



East Tennessee Intergroup

July 2020
Volume 44, Issue 7

Unity Newsletter



***Humbly asked Him to remove
our shortcomings.***

Seventh Step Prayer

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows."

Step Seven — Understanding and Learning Humility

Dictionary.com lists several variances on the definition of the word humble. To get a good grasp on the concept of humility, try picturing circumstances in your life (real or imagined) where humility comes into play and determine how those emotions can influence your interaction with God as you understand Him while working through Step 7.

One definition is to be "not proud or arrogant; modest." This example of humility is a lesson learned early in life. Imagine yourself as a kindergartner who just created the most beautiful picture of a bunny any kindergartner had ever seen. (At least that's how you felt when your teacher complimented your drawing and held it up in front of the class.) Immediately, you were filled with the natural response of pride.

At that point, you would have transitioned from natural pride to either modest pride or arrogant pride. The choice was yours whether you were conscious of it or not. Modest pride would have filled you with the good feeling of accomplishing something special; arrogant pride would have filled you with that same feeling with the added sense of feeling superior to your kindergarten peers. So, to be truly humble, you would have stopped at the natural pride before allowing it to make you feel superior. Therein lies the difference between arrogance and humility.

Modest Humility Necessary

Modest humility is necessary in accomplishing Alcoholics Anonymous Step 7. In order to benefit from this step, you will need to approach God as you

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DISTRICT MEETINGS

Intergroup Committee will be available on Zoom. Intergroup meets the 3rd Monday of the month at 6:30 pm at the Intergroup office and via 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 have 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 1 on Zoom. <https://zoom.us/j/129330698> 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 6/29/2020 9:58am

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 :

Bristol, VA- Lunch Bunch (Moved to Highlands Fellowship)

Clinton- Norris Clinton Group

Greeneville- Breakfast Bunch, Lunch Bunch, Fearless Surrender

Johnson City- Central

Kingsport- Colonial Heights, Serenity Improvement

Knoxville- Big Book Recovery, Dragonfly, Free at Last,

Melrose, Metro (Thursdays only), Turnip Patch

Recovery Central- Northside; Flat Iron- New Beginnings,

Survivor, Unity Park 40- 1st Things 1st Knoxville, Saturday

Morning Big Book, High Nooners, Happy Hour,

Phoenix M, W, F and Sunday, Prime Time, Serenity

Sisters (Mondays), and Speaking of Recovery

Lafollette- There is Hope

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

Rockford- Lenguaje Del Corazon , Rockford
Clubhouse

Sevierville- Pigeon River Club

Seymour- Mondays and Fridays only

Strawberry Plains- 4 Way

Townsend- Down ON the River

Physical Meetings Suspended:

Alcoa-Surrender to Win (MLK)

Bristol, VA- Memorial Recovery, TSDD Tri-Cities

Church Hill- Keep It Simple

Cosby- Our Primary Purpose

Dandridge- Unity

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

Gatlinburg- North Gatlinburg Group

Greeneville- Caring and Sharing

Harriman- Roane County Unity

Harrogate- Tri-State Group

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

Jonesborough- Seekers

Kingston- Steps to Freedom, New Freedom

Knoxville- Age of Miracles, Keep Leaning Forward,

Northstation, Saturday Morning Serenity, Serenity,

Sober Pride , Sobriety and Beyond, Tennessee Group,

1st 164, 4th Dimension; Park 40 Club- Heart to Heart

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

Physical Meetings Moved:

Bristol, VA- Lunch Bunch moved to Highlands Fellowship.

Knoxville- West Knox Group moving to Tyson Park Pavilion.

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 Seven: Humbly asked Him to remove our shortcomings.

SINCE this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us.

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

Humility, as a word and as an ideal, has a very bad time of it in our world. Not only is the idea misunderstood; the word itself is often intensely disliked. Many people haven't even a nodding acquaintance with humility as a way of life. Much of the everyday talk we hear, and a great deal of what we read, highlights man's pride in his own achievements.

Seventh Step Prayer

My Creator, I am now willing that You have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do Your bidding.

Tradition Seven (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 Seven Checklist:

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
 2. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
 3. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?
-

Concept VII Checklist:

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

- Do we act responsibly regarding the "power of the purse"?
- Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.?

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:

The **Jefferson City Unity Group**, 7 pm Tuesday night meeting has been **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

June 2020 Anniversaries

Steve G.,	48 years
Phyllis S.,	27 years
Marvin H.,	24 years
Don B.,	10 years
Dawn V.,	7 years
Robert G.,	6 years
Richard P.,	2 years
Franklin B.,	1 year

Monday Night Men's Meeting, West Knoxville

Paul B. 23 years

Flat Iron Group; Knoxville

Nick T. 35 years (6-12-85)

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 -	
	May 20	May20		May 20	May 20
11TH STEP MEDITATION	0.00	40.00	NEW BEGINNING- LOUDON	0.00	200.00
1ST THINGS 1ST KNOXVILLE	459.35	1,292.65	NEW PATH	0.00	30.00
4-WAY GROUP	0.00	150.08	NORRIS CLINTON GROUP	0.00	300.00
4TH DIMENSION	423.25	1,476.30	NORTH GATLINBURG 157790	89.50	1,063.00
AGE OF MIRACLES 727042	40.00	40.00	NORTH STATION GR	600.00	600.00
BACK TO BASICS- OAK RIDGE	0.00	250.00	ONEIDA	0.00	80.00
BIG BOOK RECOVERY	0.00	100.00	OUR GROUP	0.00	50.00
BLOUNT COUNTY GROUP	0.00	250.00	OUR PRIMARY PURPOSE 716038	21.50	173.00
COLONIAL GROUP	0.00	150.00	Pam S	25.00	25.00
CONCORD GROUP	213.00	294.46	Paypal	4.00	4.00
CONTRIBUTION JAR	11.00	95.47	PHOENIX GROUP	0.00	1,596.86
COOKIE GROUP	0.00	360.00	PRIMARY PURPOSE- OAK RIDGE	250.00	650.00
COURAGE TO CHANGE	0.00	200.00	PRIME TIME	0.00	1,151.20
COVER TO COVER	0.00	130.00	PRINCIPALS BEFORE PERSONALITIES	0.00	50.00
DAILY REPRIEVE- MARYVILLE	0.00	2.82	RIVERSIDE GROUP	0.00	1,184.89
DANDRIDGE UNITY 638213	0.00	112.00	ROANE COUNTY UNITY	0.00	200.00
DISTRICT 50/51	35.00	335.00	SAT. MORNING BIG BOOK KVVV	177.05	869.91
DOWN ON THE RIVER	0.00	200.00	SATURDAY MORNING SERENITY	35.00	35.00
FAWN LANDRUM	50.00	50.00	SEEDS OF HOPE	0.00	343.00
FOUNTAIN CITY SERENITY	0.00	1,382.50	SERENITY IMPROVEMENT	0.00	200.00
FREE AT LAST	0.00	160.00	SERENITY IN THE SMOKIES		
GOOD VIBES	0.00	0.00	EVENT	0.00	7.24
GROUP PRIMARY PURPOSE	0.00	175.00	SERENITY SEEKERS	0.00	70.00
GROUP WITH NO NAME	0.00	850.00	SEVEN ISLANDS	0.00	40.00
GSMRC EVENT	0.00	2.56	SEYMOUR SHARING	0.00	1,241.87
HAPPY HOUR	0.00	750.00	SOBER PRIDE	478.03	929.67
HIGH NOON ROGERSVILLE	45.00	105.00	SOBRIETY SOCIETY- SO-SO	0.00	700.00
Individual	400.50	1,728.81	SPIRITUAL PROGRESS	0.00	45.00
JEFFERSON CITY UNITY	0.00	216.34	STEPS FORWARD	0.00	165.00
KEEP LEANING FORWARD	41.25	279.25	SUNDAYS AT 7-KNOXVILLE	0.00	225.00
KODAK HWY 66	0.00	250.00	TELLICO VILLAGE	0.00	240.00
LAFOLLETTE-THERE IS HOPE	20.00	200.00	TENNESSEE GROUP 723519	97.69	898.42
LOUDON	0.00	35.00	Teresa	0.00	2.07
LUNCH BUNCH- GREENEVILLE	0.00	398.40	TRI-CITIES GROUP- BRISTOL	0.00	300.00
Melissa R	0.00	20.00	TRI-STATE GROUP-HARROGATE	0.00	300.00
MEMORIAL RECOVERY	0.00	150.00	TRUDGING THE ROAD	0.00	79.40
METRO GROUP	0.00	875.00	TURNIP PATCH	0.00	195.40
MONDAY NIGHT MEN'S	0.00	260.00	WEST KNOXVILLE GROUP	0.00	182.97
MORRISTOWN GROUP	0.00	230.00	WORKING WITH OTHERS	0.00	100.00
			TOTALS	3,516.12	28,124.54

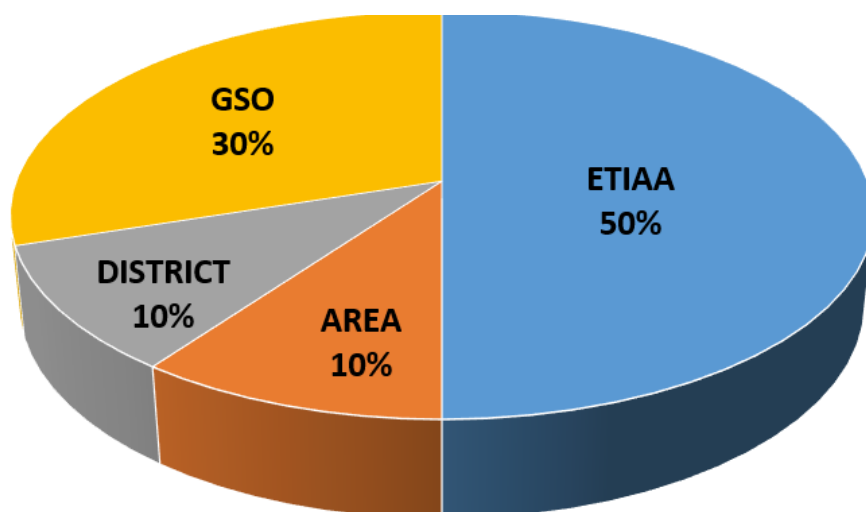
How can groups participate?

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**

The GSO prefers online contributions

**Area 64 Assembly
2500 Murfreesboro Pike
Suite 105 Box 235
Nashville, TN 37217
www.area64assembly.org**

**District 1 Treasurer
Richard Ellis
1302 Chestnut St.
Kingsport, TN 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](https://zoom.us/j/190817792)

Call 1-929-205-6099.

To add your district's
service committees
email us at manag-
er@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

June 2020 Intergroup Minutes

Open with serenity prayer and monthly tradition 6:30 pm

Present at Office and Zoom meeting: Barb S., Fawn L., David R., Jacque H., Marian G., Suzan A., Robin G., Brad T., Katie E., Heather B., Trent W., Rebekah R., Susi M., Patrick, Pamela S., Vic W., Beth C., David,

Groups Represented: So sorry to say I did not get all the groups down. Great turnout though.

Accept/modify previous minutes: Accepted

First Tradition was Read by Fawn

Manager's report – Rebekah R

Office reopened, it is going well. Not nearly as bad as we anticipated. Being conservative due to continued pandemic situation.

Committee formed and will re-group when this is over regarding raising prices to match GSO. We seem to only be losing money on pamphlets. Will send reports to GSO to see how they fix that.

Treasurer Report- Amazed at how well we've done. May come in well above average. We will be able to buy books currently. Prudent reserve holding at 10K. Profit and Loss May \$1046+. Fiscal year down \$57.00.

Hotline – Jacque H

All are helping out very well. Thanks to Annie for taking the day shift while office was closed. Monday night new girl. Just really appreciate all who have stepped up to help out.

Office Service Workers- not present. A few changes. All in all going very smooth.

Archives- not present

Website – Sterling is putting things on the back burner as he is moving. Will be back at it soon.

Accessibilities not present

Spanish Speaking Liaison – open

CPC/PI – Robin: not present

Survey Results- Rebekah will be posting them in our newsletter this month.

Treatment- Beth H Not much to report. Two treatment centers opened recently. Still waiting for updates.

Corrections – Marian Knox County Jail not open. Morgan County has invited us back for July, tentatively. Nothing in Greenville yet. Thinking in Fall we'll probably get going.

Outreach – Only been to Tri Cities meetings before lockdown.

Events –Suzan Has some ideas for Fall. Around October, possibly Halloween, will talk more in new business.

Mobile Intergroup- Nothing to report. Was suggested that all representatives try to inform their groups of our availability.

Old Business

New Business

Discussion on how Intergroup can reach and inform more groups about our needs. How each one of us can do this at our groups.

Prudent reserve evaluation: Bulk of people Rebekah has talked to have 6 mths. saved. Which would be \$15.5K for us. We are in the ball park.

Meeting closed at 7:40 pm.

Next Meeting-Monday July 20, at 6:30pm via ZOOM.

June 2020 District 4 Minutes

The next District 4 meeting will be Sunday, August 2nd, 2PM, at Double Winners Club in Maryville.

June 2020 District 6 Minutes

No meeting in June. District 6 will not be having a business meeting this month because it falls on July 4th.

June 2020 District 50/51 Minutes

June 1, 2020

Virtually Attending: Jacque, Katie, Michelle C, John S, Angela L, Robin G, Trey M, Jeff S, Sandra B, Sandy H, Erica, Sheldon, Anita (*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 (Jeff) to accept the minutes from last month as written. The motion was seconded (Katie) and passed unanimously.

Jacque: District 50

Angela attended an emergency Area 64 Meeting.

Jacque was added as a "back up" to District 50/51 bank account at TVA Credit Union.

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

Angela: District 51

Emergency Area 64 Meeting via Zoom – there will not be an in-person 3rd Quarter Assembly (will be held via Zoom on 8/28, 8/29, 8/30) – 4th Quarter Assembly will be held in Memphis date TBD (host committee is working out details with hotel) – Grapevine will be distributed for free throughout state due to COVID-19

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

Treasurer's Report – Sheldon

Balance as of 6/1/2020 is \$2,632.98

No outstanding checks. Deposits totaling \$235.60. Total YTD contributions made to District 50/51 \$772.60.

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

CPC/PI – Trey M. No Report.

The next CPC/PI meeting will be via Zoom on 6/24/20 at 5:30. 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. Committee is working to establish a permanent Zoom meeting to reach vulnerable populations.

The next treatment committee will be on 6/11/20 at 7:00p.m via Zoom.

Corrections Report – Bree (Not Present)

No Report

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. Please contact Bree for information regarding next meeting.

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

Grapevine Report – Sandra B: No Report.

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

Sandra can be reached at: sgbrown0418@comcast.net

Bridging the Gap Report – David T (Not Present)

No Report.

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

Events – Erica/Sandy H:

No report. Events suspended due to COVID-19.

Committee meetings will resume when social distancing restrictions are lifted.

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: Park40 is now open and the 5:30 weekday meeting needs support. Also, 1st Quarter Assembly (2021) is on track for Knoxville. Monitoring social distancing guidelines accordingly. Hotel contract may be cancelled in the event of an "act of God" i.e. COVID-19. 1st Quarter Assembly 2021 Committee Meeting will resume on 7/6/20 at 5:30.

OLD BUSINESS:

General discussion of Treasurer position and bookkeeping. Update is that Jacque was added to the District 50/51 bank account. General discussion about sharing the district meeting minutes with the bank to prove responsibility of account. All members are in favor. Sandra B will get Google Drive account active for all District 50/51 treasury business moving forward.

NEW BUSINESS:

A motion was made to table budgets due to lack of information regarding treasurer's report. **ALL BUDGETS HAVE BEEN TABLED INDEFINITELY.**

Jeff made a motion to adjourn the meeting at 7:13p.m. It was seconded and passed unanimously.

Closed with the Serenity Prayer.

THE NEXT DISTRICT MEETING WILL BE JULY, 6 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>

YOU CAN'T CONTROL EVERYTHING



all-greatquotes.com

YOUR HAIR WAS PUT ON YOUR HEAD TO REMIND YOU OF THAT!





The following article appeared in the Summer 2020 issue (Vol. 66, No. 2) of “Box 459: News and Notes from the General Service Office of A.A.®

Mobile Intergroup — An Outreach Tool

On a cool Tennessee afternoon in February 2020 (when A.A.s gathered in person — before Coronavirus closures), Rebekah R., office manager of the East Tennessee Intergroup of Alcoholics Anonymous (ETIAA), along with a few A.A. volunteers, showed up a few hours before a scheduled event, unloaded and unpacked boxes of items, and began setting up displays. In the weeks prior to the event, flyers were passed out advertising a “Mobile Intergroup Workshop.” Now, thanks to the flyers and word of mouth, curious and interested A.A.s were gathered in front of the table. While a volunteer filmed the entire workshop (without showing faces, of course), Rebekah took her place behind the displays of books, pamphlets, information boards and other assorted items. She greeted the crowd and began to speak about how to bring intergroup — and, more importantly, why to bring intergroup — to your event.

She shared a condensed overview of an intergroup: “The purpose of an intergroup is to facilitate Twelfth Step work. That is our main purpose. It is why we have a hotline — to get people together to do Twelfth Step calls.” Briefly, she described the difference between an intergroup and the General Service Office: “We [intergroup] do the things individual groups can’t do, like set up a hotline number, carry lots of literature, and keep our meeting information up to date in the Meeting Guide app. We make it easier for A.A.s in our area to carry out Twelfth Step work.” While G.S.O. also makes Twelfth Step work possible, she pointed out, “They do things an intergroup can’t, like publishing books and running the General Service Conference.”

The purpose of the Mobile Intergroup Workshop was not only to communicate the functions of an intergroup, but also to show area A.A.s that they, too, could join their intergroup and extend its reach by bringing it to their area events — literally. Gesturing to the tables laden with information, books and other items, Rebekah said, “Although it may look like our mobile intergroup is just selling things, our main focus is to be of service, especially to areas that cannot get to us easily.” The ETIAA provides coverage for seven districts within Area 64 (Tennessee), which includes 25 counties with approximately 120-150 groups and 400-500 meetings per week.

While a still-suffering alcoholic may first hear A.A.’s message from any one of a number of sources, for many A.A. members, it was someone at a local intergroup or central office who answered their first shaky call asking for help and who communicated A.A.’s message of hope and recovery. Intergroup was the “hand of A.A.” that was ready and waiting to be extended when that drunk gathered up the courage to call. The mobile intergroup, according to Rebekah, improves communication because it is an “outreach tool for intergroup. Using it, we can tell people about intergroup so that they can use us. If they don’t know we’re here, they can’t use us.”

As Bill W. said in an address to the 1960 General Service Conference, “When you think about it, A.A. is a unique means of communication: our lives have depended on communication; our unity depends on communication; our function depends on communication.

Everything has hung on this business of communication.” (Our Great Responsibility, pp. 101–102).

Using ability and imagination, A.A.s have communicated the message of hope and recovery in a multitude of ways — and through a multitude of outlets.

In this spirit, ETIAA has posted the workshop on YouTube so anyone interested in using mobile intergroups to help carry the A.A. message can learn more.

The workshop has been posted in two parts: “Mobile Intergroup Workshop Part One” (<https://www.youtube.com/watch?v=1GAwTtL6QU8>) and “Mobile Intergroup Workshop Training Part Two” (<https://www.youtube.com/watch?v=7QPnzowN1Kg>).

A Letter from Park 40 Club

Dear Members and Supporters of Park 40,

The re-opening of the Park 40 Club seems to have been well-received by AA groups and their members. We are pleased with the overall compliance with the guidelines set in place for the protection and benefit of all concerned. If you (or someone you know) has attended in-person meetings since our re-opening, we invite you to share your experience in a new anonymous survey available at:

<https://www.surveymonkey.com/r/J8Y57DT>

We truly value feedback from our members and visitors to the Club!

The Park 40 Club remains financially viable thanks to the continued and growing support from membership dues and charitable donations. The Board continues to keep a tight rein on expenses and an open eye for any governmental and other programs offering assistance to small businesses and non-profits. Group rents were suspended for the month of April and the days we were closed in March and May. We do anticipate some groups may have trouble meeting their full rental obligation due to much smaller attendance in light of pandemic concerns of the general population and limited capacity to accommodate social distancing. It is unlikely we will be able to enlarge attendance capacity, remove masking and sanitation restrictions, or resume food and beverage sales at any time in the near future – most likely not for several months and possibly not until sometime in 2021.

Your continued financial support of Park 40 is greatly appreciated! Please encourage your friends to join and become active participating members of the Club.

Several options are now available for dues and donations: online and in-person, as well as one-time, annual, or monthly – all by cash, check, charge, or recurring payment. Please contact the Club Manager at park40club@gmail.com or visit <https://park-40-club.square.site> for online contributions and new memberships.

The Board will continue to vigorously monitor the Club's financial status and participate in any programs available; and we will continue to comply with and enforce any and all measures necessary to provide a safe and stable place for AA groups to hold meetings and carry its message.

Once again, thank you for your trust and support!

Respectfully,

The Park 40 Club Board of Directors

June 10, 2020

NEW AT THE INTERGROUP OFFICE

The Best of the Grapevine: Volumes 1, 2 & 3

The Best of Grapevine Book Bundle: These three reissued volumes feature some of the very best Grapevine stories, carefully selected by the editors.

**Book Set available at
Intergroup for \$21.50**



Like a Frog in a Frying Pan ::: From The AA Grapevine -- January 1978

A psychological experiment of relevance to those of us who wait until things get too hot

I DID NOT come to AA to learn about a Higher Power. I did not even come to AA to stay sober. I came to AA to save my life. After I got to AA, I accepted what you people were telling me: that the way for an alcoholic to stay alive is not to take a drink a day at a time. And then I knew that if I was not to drink, I would need help. I am powerless over alcohol.

When I had been sober about a year, I was talking about alcoholism one evening with my older daughter. I told her that I had been unable to stop drinking. She replied, "But you did stop!" I was at a loss to explain myself until I remembered the story of the frog in the frying pan. It is a classic story of a psychological experiment that has a lot of meaning for me.

In the experiment, a healthy frog is placed in a shallow frying pan filled with water, and the frying pan is put on the stove. The heat under the frying pan is turned on and gradually increased--so gradually that the frog can't tell the difference from one moment to the next. The frog is completely unencumbered and is free to jump out at any time he chooses. He does not. He is boiled to death. One can almost imagine that even the frog realizes at the last moment--panic-stricken and in terror, as his neurons finally scream to awaken his instinct to escape--that he has waited too long. It is too late.

The psychological point of the experiment is to demonstrate the concept of the Just Noticeable Difference, or JND, which is the threshold below which an organism cannot make sensory discriminations, though the sensations reaching it may be unpleasant or even signs of danger. I used the story in my conversation with my daughter as an analogy to the situation of the alcoholic--at least, of this alcoholic. I drew three conclusions.

First, the behavior of the alcoholic is insane, as is that of the frog, even on the instinctual level of self-preservation. I have attended meetings at which the Second Step is debated and criticized and alcoholic behavior is defended as, well, perhaps not prudent, but certainly not insane. Using hot water isn't insane, either, unless you're being boiled to death in it.

My second conclusion is that there is nothing persuasive to me in the argument that an alcoholic is genetically predisposed to his condition. How did the frog get in the frying pan? He found himself there. If anything, I think an alcoholic has to be a superior specimen, at least physically. It takes the constitution of a horse for the body to withstand the extreme physical abuse we heap upon ourselves for years. Of course, many don't make it. Those of us in AA are indeed survivors.

Third, I had to have help to get out of my own frying pan of boiling water that is alcoholism. I could not do it on my own, and did not. It took a miracle. The story of how I was taken out is not mysterious; it is ordinary. So is the story of how I stay sober a day at a time in AA. That does not make it any less miraculous. You see, it happened to me. For every person reading this article, there are a dozen, perhaps two dozen, to whom that miracle did not happen, or who rejected it. Can you imagine how a conversation with the frog might go when things are beginning to get warm?

AA: "Hey there. It looks to me like you're getting in trouble with your life."

Frog: "I'm okay. I'm better off than a lot of those frogs who get caught in traps or stuck with needles or cut up for study. Things are getting hot, but I can handle it."

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AA: "You don't have to wait until things get worse, you know. That water is going to keep getting hotter. There is a way out."

Frog: "Don't bug me. I'm not like the rest of those frogs who got in trouble. I'm different--really a little superior to the likes of you. When I need your help, I'll let you know. Now buzz off."

I fought as long as I could to keep drinking. I was one hundred percent convinced that I could not live without alcohol. I had reached the place of the alcoholic Bill W. describes on page 152 of the Big Book: ". . . unable to imagine a life either with alcohol or without it. Then he will know loneliness such as few do. He will be at the jumping-off place. He will wish for the end."

I was nearing that point when I was taken out of the frying pan by friends, AA, love, and a Higher Power. I believe I would now have six months to live--if the clock was running. The thing that would start it running is my taking a drink--which I might do if I ever think I can take over full control of my own life.

Superior people, just as we can imagine superior frogs, like to think they're in control. They analyze, intellectualize, and demand proof. If they aren't naturally skeptical, they are taught to be. I had my skepticism nurtured and refined through twenty years of the finest education, enough for a Ph.D. at an illustrious private midwestern university. But if I'm so smart, I ought to learn from minds greater than my own.

Prove God? No way, in the accepted scientific method of classical physics. Indeed, Soren Kierkegaard, the Danish philosopher who founded existentialism, thought he had proved that there is no proof of God (a very philosophical thing to do). His immortal legacy is the statement that "faith is a leap into the unknown."

William James, whose book *The Varieties of Religious Experience* is cited by Bill W. on page 28 of the Big Book, wrote in 1901 that "God is real since His effects are real." James was not only a distinguished psychologist but also a founder of the philosophical school of pragmatism. The proposition of this school is that no belief can be considered true unless it makes a difference in real life.

When I first took the Third Step, I waited for proof--some sign--that God had received my will and my life. And I waited and I waited. Then it occurred to me that the Third Step is not a prescription for God's behavior. As far as I can tell, God is doing quite well. The sun rises in the morning; the seasons change; and there is love in the world. The purpose of the Third Step is to tell me what to do. How defiantly contemptuous of me to demand proof of the existence of God. I'm the one in trouble!

I think it is not coincidence that many people see in God the force of love. The two are equally improbable and unprovable. To those demanding their own form of proof of God, I suggest that they demand also proof of beauty, of truth, of love. "What?" they say. "But truth and beauty and love are all around us. They do not need to be proved." And so with God. "God is real since His effects are real."

The razor-keen mind will rejoin that the occurrence of tragedy and accidents disproves God. To be sure, malice, greed, and misfortune do exist in the world--you and I have experienced them. But disprove God? Disprove love? Read William James. The improbable, unprovable miracle is still there. I can even conceive of an imperfect God, striving for perfection.

I cannot close without reference to the towering intellectual giant of our century, and very likely the most spiritual, Albert Einstein. In that dazzling survey of human accomplishment, *The Ascent of Man*, of Man, Jacob Bronowski writes that Einstein was fond of talking about God. He quotes Einstein as saying, "God does not play at dice. God is not malicious." Bronowski goes on to say, "Einstein was a man who could ask immensely simple questions. And what his life showed, and his work, is that when the answers are simple, too, then you hear God thinking." AA is to me the sound of God thinking.

Thank you for my life.

J. S. -- Pebble Beach, California

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know Him with an attitude of accomplishing something special with modesty instead of arrogance.

Any sense of arrogance about your shortcomings defeats the purpose of asking God to remove them because to ask Him to help you is to need Him, and to need Him is to be modest in front of Him.

Another definition of the word humble is “having a feeling of insignificance, inferiority, subservience, etc.” This is another example of one of life’s early lessons. When you were a toddler, your parents, older relatives, babysitters or daycare teachers would likely have impressed upon you with words or actions that your position in relation to them was inferior or subservient. Your job was to listen to and obey those who were older, wiser and more experienced than you. Your position of inferiority or subservience wasn’t a character flaw by any means; it was simply indicative of your place in society.

Understanding and placing yourself in this position of inferiority and subservience is necessary when approaching God as you understand Him while you ask Him to remove your shortcomings. To allow yourself to feel somehow equal to Him would defeat the purpose of asking Him to remove anything from your life. If you understand that you need Him to remove your shortcomings, you understand that He is more powerful and superior than you.

A position of humility without arrogance and a position of inferiority toward God as you understand Him will allow you to experience His power in removing your shortcomings. This humility is a necessary experience in succeeding at Step 7.

From: <https://www.alcohol.org/alcoholics-anonymous/>

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