



East Tennessee Intergroup

August 2020  
Volume 44, Issue 8

# Unity Newsletter



***Made a list of all persons we had harmed, and became willing to make amends to them all.***

## ***A.A. Oldtimers...On the Eighth Step***

*A.A. Grapevine, June 1945, Vol. 2 No. 1; Editorial: On the 8th Step . . .*

*It was characteristic of many of us as alcoholics to at least attempt to perform in the grandiose manner. And in harming others we usually succeeded magnificently. So, to say that the first phase of the Eighth Step is a large order is to indulge in understatement which matches our bombastic style.*

*And yet, however extended be the list of those we have harmed, the fulfillment of this step's admonition need not be a tedious nor a burdensome undertaking. In the first place, let's examine the meaning of the verb: Amend.*

*Webster's New International Dictionary defines it thus – "To make better, especially in character; to repair, restore; to free from faults, put right, correct, rectify. . ."*

*There is the credo to which we of A.A. subscribe; the goal we hope to achieve through sobriety. It is both the manifestation of our adherence to the other 11 Steps and our performance of the Eighth itself.*

*The definition continues: ". . . to change or modify in any way for the better; to recover from illness." **It was written for us!***

*We have often heard that our sobriety should be founded on "unselfish selfishness," that we should strive to avoid a lapse into drinking for the benefits we, personally, derive from abstinence. It's not sound, we have been told, to try to stay dry for the sake of a wife or a sweetheart or someone else dear to us.*

*Continued on p. 15*



## **DISTRICT MEETINGS**

**Please see your district minutes for the most up to date district meeting places and times.**



## **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 7/27/2020 4:15pm**

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 :**

Bristol, VA- Lunch Bunch (Moved to Highlands Fellowship)  
Clinton- Norris Clinton Group  
Cosby- Our Primary Purpose  
Johnson City- Central  
Kingsport- Colonial Heights, Serenity Improvement at Renaissance Center  
Kingston- Steps to Freedom, New Freedom  
**Knoxville-** Big Book Recovery, Dragonfly, Free at Last, Melrose, Metro (Thursdays only), Turnip Patch; 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; Recovery Central - Northside

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), Working with Others  
Bristol, VA- Memorial Recovery, TSDD Tri-Cities  
Clinton- Norris Clinton Group  
Church Hill- Keep It Simple  
Dandridge- Unity  
Farragut- Courage to Change, Concord Group, 11th Step Meditation  
Gatlinburg- North Gatlinburg Group  
Greeneville- Caring and Sharing, Breakfast Bunch, Lunch Bunch, Fearless Surrender  
Harriman- Roane County Unity  
Harrogate- Tri-State Group  
Jefferson City – Jefferson City Unity  
Johnson City- Broad Highway, DOM Meeting, GRITS, Sunrise Serenity/Serenity at 7, Unity  
Jonesborough- Seekers  
Kingsport- Serenity Improvement at Remax Building  
**Knoxville-**Age of Miracles, Keep Leaning Forward, Northstation, Our Group, Saturday Morning Serenity, Serenity, Sober Pride , Sobriety and Beyond, Tennessee Group, 1st 164, 4th Dimension Park 40 Club- Heart to Heart

Kodak- HWY 66 Group M, W, TH  
LaFollette- There is Hope  
Louisville- Topside  
Maryville- 12 Step at Blount Memorial, Daily Reprieve, Principles Before Personalities  
Morristown- Morristown Fellowship (All Saints) Tuesday 8pm, New Hope  
Mountain City- I Am Responsible  
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.  
Alcoa/ Maryville- Blount County Group moved to Amvets Post 22 in Maryville.  
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 Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.**

**STEPS Eight and Nine** are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.

This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure.

### **Eighth Step Prayer**

“Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes and Be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.”

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### **Tradition Eight (long form):**

Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics.

Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.

### **Tradition Eight Checklist:**

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition—How It Developed*?

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### **Concept VIII and Checklist:**

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

- Do we understand the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. Grapevine) and the General Service Board?
- How can the business term “custodial oversight” apply to the trustees’ relationship to the two corporate service entities?
- Does my home group subscribe to G.S.O.’s bimonthly newsletter Box 4-5-9? A.A. Grapevine? Do I?

## 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

### 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

##### July 2020 Anniversaries

John D.	39 years
Dick M.	33 years
Cheryl B.	27 years
Dave C.	15 years
Sterling S.	9 years
Jennifer J.	1 year

#### Monday Night Men's Meeting, West Knoxville

Paul P.	14 years
Jeff M.	2 years
Brad C.	1 year

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



## Intergroup Financial / Contributions Report

GROUPS DONATING	Jul 19 -		GROUPS DONATING	Jul 19 -	
	Jun 20	Jun 20		Jun 20	Jun 20
11TH STEP MEDITATION	0.00	40.00	NEW PATH	0.00	30.00
1ST THINGS 1ST KNOXVILLE 719412	0.00	1,292.65	NORRIS CLINTON GROUP	0.00	300.00
4-WAY GROUP	50.00	200.08	NORTH GATLINBURG 157790	295.00	1,358.00
4TH DIMENSION	0.00	1,476.30	NORTH STATION GR	0.00	600.00
AGE OF MIRACLES 727042	30.00	70.00	ONEIDA	0.00	80.00
BACK TO BASICS- OAK RIDGE	0.00	250.00	OUR GROUP	0.00	50.00
BIG BOOK RECOVERY	0.00	100.00	OUR PRIMARY PURPOSE 716038	0.00	173.00
BLOUNT COUNTY GROUP	50.00	300.00	Paypal	56.00	60.00
COLONIAL GROUP	0.00	150.00	PHOENIX GROUP	0.00	1,596.86
CONCORD GROUP	0.00	294.46	PRIMARY PURPOSE- OAK RIDGE	0.00	650.00
CONTRIBUTION JAR	0.00	95.47	PRIME TIME	0.00	1,151.20
COOKIE GROUP	0.00	360.00	PRINCIPALS BEFORE PERSONALITIES	0.00	50.00
COURAGE TO CHANGE	0.00	200.00	RIVERSIDE GROUP	0.00	1,184.89
COVER TO COVER	0.00	130.00	ROANE COUNTY UNITY 112631	50.00	250.00
DAILY REPRIEVE- MARYVILLE	0.00	2.82	SAT. MORNING BIG BOOK KNOXVILLE	0.00	869.91
DANDRIDGE UNITY 638213	0.00	112.00	SATURDAY MORNING SERENITY	0.00	35.00
DISTRICT 50/51	0.00	335.00	SEEDS OF HOPE	0.00	343.00
DOWN ON THE RIVER	0.00	200.00	SERENITY IMPROVEMENT	0.00	200.00
FOUNTAIN CITY SERENITY	0.00	1,382.50	SERENITY IN THE SMOKIES EVENT	0.00	7.24
FREE AT LAST	0.00	160.00	SERENITY SEEKERS	0.00	70.00
GROUP PRIMARY PURPOSE	0.00	175.00	SEVEN ISLANDS	0.00	40.00
GROUP WITH NO NAME	25.00	875.00	SEYMOUR SHARING	0.00	1,241.87
GSMRC EVENT	0.00	2.56	SOBER PRIDE	0.00	929.67
HAPPY HOUR	0.00	750.00	SOBRIETY SOCIETY- SO-SO	0.00	700.00
HAPPY, JOYOUS AND FREE	50.00	50.00	SPIRITUAL PROGRESS	0.00	45.00
HIGH NOON ROGERSVILLE 713957	0.00	105.00	STEPS FORWARD	0.00	165.00
Individual	91.39	1,524.68	SUNDAYS AT 7-KNOXVILLE	0.00	225.00
JEFFERSON CITY UNITY 13353	50.40	266.74	TELLICO VILLAGE	0.00	240.00
KEEP LEANING FORWARD	115.00	394.25	TENNESSEE GROUP 723519	0.00	898.42
KODAK HWY 66	0.00	250.00	TRI-STATE GROUP-HARROGATE	0.00	600.00
LAFOLLETTE-THERE IS HOPE	20.00	220.00	TRUDGING THE ROAD	0.00	79.40
LOUDON	0.00	35.00	TURNIP PATCH	0.00	195.40
LUNCH BUNCH- GREENEVILLE	126.66	525.06	UNKNOWN GROUP	0.00	369.99
LUNCH BUNCH BRISTOL	10.00	10.00	Venmo	75.00	75.00
MEMORIAL RECOVERY	0.00	150.00	WEARS VALLEY CARRIAGE HOUSE	325.00	325.00
METRO GROUP	0.00	875.00	WEST KNOXVILLE GROUP	0.00	182.97
MONDAY NIGHT MEN'S	0.00	260.00	WORKING WITH OTHERS	0.00	100.00
MORRISTOWN GROUP	100.00	330.00	TOTALS	1,519.45	29,621.39
NEW BEGINNING- LOUDON	0.00	200.00			



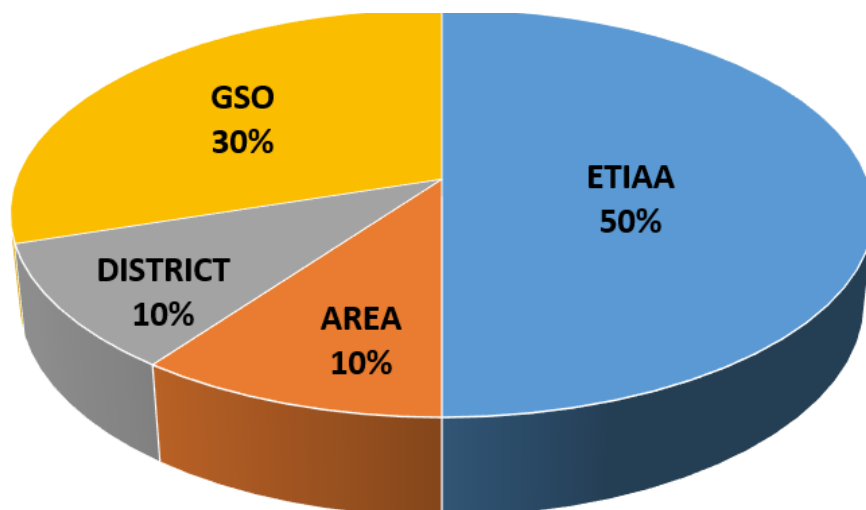
## How can groups participate?

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)**

**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](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](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:**

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

## July 2020 Intergroup Minutes

Open with Serenity Prayer and monthly Tradition at 6:30.

Present via Zoom: Jacque H., Tami D., Rebekah R., Fawn L., SuZanne A., Greg S., Carole W., Scott S., Brad T., David R., Ray S., Beth C., David C., Marian G., Susi, Wesley, Lynette, Annie.

Groups Represented: Sorry to say I did not get all the groups noted. Great turnout though.

Previous minutes were accepted, no modifications.

### Manager's Report – Rebekah R.

ICOAA - has decided they will not meet in person this year due to Covid. Rebekah inquired about registering ETIAA as a group so anyone interested can attend the meetings and workshops. There are many meetings and workshops that apply to many issues we face at our Intergroup and attendance would be very beneficial.

End of Year Report – report should be available at next Intergroup meeting

### Treasurer's Report – Fawn L.

Financially solid, very optimistic.

Profit and Loss: June down \$108.75. Year to date down \$164.95.

Proposes we transfer \$500 a month in order to bring Prudent Reserve back up to \$13K. Prudent Reserve currently holds \$10K.

### Hotline – Jacque H.

Going well overall. Tami D. new back-up volunteer, also has another person interested in becoming a back-up for the Hotline. Monday night Hotline volunteer is having trouble with getting 12 step help in the Tri-Cities area. Jacque asked for people to let her know if anyone has any contacts in the Tri-Cities area and for people to let her know of anyone who wants to be on the 12 Step call list for our area as well as the Tri-Cities area.

### Service Workers – Annie

Annie was present via Zoom however had issues with speaking on the call. Rebekah reported Annie would like Jacque H. to be trained as her back-up.

### Archives – not present

### Website – not present

### Accessibilities – Carole W.

Carole was present via Zoom however unable to speak due to

technical difficulties.

### Spanish Liaison – still open

### CPC/PI – not present

Susi reported they are still holding monthly meetings

Rebekah to follow up with Robin to see if she is still interested in holding this position

### Treatment – Beth H.

Cornerstone of Recovery has informed the TN Group they are now willing for them to come back in to hold the AA meetings at their facility.

### Corrections – Marian G.

No changes. Reported she does not expect the majority of institutions to open up for meetings until next year.

Anyone interested in the Pen Pal program can reach out to GSO Corrections and they will provide Pen Pal assignments. This is not done on the local level because the inmates are not allowed to have Pen Pals in their local areas, Pen Pals must be from a different region of the country.

### Outreach - not present

### Events – SuZanne A.

Nothing to report due to Covid-19. Would like to possibility plan something in the Fall.

### Mobile Intergroup – not present

### Pricing Committee – not present

### Old Business:

Rebekah R., - survey results are in and she shared a copy of the flyer for approval to publish in next month's Newsletter.

Motion passed to publish without any changes.

Susi – need to transfer \$500 a month over the next 6 months to the Prudent Reserve to replenish account and bring balance up from \$10K to \$13K. Motion accepted.

### New Business:

Rebekah R., - shared a copy of the ETIAA flyer that has been created to address the common misconceptions about Intergroup. Flyer provides facts about Intergroups role in our area. Flyer will be included in next month's Newsletter. Also to be shared on website and Facebook group.

Meeting closed via motion at 7:05pm.

Next meeting to be held August 17<sup>th</sup> at 6:30pm.

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## June 2020 District 4 Minutes

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

## June 2020 District 6 Minutes

District 6 meetings are suspended until September. Robert G. is the new DCM for District 6



# July 2020 District 50/51 Minutes

## July 6, 2020

*Virtually Attending: Jacque, Katie, Jeff J, Erica J, Trey M, Ed-die P, Sandy H, David C, Michelle, Angela L, John S, Andrew, Bree, Robin G, Sandra B*

\*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

There will be a special Area 64 meeting on 7/11 at 1:00 p.m. on Zoom. Angela will attend for our District 50/51.

Jacque can be reached at [sweetie-pie5267@gmail.com](mailto:sweetie-pie5267@gmail.com) and/or 865-296-4501

### Angela District 51

Reminder 3<sup>rd</sup> Quarter Assembly is in August. Angela can be reached [agl8137@tds.net](mailto:agl8137@tds.net) and/or 865-924-3055

### Treasurer's Report – Sheldon (ABSENT)

Balance as of 7/6/2020 is \$2,662.94

One deposit recorded in the amount of \$30.00

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

### CPC/PI – Trey M.

Committee met in June; discussed general service conference updates.

The retirement of pamphlet "AA In Your Community" was voted down – pamphlet will be rewritten

The next CPC/PI meeting will be via Zoom on 7/22/20 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 setting up permanent Zoom meetings to reach vulnerable populations.

The next treatment committee will be on 7/9/20 at 7:00p.m via Zoom.

### Corrections Report – Bree

No new updates from KCSO since May 2020 regarding visitation/outside 12-step meetings. Bree has emailed Jennifer Rose with KCSO for a new update.

Corrections subcommittee will now begin meeting quarterly. Please contact Bree for information regarding next meeting. Committee meeting date TBD.

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](mailto:sgbrown0418@comcast.net)

### Bridging the Gap Report – David T (ABSENT)

Report relayed by Jacque – no calls for AA, requests for other fellowships were forwarded to appropriate contacts.

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

### Events – Erica/Sandy H:

No report. Events suspended due to COVID-19.

Committee meetings immediately after District meeting via Zoom.

### 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:

*1<sup>st</sup> Quarter Assembly (2021) is still 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. Theme is "WE ARE NOT A GLUM LOT". Contract is approved.*

***1<sup>st</sup> Quarter Assembly 2021 Committee Meeting will be on 8/3/20 at 5:30.***

### OLD BUSINESS:

Budgets tabled indefinitely

3<sup>rd</sup> Quarter Assembly will be virtual

District 50/51 will continue meeting virtually for 2021

### NEW BUSINESS:

A motion was made and seconded to replace treasurer (Sheldon), due to representative missing too many meetings. Motion passed with 12 "yes" and 1 "no". **DISTRICT 50/51 TREASURER WILL BE REMOVED.**

A motion was made and seconded to elect Sandra B. as treasurer. Sandra is alternate treasure. to adjourn the meeting at 7:13p.m. Motion passed unanimously. **DISTRICT 50/51 NEW TREASURER IS SANDRA B.**

Motion was made and seconded to table voting for replacement alternate treasure. Passed unanimously.

Motion to adjourn (Katie), seconded (Trey). Meeting adjourned at 7:17 p.m.

Closed with the Serenity Prayer.

**THE NEXT DISTRICT 50/51 MEETING WILL BE AUGUST 3, 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](https://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....



2020



# SERENITY IMPROVEMENT GROUP'S 26TH ANNUAL

## WELCOME HOME CELEBRATION

**FIRST  
ZOOM  
HOODSTOCK  
FORMAT!**

**AUGUST  
8, 2020**

**STARTS  
AT 11:00 A.M.  
EASTERN  
TIME**

**JOIN ZOOM MEETING AT:** [HTTPS://US04WEB.ZOOM.US/J/285801921](https://us04web.zoom.us/j/285801921)  
**MEETINGID: 285 801921**

**ATTENDANCE  
LIMITED  
TO 500 ...  
ARRIVE  
EARLY!**

### ONE TAP MOBILE

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**NO  
PASSWORD  
REQUIRED**

11:00 - 12 pm: STEP 1 LESLIE S. ATLANTA, GA  
12:15 - 1:15: STEPS 2&3 CLIFF G. OKLAHOMA CITY, OK  
1:30 - 2:30: STEPS 4&5 JENNIFER K. PLANO, TX  
2:45 - 3:45: STEPS 6&7 DON M. LOUISVILLE, KY  
4:00 - 5:00: STEPS 8&9 CANDICE M. LOS ANGELES, CA  
5:15 - 6:15: STEPS 10&11 BILL C. TORRANCE, CA  
6:30 - 7:30: STEP 12 STEVE L. NASHVILLE, TN  
8:00 PM: PETER M. BOCA RATON, FL

**PLEASE SHOW SUPPORT BY YOUR ATTENDANCE  
AND RESPECT BY MUTING YOUR SPEAKERS.**

BONUS READING: **Dr. Silkworth's Rx for Sobriety**

Anyone who tried to impress a drinking alcoholic with the approach, "You can't have your cake and eat it, too," would probably draw a scornful, "So what! Who wants any cake? Tony, make it a double this time."

The same idea expressed as, "You can't have your bottle and drink it, too," might get his attention because to a drinking alcoholic a fresh unopened bottle, brimming brightly with abundance, is a symbol of good things to come. He knows well enough, of course, that he can't drink it and still have it, but he blocks his mind to the inevitability of that horrible moment when the last bottle will be empty.

The untapped bottle remains a symbol to the non-drinking alcoholic, at least to the alcoholic who has dried up in A.A. So long as it stands unopened it represents drinks he has not taken, and the good things of life he has found by not drinking.

Yet now and then a persevering soul tries to have both the figurative and the liquid contents of the bottle. He tries to make an impossible compromise.

In the opinion of a man who has administered personally to at least 10,000 alcoholics, the attempt to make this kind of compromise is one of the most common causes of failure to get a safe hold on A.A.

Dr. W.D. Silkworth, genial and beloved little patriarch at Towns Hospital, New York, for twelve years and now (1945) also in charge of the new A.A. ward at Knickerbocker, also New York, defines it as the "alcoholic double-cross."

"The majority who slip after periods of sobriety," says Dr. Silkworth, "having double-crossed themselves into thinking that somehow they can have the unopened bottle and drink it, too. Even though they have been in A.A. and going to meetings, and following parts of the program, they have accepted it with reservations somewhere. They actually have been one step ahead of a drink. Then they began playing around with the notion they can drink a little and still have the good things of A.A. The outcome is an inevitable as the bottle becoming empty once it has been opened by the alcoholic."

When Dr. Silkworth discusses A.A. "slips" his usually cheerful face becomes serious even a little grim. Through his long years of practice in the field, he has become increasingly sympathetic, but not case-hardened, to alcoholics. He understands what they experience. Having been one of the first in his profession to support A.A. and having guided scores of alcoholics into A.A., he also appreciates the fact that a "slip" for an A.A. involves an extra degree of remorse and misery.

Dr. Silkworth is particularly emphatic on one point.

"Slips are not the fault of A.A. I have heard patients complain, when brought in for another drying out, that A.A. failed them. The truth, of course, is that they failed A.A.

But this mental maneuvering to transfer the blame is obviously another indication of fallacious thinking. It is another symptom of the disease."

A quick way to get Dr. Silkworth's appraisal of A.A. is to ask him how he thinks "slips" can be prevented.

"First," he explains, "let's remember the cause. The A.A. who "slips" has not accepted the A.A. program in its entirety. He has a reservation, or reservations. He's tried to make a compromise. Frequently, of course, he will say he doesn't know why he reverted to a drink. He means that sincerely and, as a matter of fact, he may not be aware of any reason. But if his thoughts can be probed deeply enough a reason can usually be found in the form of a reservation."

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*Continued from p. 13*

"The preventive, therefore, is acceptance of the A.A. program and A.A. principles without any reservations. This brings us to what I call the moral issue and to what I have always believed from the first to be the essence of A.A."

"Why does this moral issue and belief in a power greater than oneself appear to be the essential principle of A.A.? First, an important comparison is found in the fact that all other plans involving psychoanalysis, will-power, restraint and other ingenious ideas have failed in 95 per cent of the cases. A second is that all movements of reform minus a moral issue have passed into oblivion."

"Whatever may be the opinions one professes in the matter of philosophy -whether one is a spiritualist or a scientific materialist - one should recognize the reciprocal influence which the moral and physical exert upon each other.

Alcoholism is a mental and physical issue. Physically a man has developed an illness. He cannot use alcohol in moderation, at least not for a period of enduring length. If the alcoholic starts to drink, he sooner or later develops the phenomenon of craving."

"Mentally, this same alcoholic develops an obsessive type of thinking which, in itself a neurosis, offers an unfavorable prognosis through former plans of treatment. Physically - science does not know why - a man cannot drink in moderation. But through moral psychology - a new interpretation of an old idea - A.A. has been able to solve his former mental obsession. It is the vital principle of A.A., without which A.A. would have failed even as other forms of treatment have failed."

"To be sure, A.A. offers a number of highly useful tools or props. Its group therapy is very effective. I have seen countless demonstrations of how well your '24-hour plan' operates. The principle of working with other alcoholics has a sound psychological basis. All of these features of the program are extremely important."

"But, in my opinion, the key principle which makes A.A. work where other plans have proved inadequate is the way of life it proposes based upon the belief of the individual in a Power greater than himself and the faith that this Power is all sufficient to destroy the obsession which possessed him and was destroying him mentally and physically."

"For many years I faced this alcoholic problem being sure of one scientific fact - that detoxication by medical treatment must precede any psychiatric approach. I have tried many of these orthodox psychiatric approaches and invented some new ones of my own. With some patients I would be coldly analytical, if they were of the so-called 'scientific' type who is apt to have a superior attitude toward anything emotional or spiritual. With others, I would try the 'scare' method, telling them that if they continued to drink they would kill themselves. With still others, I would attempt the emotional appeal, working both the patient and myself into a lather. He might be moved to the point of shaking hands dramatically and telling me, with tears streaming down his face, that he was never going to take another drink. And I knew that the probability was he would be drunk again within two weeks or less."

"Since I have been working with A.A. the comparative percentage of successful results has increased to an amazing extent."

"The percentage of success that A.A. has scored leaves no doubt that it has something more than we as doctors can offer. It is, I am convinced, your second step. Once the A.A. alcoholic has grasped that, he will have no more "slips."

Continued from p. 1

When we first heard that plan of action outlined, we revolted mildly because it didn't seem to meet the specifications of true altruism. Many of us, as we entered A.A., still yearned for that mystic power to "handle" alcohol and it seemed then that the step we were taking was at least in part—a gesture of devotion to some loved one. Without altruism there didn't seem to be much motive to propel us.

Of course, we soon discovered that "unselfish selfishness" was the firmest foundation for our recovery. We found, in the same way, that we try to help others, not solely through altruistic impulse, but so that we may gain strength.

The principle of "unselfish selfishness" is applicable again in the Eighth Step. We seek to identify all those we have harmed and we assume a willingness to make amends so that—recalling the definition of the word—we may "change . . . for the better" and "recover from illness."

The alternative is retrogression. If we fail to "repair", we can only impair.

L. J.

## MISCONCEPTIONS ABOUT YOUR LOCAL INTERGROUP

### #1 WE DO NOT CREATE MEETINGS

While we support the needs of the groups via literature and experiences, local A.A. community members (you) are responsible for forming and supporting these meetings.

If you are interested in starting a meeting in your local area, please contact the Intergroup office and we will share our experience, strength, and hope, while directing towards appropriate literature to help you get started.

### #2 WE DO NOT IMPROVE MEETINGS

While accessibility is an important and often forgotten need in A.A., Intergroup is only responsible for improving accessibilities at the Intergroup Office. If your group has a need to improve their accessibilities, they can contact the Intergroup Office for more information and guidance. The Intergroup can provide braille books, help with finding interpreters, and locate ADA facilities.

### #3 OUR MEETING GUIDES ARE SIMPLE

Designed by A.A. members with degrees outside web-design, the Intergroup offers three different ways to find a meeting near you.

1. Meeting search - search by city name.
2. Printable meeting guide - by city (all East TN or Knox options)
3. Meeting Guide App - offers meetings by time close to you

### #4 WE DO NOT DICTATE

Like points #1 and #2, Intergroup is not responsible for creating or maintaining any local meetings. If there is a need for a specific type of meeting (child friendly, veterans, LGBTQ, etc.) it is the local A.A. members (you) responsibility to start and maintain these meetings. Intergroup can support your group with experience, strength, hope, and literature but does not start or run meetings.

### #5 WE DO HAVE LISTS

East Tennessee Intergroup Office does have a phone and 12th Step call list. Both are a list of A.A. members available and willing to speak on the phone or do a 12th step call with another sick and suffering alcoholic. These are private lists that are available only to the staff office volunteers, and hotline volunteers. If you would like to join that list, please contact the Intergroup office.

**FOR CONCERNS REGARDING OFFICE HOURS, INTERGROUP MEETING LOCATION ROTATION, OR INTERGROUP EVENTS, PLEASE JOIN US AT THE MONTHLY INTERGROUP MEETING AND HAVE YOUR GROUP SEND THEIR REPRESENTATIVE (OR) TO VOICE YOUR WISHES AND CONCERNS. NOTHING CHANGES WITHOUT YOUR INVOLVEMENT.**

WHAT ARE YOU WAITING FOR? GET INVOLVED TODAY!

VISIT US AT [WWW.ETIAA.ORG](http://WWW.ETIAA.ORG)  
615-512-9687

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# SURVEY REPORT



## IN THIS REPORT

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**HOW SATISFIED ARE  
LOCAL A.A.'S WITH  
ETIAA?**

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**HOW WELL DOES ETIAA  
PRODUCTS AND  
SERVICES MEET NEEDS?**

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**STAYING CONNECTED  
TO ETIAA - A GROUP  
REPRESENTATIVE.**

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**IS ROTATING THE  
MONTHLY INTERGROUP  
MEETING SUPPORTED?**

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**WHAT IS THE MOBILE  
INTERGROUP &  
NEWSLETTER?**

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**ETIAA MISCONCEPTIONS**

## **How satisfied are local A.A.'s with ETIAA?**

*results from 2020 ETIAA Satisfaction  
Survey*

90% -- satisfied  
7% -- neither satisfied or dissatisfied  
1% -- dissatisfied  
1% -- did not know about ETIAA.

## **How well does ETIAA's products and services meet the local needs?**

*results from 2020 ETIAA Satisfaction  
Survey*

48% -- exceeds expectations  
46% -- meets expectations  
1% -- below expectations  
4% -- did not know

## **Staying connected to ETIAA with a group representative (IGR)?**

*results from 2020 ETIAA  
Satisfaction Survey*

The somewhat skewed data poorly reflected true group representation, however, results revealed that most groups are not represented, while many that are, do not have consistent representation.

## **What is mobile Intergroup?**

*results from 2020 ETIAA  
Satisfaction Survey*

While 70% rated mobile Intergroup at excellent or average, the remainder indicated they did not know about our mobile Intergroup. Mobile Intergroup is a service offered that essentially brings the store to your location. Upon request at any A.A. function or group, mobile Intergroup will bring merchandise to you. Most merchandise in the store will be in the mobile Intergroup set up, however, for specific items please make a point to speak with the person bringing the mobile Intergroup. .

## **Is rotating the monthly Intergroup Meeting supported?**

*results from 2020 ETIAA  
Satisfaction Survey*

33% -- yes  
4% -- no  
24%/25% -- unsure/maybe  
12% -- did not know  
1% -- chose not to answer

## **What about the Intergroup Newsletter?**

*results from 2020 ETIAA  
Satisfaction Survey*

Again, skewed results revealed that many people are unaware of our monthly Intergroup Newsletter. This is a service offered at no cost to the subscriber (free if sent via email or for the cost of postage via snail mail), or it can be found online at etiaa.org under Unity Newsletter. It is a monthly newsletter for local A.A.'s, by local A.A.'s. It contains the minutes from surrounding districts and helps to foster a spirit of unity. The newsletter in no way endorses anything contained inside, unless stated, but offers an easier way of communication between A.A.'s.

## **Is the new West Knoxville location more or less convenient?**

*results from 2020 ETIAA  
Satisfaction Survey*

42% -- more convenient  
28% -- neither more or less  
7% -- less convenient  
18% -- not local, indifferent  
4% -- I choose not to answer

## **Would you be interested in a supportive ticketed event for ETIAA?**

*results from 2020 ETIAA  
Satisfaction Survey*

84% -- yes  
9% -- no  
7% -- I choose not to answer

## **East Tennessee Intergroup (ETIAA) Misconceptions**

*misconceptions noted from 2020 ETIAA Satisfaction Survey*

During this survey, it became evident that the purpose of ETIAA's is not clear. The primary purpose of ETIAA is to assist the A.A. groups of East TN to carry the message of Alcoholics Anonymous to those who suffer from alcoholism and to facilitate 12th step work. ETIAA is responsible to the member groups deriving its legitimate authority therefrom. The main function of Intergroup is to make 12th step work easier, such as, maintaining the 24/7 Hotline, updating the local meetings guides, publishing a monthly newsletter, maintaining a website, and supplying literature at an affordable cost. ETIAA has one part-time manager and is mainly run by volunteers like yourself. Local A.A.'s volunteer their time to help maintain the Hotline, website, create the monthly Newsletter, chair the monthly Intergroup meeting, balance the finances, run the mobile Intergroup, maintain a 12th step list, and maintain many other services. While we do have volunteers, the Intergroup manager, Rebekah, is always available during her work hours by phone, or by email at [manager@etiaa.org](mailto:manager@etiaa.org) to help in anyway possible. ETIAA is here to assist local A.A.'s to carry out the service work needed to keep A.A. alive. It is the groups responsibility or an A.A. individuals responsibility to start meetings, improve meetings, put on retreats or other A.A. events. ETIAA is here to support your A.A. journey, but the journey is yours.



EAST  
TENNESSEE  
INTERGROUP  
UNITY  
NEWSLETTER

9217 Park West Blvd #B3  
Knoxville, TN 37923

24/7 HOTLINE  
865-522-9667  
Manager@etiaa.org  
ETIAA.ORG



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**AUGUST 2020**



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