPS.

(5) Someone to help set up users to get online to stay in touch with AA. Setting up email, Meeting Guide, Zoom, Newsletter to help other who are not technologically savvy. Possibly visit shut-ins and the sick.

(5) Someone/s to check on meetings we have not heard from during coronavirus pandemic to get meeting status update. Rebekah will mail the individual the GSO meeting directory. (Greg has handled.)

Cell Phone – IG will be purchasing a cell phone that Rebekah will use to conduct office business. This will allow her to keep personal and business responsibilities separate; a much needed reprieve. She has called comcast, our current internet provider, in an attempt to bundle these services. She has not received a return phone call from Comcast as of yet.

Reopening the office – Will re-open the office once the “shelter-in-place” order is lifted, as of now after April 30. Will attempt to implement some guidelines that will limit number of persons present in the office and adhere to social distancing suggestions and keep everyone as safe as possible.

Treasurer report – Fawn L.

Office Financial Outlook - Current checking account balance \$2,977.58 and have \$10,503.00 in prudent reserve. Several deposits pending. Office closure did require a transfer of \$3000 from prudent reserve to cover expenses. March contributions low, but expenses were down since the office was closed. If necessary, may have to transfer more from reserve. Current financial report posted online. <http://www.etiaa.org/intergroup-representative/>

Hotline – Jacque H. – running smoothly. Annie has been volunteering to cover hotline during the day since the office is closed. IG could use volunteers for the day-time shifts until office re-opens. Overall calls have been down.

Office Service Workers- Annie B – has some new volunteers available to start when office re-opens.

Archive – Annie B. – hopes to do some cleaning of archives while office is closed.

Website – Open – Shelly is no longer in the position.

Accessibilities – Carole W. (absent) – no report.

Spanish Speaking Liaison – Open

CPC/PI – Robin G. (absent) – no report.

Treatment- Beth H. (present) – no report.

Corrections – Marian G. (absent) no report.

Outreach – Ken L. (present) – no report.

Events – Suzan A. (absent) – no report.

Mobile Intergroup Coordinator- Patrick W. – (present) no report.

Old Business

Survey Update

David C. will discuss with Caitlin F., and they will begin wrapping up the survey, so we can collect data. Unfortunately, we were unable to get participation during ARR event.

New Business : None.

Next Meeting-Monday, May 18th at 6:30pm



# April 2020 District 50/51 Minutes

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

**\*note:** this meeting was a virtual meeting using the Zoom platform

The meeting was opened by Angela 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

DCM 70th anniversary postponed to July.

Please look for international conference refunds going out soon.

Thanks to Rebekah R. for handling the shift to online meetings.

Did not travel to Memphis for 2nd quarter assembly. Assembly was cancelled.

Jacque can be reached at [sweetiepie5267@gmail.com](mailto:sweetiepie5267@gmail.com) and/or 865-296-4501

Angela District 51: No report.

Did not travel to Memphis for 2nd quarter assembly. Assembly was cancelled.

Angela can be reached [agl8137@tds.net](mailto:agl8137@tds.net) and/or 865-924-3055

Treasurer's Report – Not Present

Jacque shared a memo from Sheldon stating that our current balance in checking as of April 6, 2020 is \$2,132.00.

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

CPC/PI – Trey

Committee met via Zoom on 3/25. Discussed making this committee meeting a permanent Zoom meeting. Ready to submit budget proposal. Please know CPC/PI has own Zoom account if it would be helpful to anyone for use.

The next CPC/PI meeting will be via Zoom on 4/22/20. Get details from Trey.

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 postponed because no treatment facilities are allowing visitors from outside.

Exploring workshop in accessibility issues.

Budget ready to submit.

The next treatment committee will be on ...? No Zoom account so still meeting in person

Corrections Report – Bree: No meetings into prisons/jails until after May 1, 2020 due to COVID-19.

Rules for corrections were discussed at last 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](mailto:Jeffrey.Hunter@knoxsheriff.org) or call him at 865-281-6900.

Corrections subcommittee will now begin meeting quarterly.

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

Grapevine Report – Sandra:

Halted the distribution of Grapevine due to COVID-19.

Please be aware that Grapevine can be accessed online, for free during pandemic.

Sandra can be reached at: [sgbrown0418@comcast.net](mailto: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](mailto:BTG5150@gmail.com) or 865-272-9526

Events – Erica (Sandy H reporting):

"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. CANCELLED!!!

Committee meeting information needed.

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:

Robin: contract for 1st Quarter Assembly 2021 has been signed; refundable if COVID-19 still presents a problem with social distancing.

3rd Quarter Assembly will now be in Memphis.

Pre-conference report originally scheduled for March 22, 2020 is postponed.

There was a lengthy, general discussion surrounding Corrections subcommittee and it's financials. Corrections subcommittee desires to manage their own banking. No information to report at this time. An audit is needed to seek approval from the group.

OLD BUSINESS:

Motion passed last meeting for the treasurer to provide a detailed financial report. Our treasurer (Sheldon) is not present for this meeting, therefore we cannot make any progress in any financial matters today.

NEW BUSINESS:

A motion was made for a both checks distributed to DCMs for 2nd Quarter Assembly to be returned. Motion seconded. Passed unanimously. (\$300 to Angela, \$300 to Jacque)

Each committee brought a budget proposal to the meeting, but a motion was made to discuss proposals at the May meeting. Motion seconded. Passed unanimously. 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. Because the treasurer was not present for this meeting and the group did not have a detailed report of financials everyone felt it would be best to wait until that information was received. ALL BUDGETS HAVE BEEN TABLED UNTIL MAY.

Sandra made a motion to create an alternate treasurer position that will include a permanent email account to follow the position. Jeff seconded. Passed unanimously.

Trey made a motion that all AA events involving money must be submitted in writing to District 50/51 for approval. Motion seconded. Passed unanimously.

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

Closed with the Serenity Prayer.

**THE NEXT DISTRICT MEETING WILL BE MAY, 4 2020 AT 6:30PM LOCATION TBD.**

## Service Work Opportunities for Intergroup

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

- Someone to provide content for the website. Mainly making posts and writing articles.
- Updating the meeting lists, website and app. Needs to be proficient in Word Press and MS Publisher and highly organized. Meeting Guide App keeps updating functions so updated meetings need to be frequently revisited to have updated information.
- Online Store Set Up- Needs to be proficient in Square and work with USPS.
- Helping set up users to get online to stay in touch with AA. Setting up email, Meeting Guide, Zoom, Newsletter to help other who are not technologically savvy.
- Outreach to meetings; does not have to cover all of East Tennessee. Contact Ken L. to start outreach work in your area.
- Meeting list/app coordinator to update meeting info
- Someone to help with YouTube videos
- Re-label and reorganize pamphlets
- Hopefully, within the next quarter, we will be adding a chat bubble to our website to respond to newcomers. We are looking for people willing to help with that. Like the hotline but digital. **We will not be able to provide this without service workers.**

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.



### Notes to our members:

We depend on you for meeting updates. Please check your meeting info on the MEETING GUIDE app and our website at [etiaa.org](http://etiaa.org) and let us know of any errors. Each meeting update gets changed in 5 places so human errors are easy to make.

Intergroup has a private FaceBook group. You cannot see who is in the group or what they are saying but you can search for it under “East Tennessee Intergroup” and we do verify that you are an AA member to join.

**The Intergroup Office in San Jose, CA has some awesome resources regarding a digital Seventh Tradition.**

<https://aasanjose.org/technology>

<https://aasanjose.org/7th-tradition-for-on-line-meetings>

On the lighter side....



## Bonus Reading

### Big Book: FOREWORD TO SECOND EDITION

*(Figures given in this foreword describe the Fellowship as it was in 1955.)*

**SINCE** the original Foreword to this book was written in 1939, a wholesale miracle has taken place. Our earliest printing voiced the hope "that every alcoholic who journeys will find the Fellowship of Alcoholics Anonymous at his destination. Already," continues the early text, "twos and threes and fives of us have sprung up in other communities."

Sixteen years have elapsed between our first printing of this book and the presentation of 1955 of our second edition. In that brief space, Alcoholics Anonymous has mushroomed into nearly 6,000 groups whose membership is far above 150,000 recovered alcoholics. Groups are to be found in each of the United States and all of the provinces of Canada. A.A. has flourishing communities in the British Isles, the Scandinavian countries, South Africa, South America, Mexico, Alaska, Australia and Hawaii. All told, promising beginnings have been made in some 50 foreign countries and U.S. possessions. Some are just now taking shape in Asia. Many of our friends encourage us by saying that this is but a beginning, only the augury of a much larger future ahead.

The spark that was to flare into the first A.A. group was struck at Akron, Ohio in June 1935, during a talk between a New York stockbroker and an Akron physician. Six months earlier, the broker had been relieved of his drink obsession by a sudden spiritual experience, following a meeting with an alcoholic friend who had been in contact with the Oxford Groups of that day. He had also been greatly helped by the late Dr. William D. Silkworth, a New York specialist in alcoholism who is now accounted no less than a medical saint by A.A. members, and whose story of the early days of our Society appears in the next pages. From this doctor, the broker had learned the grave nature of alcoholism. Though he could not accept all the tenets of the Oxford Groups, he was convinced of the need for moral inventory, confession of personality defects, restitution to those harmed, helpfulness to others, and the necessity of belief in and dependence upon God.

Prior to his journey to Akron, the broker had worked hard with many alcoholics on the theory that only an alcoholic could help an alcoholic, but he had succeeded only in keeping sober himself. The broker had gone to Akron on a business venture which had collapsed, leaving him greatly in fear that he might start drinking again. He suddenly realized that in order to save himself he must carry his message to another alcoholic. That alcoholic turned out to be the Akron physician.

This physician had repeatedly tried spiritual means to resolve his alcoholic dilemma but had failed. But when the broker gave him Dr. Silkworth's description of alcoholism and its hopelessness, the physician began to pursue the spiritual remedy for his malady with a willingness he had never again up to the moment of his death in 1950. This seemed to prove that one alcoholic could affect another as no nonalcoholic could. It also indicated that strenuous work, one alcoholic with another, was vital to permanent recovery.

Hence the two men set to work almost frantically upon alcoholics arriving in the ward of the Akron City Hospital. Their very first case, a desperate one, recovered immediately and became A.A. number three. He never had another drink. This work at Akron continued through the summer of 1935. There were many failures, but there was an occasional heartening success. When the broker returned to New York in the fall of 1935, the first A.A. group had actually been formed, though no one realized it at the time.

A second small group promptly took shape at New York, to be followed in 1937 with the start of a third at Cleveland. Besides these, there were scattered alcoholics who had picked up the basic ideas in Akron or New York who were trying to form groups in other cities. By late 1937, the number of members having substantial sobriety time behind them was sufficient to convince the membership that a new light had entered the dark world of the alcoholic.

It was now time, the struggling groups thought, to place their message and unique experience before the world. This determination bore fruit in the spring of 1939 by the publication of this volume. The membership had then reached about 100 men and women. The fledgling society, which had been nameless, now began to be called Alcoholics Anonymous, from the title of its own book. The flying-blind period ended and A.A. entered a new phase of its pioneering time.

With the appearance of the new book a great deal began to happen. Dr. Harry Emerson Fosdick, the noted clergyman, reviewed it with approval. In the fall of 1939 Fulton Oursler, the editor of *Liberty*, printed a piece in his magazine, called "Alcoholics and God." This brought a rush of 800 frantic inquiries into the little New York office which meanwhile had been established. Each inquiry was painstakingly answered; pamphlets and books were sent out. Businessmen, traveling

Cont. from p. 12

out of existing groups, were referred to these prospective newcomers. New groups started up and it was found, to the astonishment of everyone, that A.A.'s message could be transmitted in the mail as well as by word of mouth. By the end of 1939 it was estimated that 800 alcoholics were on their way to recovery.

In the spring of 1940, John D. Rockefeller, Jr. gave a dinner for many of his friends to which he invited A.A. members to tell their stories. News of this got on the world wires; inquiries poured in again and many people went to the bookstores to get the book "Alcoholics Anonymous." By March 1941 the membership had shot up to 2,000. Then Jack Alexander wrote a feature article in the Saturday Evening Post and placed such a compelling picture of A.A. before the general public that alcoholics in need of help really deluged us. By the close of 1941, A.A. numbered 8,000 members. The mushrooming process was in full swing, A.A. had become a national institution.

Our Society then entered a fearsome and exciting adolescent period. The test that it faced was this: Could these large numbers of erstwhile erratic alcoholics successfully meet and work together? Would there be quarrels over membership, leadership and money? Would there be strivings for power and prestige? Would there be schisms which would split A.A. apart? Soon A.A. was beset by these very problems on every side and in every group. But out of this frightening and at first disrupting experience the conviction grew that A.A.'s had to hang together or die separately. We had to unify our Fellowship or pass off the scene.

As we discovered the principles by which the individual alcoholic could live, so we had to evolve principles by which the A.A. groups and A.A. as a whole could survive and function effectively. It was thought that no alcoholic man or woman could be excluded from our Society; that our leaders might serve but not govern; that each group was to be autonomous and there was to be no fees or dues; our expenses were to be met by our own voluntary contributions. There was to be the least possible organization, even in our service centers. Our public relations were to be based upon attraction rather than promotion. It was decided that all members ought to be anonymous at the level of press, radio, TV and films. And in no circumstances should we give endorsements, make alliances, or enter public controversies.

This was the substance of A.A.'s Twelve Traditions, which are stated in full on page 564 of this book. Though none of these principles had the force of rules or laws, they had become so widely accepted by 1950 that they were confirmed by our first International Conference held at Cleveland. Today the remarkable unity of A.A. is one of the greatest assets that our Society has.

While the internal difficulties of our adolescent period were being ironed out, public acceptance of A.A. grew by leaps and bounds. For this there were two principal reasons: the large numbers of recoveries, and reunited homes. These made their impressions everywhere. Of alcoholics who came to A.A. and really tried, 50% got sober at once and remained that way; 25% sobered up after some relapses, and among the remainder, those who stayed on with A.A. showed improvement. Other thousands came to a few A.A. meetings and at first decided they didn't want the program. But great numbers of these-about two out of three-began to return as time passed.

Another reason for the wide acceptance of A.A. was the ministrations of friends-friends in medicine, religion, and the press, together with innumerable others who became our able and persistent advocates. Without such support, A.A. could have made only the slowest progress. Some of the recommendations of A.A.'s early medical and religious friends will be found further on in this book.

Alcoholics Anonymous is not a religious organization. Neither does A.A. take any particular medical point of view, though we cooperate widely with the men of medicine as well as with the men of religion. Alcohol being no respecter of persons, we are an accurate cross section of America, and in distant lands, the same democratic evening-up process is now going on. By personal religious affiliation, we include Catholics, Protestants, Jews, Hindus, and a sprinkling of Moslems and Buddhists. More than fifteen percent of us are women.

At present, our membership is pyramiding at the rate of about twenty percent a year. So far, upon the total problem of several million actual and potential alcoholics in the world, we have made only a scratch. In all probability, we shall never be able to touch more than a fair fraction of the alcohol problem in all its ramifications. Upon therapy for the alcoholic himself, we surely have no monopoly. Yet it is our great hope that all those who have as yet found no answer **may begin to find one in the pages of this book and will presently join us on the highroad to a new freedom.**

# PRE-CONFERENCE REPORT



## Featuring Area 64 Delegate Shane S.

This Pre-Conference Report is our opportunity to discuss with our Area Delegate the Agenda Items for this year's General Service Conference.

Trusted servants are asked to attend, but all interested parties are welcome!

**May 2, 2020 1:00 – 5:00 PM Eastern Time**

### Join Zoom Meeting

<https://us02web.zoom.us/j/86860374764?pwd=WHdGaXdnaGh0UUVRYnJlcUI4aVR5Zz09>

**Meeting ID: 868 6037 4764**  
**Password: A64service**

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### Call in via phone

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**Password: 476014**

### Join Zoom Meeting

<https://us02web.zoom.us/j/86860374764?pwd=WHdGaXdnaGh0UUVRYnJlcUI4aVR5Zz09>

**Meeting ID: 868 6037 4764**  
**Password: A64service**

## The Flatiron Issue #3

04/20/2020

Flatiron; 5925 Chapman Hwy

<https://www.facebook.com/KnoxvilleAlono>

By the request of the Board there has been a complete change of the Management Team and style from top to bottom. Under the new leadership of Calvin N. (Club Manager) and Patrick W. (Treasurer) there have been a lot of changes cosmetically and operationally to the club.

Flatiron is considered an essential business. We have reopened, and have three scheduled meetings every day except for Sunday. The Flatiron will have extended hours in order to be open more often for such things as 1 on 1 Sponsorship Meetings, Entertainment, and just a safe alcohol free place to spend time if anyone needs that outside of the regularly scheduled meeting times.

The entire club's interior has been repainted, and the carpet has been cleaned. Under the current climate, Flatiron has found a way for everyone to observe the 6' social distancing suggestion by temporarily removing the tables, and placing the chairs in a circle spaced 6' apart. There is plenty of extra space if more people arrive than can be sat in the circle. There has been an entire overhaul as to how the concession stand is being operated. There is no longer a fee for coffee. Check weekly for revolving snack and soda specials.

Flatiron is working hard to keep a well stocked Bookstore with all of the most desired literature. This selection will include "the Big Book of Alcoholics Anonymous" and "the 12 Steps and 12 Traditions of Alcoholics Anonymous" in a variety of formats. Flatiron will also stock many other Conference approved titles and a few that aren't on a steadily rotating basis. If there's something that you want, but don't see it, let us know. We will promptly stock it, if it's available to us.

For the purposes of recreation, Flatiron has installed a no fee pool table and air-hockey table that can be enjoyed by anyone, except during meeting times. A couch is available in the recreation room for sitting and chatting. If you need a place for a child to wait during your meeting, this space is perfect for that.

There is a smaller meeting room that can be scheduled for use if you'd like to either start a group or relocate a current group. Just speak with Patrick or Calvin. Terms can easily be agreed upon.

The Flatiron is becoming the social/recovery Clubhouse that it has been in years past. The club can be used for such things as; holding 12 step based recovery meetings, meeting friends to chat, have private Sponsor/Sponsee meetings, or to just have a safe alcohol-free place to hang out. The Flatiron is also available for rent for private events. See the staff for details.

Announcements of new meetings and activities will be made here monthly. Our most up to date meeting schedule can be found on the Meeting Guide app.

Welcome back to the NEW FLATIRON

Continued from p. 1

In the beginning we get a temporary relief that tells us that we are just fine, but it only lasts until we wake up the next morning and find ourselves in an even deeper pit. We reach for the bottle, and again it gives us that temporary buzz, and we repeat this process over and over until,

Step five, for me, was the gateway to how I was going to live the rest of my life. After two attempts at step four, I was faced with the decision as to whether my future was going to be honest and meaningful, or just a meaningless facade. Fortunately, for me, I took a leap of faith and disclosed all those, so called, tormenting ghosts of yesterday, (12×12 pg. 55) and looking back on it now, I realize that, that decision was the hinge pin, for my thoroughness, with the rest of the steps. Had I not cleaned the slate at that time I just don't see how I could have followed the spirit of truth and honesty, with myself and others that would result in the peace of mind that I enjoy today.

My inventory had to deal, mainly, with bad habits which had to be changed by the process suggested in steps six and seven. That was the easy part of step five. However, those tormenting ghosts of yesterday were another story. These were not habits, but deeds that I had done as an adolescent kid that seemed unforgivable. No one should ever know, I would take them to the grave with me. Mustering the strength to take that risk may have been the most important step forward I've ever made.

My brain had been lying to me, after all; how bad could a thirteen year old kid be? That one decision is what I credit with giving me my life back and if I hadn't done it, I don't see how I could have given a good effort to the rest of the steps from behind that facade that I used to call life.

I often hear members of the program that seem to resist looking deeper into their regrets and seem to build a wall of reasons why they don't need to, and I wonder if they might be caught in the same dilemma that I was in when I took my fifth step. I wish I could reassure them that it's not worth the mental torment that it puts us through and that it may be a good idea to revisit that step and clean the slate. We can't live alone with them; we have to talk to someone about them. (Even A.A. oldtimers, sober for years, often pay dearly for skipping this step. 12×12 pg. 56) If, you are that person, I encourage you to try to get the strength to take that risk, and clean the slate; after all, we only live once. Let's not waste the opportunity to live a happy and peaceful life.

From

**ALCOHOLICS  
ANONYMOUS**  
*Cleveland*

<https://www.aacle.org/step-five-clean-slate/>



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**MAY 2020**



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