



East Tennessee Intergroup

June 2020
Volume 44, Issue 6

Unity Newsletter



*Were entirely ready to have
God remove all these
defects of character.*

Sixth Step Prayer

Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual & mental health.

Step Six – Became Entirely Ready

What is the meaning of the word defect? What is the meaning of the word shortcoming? Those are two words that we hear often when we are discussing steps six and seven, and we sometimes get caught up in the semantics of the words and it distracts us from really getting to the heart of the matter.

I can understand why a person could get a little confused since they both obviously imply that there is something wrong, but if they are intended to be synonymous why did they not include them both in step six or step seven?

Early in my sobriety I heard one version that implied that they didn't want to be redundant when they wrote the big book and when I think back on it, I see that as a weak explanation. When I read the twelve and twelve, I see a much more active role expected of us than simply asking God to rid us of these faults.

Understanding that the founders never wanted to edit the Big Book, I can see that these issues had to be addressed and by publishing the twelve and twelve they could provide amplifying information on these and many other ideas that were unclear to the rest of us.

In order to find a simple framework that makes it easy to get the best results as I addressed these two steps I had to come up with a way to conform to the spirit of the program and rid myself of my obvious character flaws.

Continued on p. 16



DISTRICT MEETINGS

Intergroup Committee will be available on Zoom.

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

Call 1-929-205-6099.

District 1 will meet July 11 at 11am. Contact Barbara S.

District 2: TBD. Contact Gretchen S.

District 3: will be having our Regular monthly district meeting on June 7th, and plan to meet on every first Sunday thereafter.

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 set for the first Monday in June, the 1st, 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.

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 5/27/2020 12:49pm

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 or call 865-522-9667

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

Johnson City- Central	Kodak-Kodak HWY 66
Kingsport- Serenity Improvement (Reopening 5/30/2020)	Lafollette- There is Hope
Knoxville- Big Book Recovery, Metro (Reopening 6/4/2020)	Oak Ridge- Primary Purpose, Happy, Joyous And Free, 1107 Sunday
Recovery Central- Northside	Rockford- Lenguaje Del Corazon , Rockford Clubhouse
Flat Iron- New Beginnings, Survivor, Unity	Sevierville- Pigeon River Club
Park 40- 1st Things 1st Knoxville, Saturday Morning Big Book, High Nooners, Happy Hour, Phoenix M, W, F and Sunday, Prime Time, Speaking of Recovery	

Meetings Currently Suspended or Moved:

Physical Meeting Suspended: 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 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, GRITS, Sunrise Serenity/Serenity at 7, Unity Jonesborough- Seekers Kingsport- Colonial Heights Kingston- Steps to Freedom, New Freedom	Knoxville -Age of Miracles, Free at Last, Keep Leaning Forward, Melrose, Northstation, Saturday Morning Serenity, Serenity, Sober Pride , Sobriety and Beyond, Tennessee Group, Turnip Patch, 1st 164, 4th Dimension, 4 Way Park 40 Club- Heart to Heart, Serenity Sisters Recovery Central- Before Noon 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 Rockford- Daily Reprieve Rockwood- Roane County Unity Rogersville- Rogersville Group at the Hospital Sevierville- Wears Valley Carriage House Ten Mile- Roane County Unity Townsend-Down BY the River, Down ON the River
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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 Six: ““Were entirely ready to have God remove all these defects of character.”

“THIS is the Step that separates the men from the boys.” So declares a well-loved clergyman who happens to be one of A.A.'s greatest friends. He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults—without any reservations whatever—has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.

Of course, the often disputed question of whether God can—and will, under certain conditions—remove defects of character will be answered with a prompt affirmative by almost any A.A. member. To him, this proposition will be no theory at all; it will be just about the largest fact in his life.

Sixth Step Prayer

Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health.

Tradition Six (long form): Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A. such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A. —and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never to go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.

Tradition Six Checklist:

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with “Guidelines on Clubs” (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor’s advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

Concept VI: The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Concept VI Checklist:

- Are we familiar with how our General Service Board (G.S.B.) Class A and Class B trustees serve A.A.? Are we familiar with how our other trusted servants serve A.A.?
- Are we clear about the terms, “chief initiative” and “active responsibility”? Can we see a direct link to our home group?

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, Discontinued:

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

Brad B.,	13 years
Dale M.,	3 years
Kim C.,	2 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 -	
	Apr 20	Apr 20		Apr 20	Apr 20
11TH STEP MEDITATION	0.00	40.00	MONDAY NIGHT MEN'S	260.00	260.00
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	100.00	250.00	NORRIS CLINTON GROUP	0.00	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	30.00	80.00
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	0.00	84.47	PRIMARY PURPOSE- OAK RIDGE	0.00	400.00
COOKIE GROUP	0.00	360.00	PRIME TIME	0.00	1,151.20
COURAGE TO CHANGE	0.00	200.00	PRINCIPALS BEFORE PERSON- ALITIES	0.00	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	0.00	112.00	SEEDS OF HOPE	269.00	343.00
DISTRICT 50/51	0.00	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	150.00	1,382.50	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	370.90	1,241.87
GROUP PRIMARY PURPOSE	100.00	175.00	SOBER PRIDE	0.00	451.64
GROUP WITH NO NAME	175.00	850.00	SOBRIETY SOCIETY- SO-SO	200.00	700.00
GSMRC EVENT	0.00	2.56	SPIRITUAL PROGRESS	0.00	45.00
HAPPY HOUR	0.00	750.00	STEPS FORWARD	0.00	165.00
HIGH NOON ROGERSVILLE	0.00	60.00	SUNDAYS AT 7-KNOXVILLE	0.00	225.00
Individual	226.04	1,328.31	TELLICO VILLAGE	60.00	240.00
JEFFERSON CITY UNITY	0.00	216.34	TENNESSEE GROUP	0.00	800.73
KEEP LEANING FORWARD	0.00	238.00	Teresa	2.07	2.07
KODAK HWY 66	0.00	250.00	TRI-CITIES GROUP- BRISTOL	0.00	300.00
LAFOLLETTE-THERE IS HOPE	20.00	180.00	TRI-STATE GROUP-HARROGATE	0.00	300.00
LOUDON	0.00	35.00	TRUDGING THE ROAD	0.00	79.40
LUNCH BUNCH- GREENEVILLE	0.00	398.40	TURNIP PATCH	86.40	195.40
Melissa R	20.00	20.00	WEST KNOXVILLE GROUP	0.00	182.97
MEMORIAL RECOVERY	0.00	150.00	WORKING WITH OTHERS	0.00	100.00
METRO GROUP	0.00	875.00	TOTALS	2,069.41	24,608.42

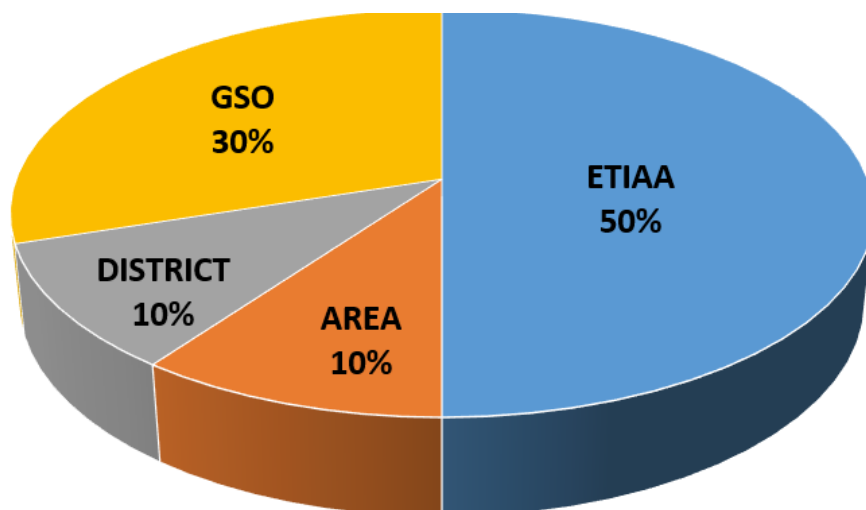
How can groups participate?

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**

**New ways to donate:
Paypal Manager@etiaa.org or 865-320-8649
Zelle Manager@etiaa.org or 865-320-8649
Venmo @ETIAA**

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

**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 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 1 will meet July 11 at 11am.

District 50/51 meeting is set for the first Monday in June, the 1st, on Zoom.

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

Dial 1-929-205-6099

Meeting ID:

129 330 698

District 3 will be having our Regular monthly district meeting on June 7th, and plan to meet on every first Sunday thereafter.

To add your district's service committees email us at 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:

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

May 2020 Intergroup Minutes

Present (via ZOOM): David R., Rebekah R., Annie B., Ken L., Fawn L., Heather B., Lynette, Carole W., SuZan, Barbara, Marian G., Jacque H., Katie

Opened with the Serenity Prayer

Introduction/Roles.

Accepted April's minute with these corrections:

Carole and Suzan tried to attend, but couldn't get in due to technical/Zoom issues. Ken L. is the Outreach committee chair.

Manager's Report - Rebekah R.

Intergroup office: The office reopened on May 4th with virus precautions: lots of hand sanitizer and masks required. First week was very busy. Last week not super busy. Lot of large orders and large contributions. Have been doing curbside pickup, but no one has used it yet.

7th Tradition payment options: People can now donate or pay via Venmo, PayPal, and Zelle. Info on these options is on the website, posted on Facebook, and will be put in the newsletter. The office now has a Square for taking credit cards. These methods have different fees for processing payments/donations, so it might be a good idea to include that info in the hope that people will choose to use a more cost-effective method.

New Grapevine books are on the way, 3-pack, best of. Should have 17 of them today or tomorrow.

ICOAA, office managers convention is in September and is in Des Moines. Rebekah highly recommends it and invites people to join her for a road trip and share costs.

Treasurer's Report — Fawn L:

For April, even with the shutdown, income was just slightly below average. Balance as of today, in good shape. Suggested that we consider designating some positive net income to return to the prudent reserve, maybe couple hundred a month to replace \$3000 taken out. (We discussed that, see New Business).

Hotline: Thanks to Annie for hard work while office was closed did most of the daytime hotline work. Had to find new people for Monday/Tuesday nights. It's going smoothly.

Office Service Workers - Annie B.

The office has been staffed with volunteers. No new info on archives.

Archives - Annie B.

Nothing new to report.

Website - Sterling and Rebekah have worked to redesign the website and there are ideas about further enhancements.

Accessibility - Carole W.

Carole expressed concern that meetings are listed as "accessible" when that sometimes only means the entrance to the building is accessible. Rebekah had already changed the

language in the ETIAA meeting list so that it says "Entrance is Wheelchair Accessible". The language in the Meeting Guide app was not as clear. It was suggested to send the app developers an email to see if they can change it.

Spanish speaking liaison - Open

CPC/PI - Robin (absent) - no report

Treatment - Beth H. (absent) - no report

Corrections - Marian G.

Turned in the job description for Corrections chair. She hasn't been able to visit jails because of the lockdown. Knox County jail is looking at opening June 1. Morgan county earliest is August.

Outreach - Ken L.

Ken attended the First Things First meeting in Gray and expressed a concern that the meeting was not listed in the Meeting Guide app. Rebekah figured out that the reason is because it is more than 30 miles away and the app only shows meetings within that distance from where you are located. It is visible if you set your location as Johnson City.

Events - SuZan A.

SuZan wrote a description for the Events chairperson. Open house was postponed because of the lockdown, so there was nothing to report.

Mobile Intergroup - Patrick (absent)

Rebekah said there is nothing going on right now, again because of the lockdown. The campout is not happening but the campground is open so Rebekah will deliver orders there if anyone wants.

Old Business:

Survey update - Caitlin F. (absent) She told Rebekah that she will have a report next month.

New business:

Building up the prudent reserve: Carole moved that at Fawn's guidance, we move money back into prudent reserve. Annie seconded. The motion passed by a show of hands.

Rebekah suggests that we need a larger discussion about the prudent reserve. We went from about \$13,000 to \$10,000 in the last month and one year's expenses is about \$70,000. Rebekah said that 3 to 12 months of prudent reserve is recommended and the national Intergroup keeps 9-12 months. It was decided that we will discuss this next month, at the June meeting.

Thanks were expressed to Rebekah for the hard work and great job she did during the lockdown. Keeping meeting info updated was a huge job.

Next Meeting: Monday, June 15th at 6:30pm

May 2020 District 50/51 Minutes

May 4, 2020

Virtually Attending: Jacque, Jeff, Trey, Angela, David C, David T, Katie, Robin, Calvin, Sandy H, John S, Bree, Sandra B, Anita (proxy). Please note this meeting was a virtual meeting using the Zoom platform*

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 (Jeff) to accept the minutes from last month as written. The motion was seconded (Katie) and passed unanimously.

Jacque District 50

Pre-conference report was emailed on 5/2/2020. Jacque can be reached at sweetiepie5267@gmail.com and/or 865-296-4501

Angela District 51

No report.

Angela can be reached 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 May 4, 2020 is \$2,432.34. There were contributions made to District 50/51 in January and March. No contributions in February or April.

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

CPC/PI – Trey

Committee did not meet in April. Knox County Schools has been contacted about distributing meeting information via school guidance counselors. Posterboard on Chapman Highway is now up (near Flatiron). Virtual workshop in chairing Zoom meetings went well.

The next CPC/PI meeting will be via Zoom on 5/27/20. Get details from Trey or Intergroup Facebook.

Treatment Report – John S.

The treatment chair coordinates meetings for treatment centers.

Everything is postponed because no treatment facilities are allowing visitors from outside.

The next treatment committee will be on 5/7/20 at 7:00p.m via Zoom.

Corrections Report – Bree:

No meetings into prisons/jails due to COVID-19. KCDF will permit meetings after 5/18/20. Morgan County will allow outside meetings in August.

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.

Corrections subcommittee will now begin meeting quarterly. No subcommittee meeting until Park40 opens.

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

Grapevine Report – Sandra:

No report.

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

Sandra can be reached at: sbrown0418@comcast.net

Bridging the Gap Report – David T:

One call from a Morristown facility. 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 (Sandy H reporting):

No report. Events suspended due to COVID-19.

Committee meetings will resume in June.

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:

Trey: Please know your reservations from 2nd Quarter Assembly will not roll over to 3rd Quarter in Memphis. You must make new reservations.

Sandy H: Park40 will open on May 18, 2020.

Robin: 1st Quarter Assembly (2021) hotel contract sent to Assemblies Committee and they will meet next month.

OLD BUSINESS:

Jacque & Angela's checks for 2nd Quarter Assembly have been returned.

General discussion of Treasurer position and bookkeeping. Treasurer declined assistance for bookkeeping support. Sandy will be added to the District 50/51 bank account.

NEW BUSINESS:

1. A motion was made to table budgets due to lack of information regarding treasurers report. **ALL BUDGETS HAVE BEEN TABLED UNTIL MAY.**
2. A motion was made to create a Google Drive account for District 50/51 Treasury position. (Sandy will create)

Jeff made a motion to adjourn the meeting at 7:43p.m. It was seconded and passed unanimously.

Closed with the Serenity Prayer.

THE NEXT DISTRICT MEETING WILL BE JUNE, 1 2020 AT 6:30PM VIA ZOOM.

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.**



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 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.

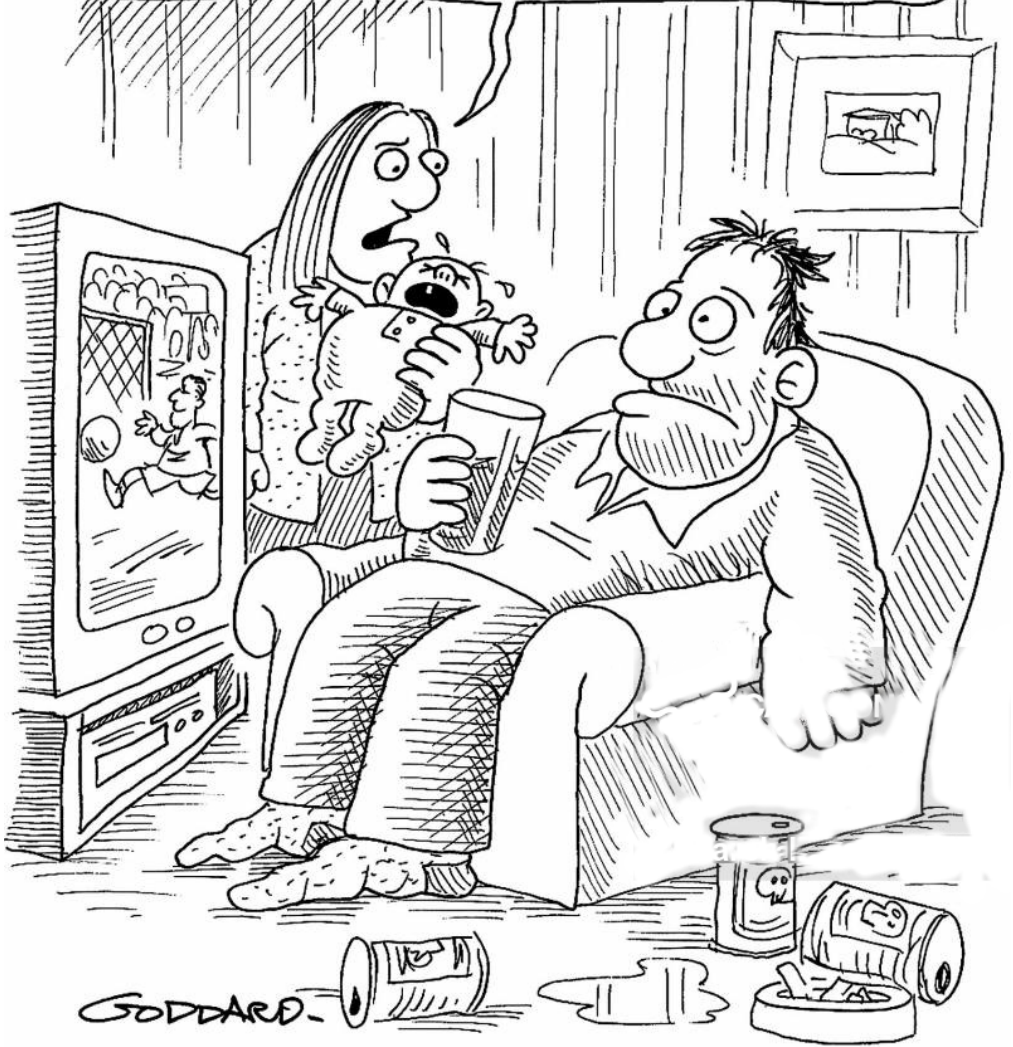
The Intergroup Office in San Jose, CA has some awesome resources regarding a digital Seventh Tradition.

<https://aasanjose.org/technology>

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

NO KEN. WATCHING FOOTBALL AND DRINKING BEER AT THE SAME TIME IS NOT MULTI-TASKING!

On the lighter side....



Bonus Reading

12 STEPS IN 30 MINUTES by Bill W.

The Grapevine July 1953

Vol. 10 No. 2

AAs are always asking: "Where did the Twelve Steps come from?" In the last analysis, perhaps nobody knows. Yet some of the events which led to their formulation are as clear to me as though they took place yesterday.

So far as people were concerned, the main channels of inspiration for our Steps were three in number--the Oxford Groups, Dr. William D. Silkworth of Towns Hospital and the famed psychologist, William James, called by some the father of modern psychology. The story of how these streams of influence were brought together and how they led to the writing of our Twelve Steps is exciting and in spots downright incredible.

Many of us will remember the Oxford Groups as a modern evangelical movement which flourished in the 1920's and early 30's, led by a one-time Lutheran minister, Dr. Frank Buchman. The Oxford Groups of that day threw heavy emphasis on personal work, one member with another. AA's Twelfth Step had its origin in that vital practice. The moral backbone of the "O.G." was absolute honesty, absolute purity, absolute unselfishness and absolute love. They also practiced a type of confession, which they called "sharing"; the making of amends for harms done they called "restitution." They believed deeply in their "quiet time," a meditation practiced by groups and individuals alike, in which the guidance of God was sought for every detail of living, great or small.

These basic ideas were not new; they could have been found elsewhere. But the saving thing for us first alcoholics who contacted the Oxford Groupers was that they laid great stress on these particular principles. And fortunate for us was the fact that the Groupers took special pains not to interfere with one's personal religious views. Their society, like ours later on, saw the need to be strictly non-denominational.

In the late summer of 1934, my well-loved alcoholic friend and schoolmate "Ebbie" had fallen in with these good folks and had promptly sobered up. Being an alcoholic, and rather on the obstinate side, he hadn't been able to "buy" all the Oxford Group ideas and attitudes. Nevertheless, he was moved by their deep sincerity and felt mighty grateful for the fact that their ministrations had, for the time being, lifted his obsession to drink.

When he arrived in New York in the late fall of 1934, Ebbie thought at once of me. On a bleak November day he rang up. Soon he was looking at me across our kitchen table at 182 Clinton Street, Brooklyn, New York. As I remember that conversation, he constantly used phrases like these: "I found I couldn't run my own life;" "I had to get honest with myself and somebody else;" "I had to make restitution for the damage I had done;" "I had to pray to God for guidance and strength, even though I wasn't sure there was any God;" "And after I'd tried hard to do these things I found that my craving for alcohol left." Then over and over Ebbie would say something like this: "Bill, it isn't a bit like being on the water-wagon. You don't fight the desire to drink--you get released from it. I never had such a feeling before."

Such was the sum of what Ebbie had extracted from his Oxford Group friends and had transmitted to me that day. While these simple ideas were not new, they certainly hit me like tons of brick. Today we understand just why that was. . .one alcoholic was talking to another as no one else can.

Two or three weeks later, December 11th to be exact, I staggered into the Charles B. Towns Hospital, that famous drying-out emporium on Central Park West, New York City. I'd been there before, so I knew and already loved the doctor in charge--Dr. Silkworth. It was he who was soon to contribute a very great idea without which AA could never have succeeded. For years he had been proclaiming alcoholism an illness, an obsession of the mind coupled with an allergy of the body. By now I knew this meant me. I also understood what a fatal combination these twin ogres could be. Of course, I'd once hoped to be among the small percentage of victims who now and then escape their vengeance. But this outside hope was now gone. I was about to hit bottom. That verdict of science--the obsession that condemned me to drink and the allergy that condemned me to die--was about to do the trick. That's where medical science, personified by this benign little doctor, began to fit in. Held in the hands of one alcoholic talking to the next, this double-edged truth was a sledgehammer which could shatter the tough alcoholic's ego at depth and lay him wide open to the grace of God.

In my case it was of course Dr. Silkworth who swung the sledge while my friend Ebbie carried to me the spiritual principles and the grace which brought on my sudden spiritual awakening at the hospital three days later. I immediately knew that I was a free man. And with this astonishing experience came a feeling of wonderful certainty that great numbers of alcoholics might one day enjoy the priceless gift which had been bestowed upon me.

THIRD INFLUENCE

At this point a third stream of influence entered my life through the pages of William James' book, "Varieties of Religious Experience." Somebody had brought it to my hospital room. Following my sudden experience, Dr. Silkworth had taken great pains to convince me that I was not hallucinated. But William James did even more. Not only, he said, could spiritual experiences make people saner, they could transform men and women so that they could do, feel and believe what had hitherto been impossible to them. It mattered little whether these awakenings were sudden or gradual, their variety could be almost infinite. But the biggest payoff of that noted book was this: in most of the cases described, those who had been transformed were hopeless people. In some controlling area of their lives they had met absolute defeat. Well, that was me all right. In complete defeat, with no hope or faith whatever, I had made an appeal to a higher Power. I had taken Step One of today's AA program--"admitted we were powerless over alcohol, that our lives had become unmanageable," I'd also taken Step Three--"made a decision to turn our will and our lives over to God as we understood him." Thus was I set free. It was just as simple, yet just is mysterious, as that.

These realizations were so exciting that I instantly joined up with the Oxford Groups. But to their consternation I insisted on devoting myself exclusively to drunks. This was disturbing to the O.G.'s on two counts. Firstly, they wanted to help save the whole world. Secondly, their luck with drunks had been poor. Just as I joined they had been working over a batch of alcoholics who had proved disappointing indeed. One of them, it was rumored, had flippantly cast his shoe through a valuable stained glass window of an Episcopal church across the alley from O.G. headquarters. Neither did they take kindly to my repeated declaration that it shouldn't; take long to sober up all the drunks in the world. They rightly declared that my conceit was still immense.

SOMETHING MISSING

After some six months of violent exertion with scores of alcoholics which I found at a nearby mission and Towns Hospital, it began to look like the Groupers were right. I hadn't sobered up anybody. In Brooklyn we always had a houseful of drinkers living with us, sometimes as many as five. My valiant wife, Lois, once arrived home from work to find three of them fairly tight. The remaining two were worse. They were whaling each other with two-by-fours. Though events like these slowed me down somewhat, the persistent conviction that a way to sobriety could be found never seemed to leave me. There was, though, one bright spot. My sponsor, Ebbie, still clung precariously to his new-found sobriety.

What was the reason for all these fiascos? If Ebbie and I could achieve sobriety, why couldn't all the rest find it too? Some of those we'd worked on certainly wanted to get well. We speculated day and night why nothing much had happened to them. Maybe they couldn't stand the spiritual pace of the Oxford Group's four absolutes of honesty, purity, unselfishness and love. In fact some of the alcoholics declared that this was the trouble. The aggressive pressure upon them to get good overnight would make them fly high as geese for a few weeks and then flop dismally. They complained, too, about another form of coercion--something the Oxford Groupers called "guidance for others." A "team" composed of non-alcoholic Groupers would sit down with an alcoholic and after a "quiet time" would come up with precise instructions as to how the alcoholic should run his own life. As grateful as we were to our O.G. friends, this was sometimes tough to take. It obviously had something to do with the wholesale skidding that went on.

But this wasn't the entire reason for failure. After months I saw the trouble was mainly in me. I had become very aggressive, very cocksure. I talked a lot about my sudden spiritual experience, as though it was something very special. I had been playing the double role of teacher and preacher. In my exhortations I'd forgotten all about the medical side of our malady, and that need for deflation at depth so emphasized by William James had been neglected. We weren't using that medical sledgehammer that Dr. Silkworth had so providentially given us.

Finally, one day, Dr. Silkworth took me back down to my right size. Said he, "Bill, why don't you quit talking so much about that bright light experience of yours, it sounds too crazy. Though I'm convinced that nothing but better morals will make alcoholics really well, I do think you have got the cart before the horse. The point is that alcoholics won't buy all this moral exhortation until they convince themselves that they must. If I were you I'd go after them on the medical basis first. While it has never done any good for me to tell them how fatal their malady is, it might be a very different story if you, a formerly hopeless alcoholic, gave them the bad news. Because of the identification you naturally have with alcoholics, you might be able to penetrate where I can't. Give them the medical business first, and give it to them hard. This might soften them up so they will accept the principles that will really get them well."

THEN CAME AKRON

Shortly after this history-making conversation, I found myself in Akron, Ohio, on a business venture which promptly collapsed. Alone in the town, I was scared to death of getting drunk. I was no longer a teacher or a preacher, I was an alcoholic who knew that he needed another alcoholic, as much as that one could possibly need me. Driven by that urge, I was soon face to face with Dr. Bob. It was at once evident that Dr. Bob knew more of spiritual things than I did. He also had been in touch with the Oxford Groupers at Akron, But somehow he simply couldn't get sober. Following Dr. Silkworth's advice, I used the medical sledgehammer. I told him what alcoholism was and just how fatal it could be. Apparently this did something to Dr. Bob, On June 10, 1935, he sobered up, never to drink again. When, in 1939, Dr. Bob's story first appeared in the book, *Alcoholic Anonymous*, he put one paragraph of it in italics. Speaking of me, he said: "Of far more importance was the fact that he was the first living human with whom I had ever talked, who knew what he was talking about in regard to alcoholism from actual experience".

THE MISSING LINK

Dr. Silkworth had indeed supplied us the missing link without which the chain of principles now forged into our Twelve Steps could never have been complete. Then and there, the spark that was to become *Alcoholics Anonymous* had been struck.

During the next three years after Dr. Bob's recovery our growing groups at Akron, New York and Cleveland evolved the so-called word-of-mouth program of our pioneering time. As we commenced to form a society separate from the Oxford Group, we began to state our principles something like this:

1. We admitted we were powerless over alcohol
2. We got honest with ourselves
3. We got honest with another person, in confidence
4. We made amends for harms done others
5. We worked with other alcoholics without demand for prestige or money
6. We prayed to God to help us to do these things as best we could

Though these principles were advocated according to the whim or liking of each of us, and though in Akron and Cleveland they still stuck by the O.G. absolutes of honesty, purity, unselfishness and love, this was the gist of our message to incoming alcoholics up to 1939, when our present Twelve Steps were put to paper.

I well remember the evening on which the Twelve Steps were written. I was lying in bed quite dejected and suffering from one of my imaginary ulcer attacks. Four chapters of the book, *Alcoholics Anonymous*, had been roughed out and read in meetings at Akron and New York. We quickly found that everybody wanted to be an author. The hassles as to what should go into our new book were terrific. For example, some wanted a purely psychological book which would draw in alcoholics without scaring them. We could tell them about the "God business" afterwards. A few, led by our wonderful southern friend, Fitz M., wanted a fairly religious book infused with some of the dogma we had picked up from the churches and missions which had tried to help us. The louder these arguments, the more I felt in the middle. It appeared that I wasn't going to be the author at all. I was only going to be an umpire who would decide the contents of the book. This didn't mean, though, that there wasn't terrific enthusiasm for the undertaking. Every one of us was wildly excited at the possibility of getting our message before all those countless alcoholics who still didn't know.

Having arrived at Chapter Five, it seemed high time to state what our program really was I remember running over in my mind the word-of-mouth phrases then in current use. Jotting these down, they added up to the six named above. Then came the idea that our program ought to be more accurately and clearly stated. Distant readers would have to have a precise set of principles. Knowing the alcoholic's ability to rationalize, something airtight would have to be written. We couldn't let the reader wiggle our anywhere. Besides, a more complete statement would help in the chapters to come where we would need to show exactly how the recovery program ought to be worked.

12 STEPS IN 30 MINUTES

At length I began to write on a cheap yellow tablet. I split the word-of-mouth program up into smaller pieces, meanwhile enlarging its scope considerably. Uninspired as I felt, I was surprised that in a short time, perhaps half an hour, I had set down certain principles which, on being counted, turned out to be twelve in number. And for some unaccountable reason, I had moved the idea of God into the Second Step, right up front. Besides, I had named God very liberally throughout the other steps. In one of the steps I had even suggested that the newcomer get down on his knees

When this document was shown to our New York meeting the protests were many and loud. Our agnostic friends didn't go at all for the idea of kneeling. Others said we were talking altogether too much about God. And anyhow, why should there be twelve steps when we had done fine on six? Let's keep it simple, they said.

This sort of heated discussion went on for days and nights. But out of it all there came a ten-strike for Alcoholics Anonymous. Our agnostic contingent, spearheaded by Hank P. and Jim B., finally convinced us that we must make it easier for people like themselves by using such terms as "a Higher Power" or "God as we understand Him!" Those expressions, as we so well know today, have proved lifesavers for many an alcoholic. They have enabled thousands of us to make a beginning where none could have been made had we left the steps just as I originally wrote them. Happily for us there were no other changes in the original draft and the number of steps still stood at twelve. Little did we then guess that our Twelve Steps would soon be widely approved by clergymen of all denominations and even by our latter-day friends, the psychiatrists.

This little fragment of history ought to convince the most skeptical that nobody invented Alcoholics Anonymous.

It just grew. . .by the grace of God.

Bill W.

Continued from p. 1

To put it in simple terms, I might use an example that we are all familiar with: If a person purchases a new car and several month later they discover a defect in the braking system causing the car to continue to role forward when you apply the brakes, the car would be re-called, the defect would be corrected, and the brakes would perform properly each time you put your foot down on the pedal.

The defect was the faulty brakes, and the shortcoming was the behavior of the car. It wouldn't stop properly. Once the defect was corrected, the shortcoming went away. While talking to a close friend of mine about gossiping about others his comment on the matter was that "All forms of criticism and character assignation stem from low self esteem." The low self esteem was the defect that caused the gossip (shortcoming).

Since that conversation, whenever I caught myself wanting to criticize others I replaced the gossip with compassionate understanding and took the fall back position such as: There are two ways to have the tallest building in town: 1) Build the tallest building, or 2) Tear all of the other buildings down around you.

When I saw how pathetic that behavior was, I quickly started to remove it from my day to day interactions with others (stop the gossip). I try to use this type of model on all of the defects as I discover them and it seems to have taken all of the power out of them. This is a never ending process and nothing has served me better. Discover and correct the defects and the shortcomings disappear.

My shortcomings were apparent to everyone but my defects of character were not. When I could identify them in myself, all I had to do was to use a little self restraint and the results were amazing. When I asked my higher power remove my shortcomings, I became entirely ready and this process became the answer I was searching for and as a result, most of the guilt and shame has dissolved into nothingness.

I don't let the semantics of the two words, defect and shortcoming; stop me from applying a model that works for me. I am a firm believer in step study meetings and have been attending one weekly ever since I got sober in 1969. I liken it to a rock tumbler. Each time you go through a cycle, slowly but surely, all of the rough edges are worn down and soon you begin to evolve to the finished product that you envisioned. This is one that really worked for me.

By Rick R.

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