



Unity Newsletter



Continued to take personal inventory and when we were wrong promptly admitted it.

A.A. Oldtimers...On the Tenth Step

A.A. Grapevine, August 1945 Vol. 2 No. 3

THE admission of a wrong compares in its effects to a strong cauterizing agent. When applied promptly it burns away the infection, but the treatment may be painful. How much mental pain an individual incurs by admitting a wrong depends not so much on the degree of the wrong as on how seriously he is afflicted with vanity and false pride. The more vain the person, the more reluctant he is ever to admit a mistake. The more false pride he has, the more imperative it seems to him to perpetuate the illusion of his own perfection.

Since we all know that vanity and false pride are distortions of the mind, perhaps the reason they are so common is the fact that, although we can spot them immediately in others, we have considerable difficulty in detecting them in ourselves.

Here the value of the personal inventory is self-evident. If it is honest and thorough, it will leave no vanities and false pride unrevealed. It is the means by which we can detect in ourselves the faults we note so readily in others and which we know are obstacles to the growth of an effective and happy personality.

The first inventory we take as we begin to apply the A.A. program naturally tends to be the most soul-searching and the most revealing. In most cases, it is the first self-reckoning we have undertaken in many years and most of us are likely to unearth a great accumulation of debris.

This inventory provides the guide for basic, and usually drastic, correction. Subsequent inventories serve to show whether the first efforts toward correction have been effective and what additional correction may be needed. By this method of personal checkup, we can determine for ourselves whether we are actually moving forward or have slipped backward.

Continued on p. 2

DISTRICT MEETINGS

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



EAST TENNESSEE INTERGROUP



Current information about new meetings, changed meetings, discontinued meetings, and more can be found here:

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

Please see these links for the most up to date meeting information.

Online East Tennessee Meetings:

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

East Tennessee Printable Meeting lists:

<https://www.etiaa.org/meeting-information/>

Meeting Search:

<http://www.etiaa.org/meetings/>

Meeting Guide App:

https://www.aa.org/pages/en_US/meeting-guide

Online Intergroup:

<https://www.aa-intergroup.org/>

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

*Continued from p. 1 **The Oldtimers on the Tenth Step:***

Continued personal inventory is also a medium for readjustment to new objectives. As the A.A. moves upward he frequently finds that he is constantly lifting his sights. What satisfied him previously does not do so any longer. When he was learning to crawl he looked ahead to being able to walk. When he could walk he wanted to run. His expanding personality demands larger fields. If the person he wanted to be yesterday has come into being, he now wishes to be a still better person.

The inventory, obviously, is only part of the treatment. The deficiencies it reveals must be made up. Or, in the thought of the 10th Step: When wrong, promptly admit it. That is putting the inventoried knowledge into action.

Haliburton once wrote, "When a man is wrong and won't admit it, he always gets angry."

Anger, as we well know, is particularly poisonous to us. How foolish and ironical to fall prey to it through vanity!

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.”

AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

Tenth Step Prayer

“I pray I may continue: To grow in understanding & effectiveness; to take daily spot check inventories of myself; to correct mistakes when I make them; to take responsibility for my actions; to be ever aware of my negative and self-defeating attitudes and behaviors; to keep my willfulness in check; to always remember I need Your help; to keep love and tolerance of others as my code; and to continue in daily prayer how I can best serve You, my Higher Power.

Tradition Ten (long form):

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatsoever.

Tradition Ten Checklist:

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

Concept X and Checklist:

Concept X: Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

- Do we understand “authority” and “responsibility” as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
 - Why is delegation of “authority” so important to the overall effectiveness of A.A.?
- Do we use this concept to define the scope of “authority”?

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

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

September 2020 Anniversaries

Kenny K.	29 years
Ralph M.	5 years
Frank P.	1 year

Monday Night Men's Meeting, West Knoxville

September 2020 Anniversaries

Jack T.	34 years
Bill R.	36 years

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



Intergroup Financial / Contributions Report

GROUPS DONATING	Jul 20—		GROUPS DONATING	Jul 20—	
	Aug 20	Aug 20		Aug 20	Aug 20
1ST THINGS 1ST KNOXVILLE 719412	0.00	650.00	SEYMOUR SHARING	0.00	178.00
4TH DIMENSION	25.00	284.00	SOBRIETY SOCIETY- SO-SO 709581	0.00	200.00
BACK TO BASICS- OAK RIDGE	50.00	50.00	SUNDAYS AT 7-KNOXVILLE	0.00	100.00
BIG BOOK RECOVERY	25.00	25.00	TCYPAA	20.00	20.00
BLOUNT COUNTY GROUP	0.00	150.00	TELLICO VILLAGE	0.00	30.00
BREAKFAST BUNCH GREENEVILLE	55.00	110.00	TENNESSEE GROUP 723519	83.00	83.00
COLONIAL HEIGHTS 99658	0.00	35.00	UNKNOWN GROUP	108.82	108.82
CONTRIBUTION JAR	5.00	25.97	Venmo	7.00	17.00
COOKIE GROUP	0.00	180.00	WEST KNOXVILLE GROUP	102.30	102.30
COVER TO COVER	0.00	120.00	TOTALS	1,605.30	7,849.69
FOUNTAIN CITY SERENITY	0.00	168.08			
FREE AT LAST 712012	36.00	36.00			
HAPPY HOUR	10.00	10.00			
Individual	365.22	2,479.32			
KEEP LEANING FORWARD	45.00	65.00			
LAFOLLETTE-THERE IS HOPE	20.00	40.00			
LUNCH BUNCH- GREENEVILLE	26.26	99.71			
NORRIS CLINTON GROUP	50.00	50.00			
Paypal	3.00	8.00			
PRIMARY PURPOSE- OAK RIDGE	0.00	250.00			
SATURDAY MORNING BIG BOOK	553.70	553.70			
SERENITY SISTERS 630722	15.00	1,620.79			

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

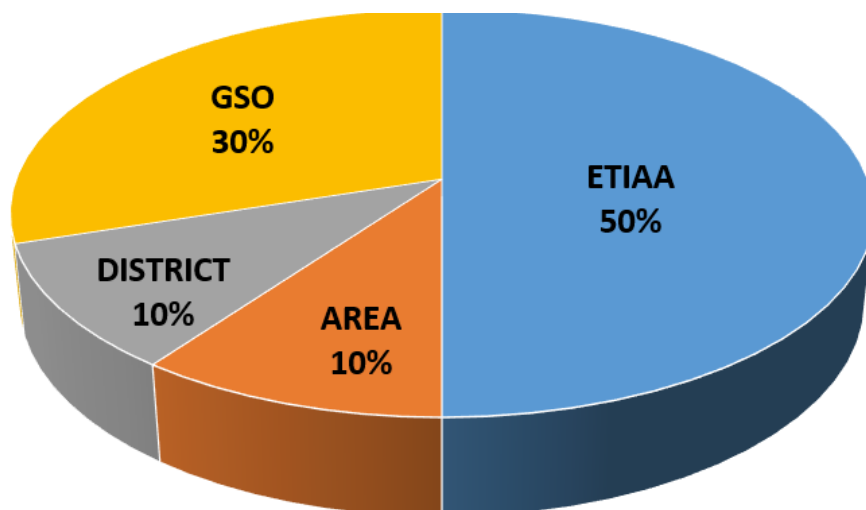
How can groups participate?

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

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

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

7TH TRADITION SUGGESTED CONTRIBUTIONS



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

CONTRIBUTION ADDRESSES

**ETIAA East Tennessee
Intergroup of Alcoholics Anonymous
9217 Park West Blvd #B3
Knoxville, TN 37923**

**865-522-9667 www.etiaa.org
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.

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 manager@etiaa.org

RECURSOS EN ESPAÑOL

La Viña (The Grapevine) en Español
<https://lvtienda.aagrapevine.org/>

Does your group have an Intergroup Representative?

**Your thoughts, opinions, and ideas
need a voice.**

**Elect a group representative to
join our monthly Intergroup
Business meeting.**

**Service opportunities to help your
local A.A. community become
stronger and more unified.**



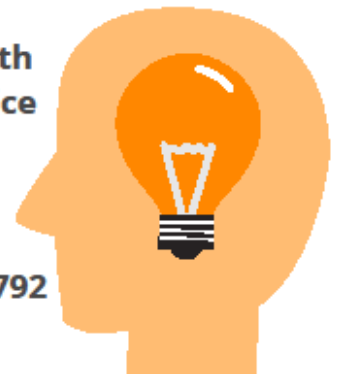
**3rd Monday of every month
6:30pm at Intergroup Office**



.....
Zoom link:

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

Phone: 1-929-205-6099



9217 Parkwest Blvd. #B3, Knoxville, TN, 37923 / 865-522-9667

September 2020 Intergroup Minutes

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

Present via Zoom: - Tami D, Rebekah R., Fawn L., Robert G., Suzanne A., Mike J., Rick., Taylor C., Wesley., Joan S., Marian G., Barbara S., Annie B., Rhonda., Ken L., Susan W., Heather B.

Groups Represented: First Things First., Blount County Group., Sobriety and Beyond., 4th Dimension., SoSo Group.

Previous minutes were accepted without any modifications via motion by Ken L., Seconded by Fawn L., all in favor.

Manager's Report – Rebekah R.

Remind – Rebekah asked for anyone wanting to be added to the Remind App for staying up-to-date with announcements and updates to add their contact information in the Zoom chat box.

ICOOA – Rebekah stated the conference was awesome! Eight people registered thru our Intergroup account. She spoke to some other Intergroup managers regarding shipping online orders. Rebekah also stated we need to improve communication and outreach. She is going to focus on better communication with the Fellowship (Newsletter) and Intergroup Service Workers.

Manager's annual evaluation due in November.

Treasurer's Report – Fawn L.

August contributions \$1605.30, amount above monthly average.

Balance sheet for 08/31/2020 showed healthy balances for all categories.

Prudent Reserve remains at \$11K.

Profit and Loss – August net income -\$433.34. September 1-10 net income \$927.92. Year to date, as of Sept 10th net income \$5023.45

Hotline – Susi M. – not present

Rebekah advised Susi M. is the new Hotline Coordinator and she is looking for people to serve as backups for when there one of the assigned Hotline workers are unable to fulfill their commitment due to unforeseen circumstances.

Service Workers – Annie B.

Annie advised she is training MaryBeth to work in the office on alternating Wednesday afternoons. She is also training another volunteer and is still looking for additional people to work in the office.

Archives – Annie B.

Annie stated no new information or updates.

Website – Sterling – not present

Rebekah advised she is going to start working on the online store with some contacts she made at the ICOWA conference.

Accessibilities – Carole W. – not present

Spanish Liaison – still open

CPC/PI – Robin G. – not present

Treatment – Beth H. – not present

Corrections – Marian G.

Marian reported no new updates or changes to institution's status'. Marian also advised the Corrections Conference scheduled for November in IL has been cancelled.

Outreach - Ken L.

Ken stated nothing new to report. He will work on getting out to more groups for Outreach. Rebekah mentioned possibly doing a video for Outreach.

Events – SuZanne A.

Nothing new to report. SuZanne mentioned the possibility of putting together a Zoom workshop for our area such as anonymity in the internet age. She asked for recommendations and ideas. Rebekah mentioned we can use the NY Intergroup Zoom account for the workshop.

Mobile Intergroup – Patrick - not present

Rebekah stated she is willing to attend any small groups/events.

Old Business:

Pricing Committee – Rebekah presented another spreadsheet showing proposed pricing of goods. Medallions brought down to \$1.00. Pamphlets stayed the same. She used the numbers of items sold from last year and projected profit would be up \$1000.00. Rhonda advised the profit mainly comes from the sale of Halzeden products. Rebekah advised the whole idea is to be competitive with GSO prices. GSO normalized pricing eliminating quantity discounts on items like pamphlets.

Office Manager Evaluation – due in November. Barbara S. agreed to join the committee completing the evaluation.

New Business:

Rebekah advised she was approached by someone wanting to create and fill a position for Bridging the gap. However, the interested party withdrew his proposal as he is planning on doing this for another fellowship.

Meeting closed via motion from Rebekah R. and seconded by Rhonda M. at 7:40 pm. All in favor.

Next meeting to be held October 19th at 6:30pm.

2020 District 4 Minutes

Contact Mike T for meeting details.

2020 District 6 Minutes

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

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>

On the lighter side....



BONUS READING: Bill W's Last Message

"My dear friends,

Recently an A.A. member sent me an unusual greeting which I would like to extend to you. He told me it was an ancient Arabian salutation. Perhaps we have no Arabian groups, but it still seems a fitting expression of how I feel for each of you. It says, "I salute you and thank you for your life."

My thoughts are much occupied these days with gratitude to our Fellowship and for the myriad blessings bestowed upon us by God's Grace.

If I were asked which of these blessings I felt was most responsible for our growth as a fellowship and most vital to our continuity, I would say, the "Concept of Anonymity."

Anonymity has two attributes essential to our individual and collective survival; the spiritual and the practical.

On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level, anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.

A.A. must and will continue to change with the passing years. We cannot, nor should we, turn back the clock. However, I deeply believe that the principle of anonymity must remain our primary and enduring safeguard. As long as we accept our sobriety in our traditional spirit of anonymity we will continue to receive God's Grace.

And so—once more, I salute you in that spirit and again I thank you for your lives.

May God bless us all now, and forever."

*Read by Lois Wilson at the annual dinner given by the
New York Intergroup Association in honor of
Bill W's 36th anniversary—October 10, 1970.*

BONUS READING: Listen to Learn, Learn to Listen

AA Grapevine December 1992

When I first attended AA meetings in 1964, I was an active priest. I was puzzled at first when they said that AA was a spiritual, not a religious, program because I tended to use these two words interchangeably. I gradually learned that "religious" referred to organized religion. AA was not a denomination. It was not affiliated with the Roman Catholic or Episcopal or Lutheran Church, or with any organized religion. But it was spiritual. All of the Twelve Steps were very spiritual.

I was told in the beginning, politely and not exactly in these words, to leave my roman collar at the door. The idea was that I came here not as Father M., but as Bernie, an alcoholic. I was advised that priests and other professional people usually had difficulty in the beginning with the program. It was a simple program, and we tended to complicate it. Being highly educated, we tended to be philosophical, to analyze, to look for causes, to ask for reasons why. I was asked if I had managed to stay sober by myself, and when I said no, they said, then do it our way. You have always wanted to get sober and stay sober, but you didn't know how. We'll show you how. But you have to listen.

When you go to a meeting, they said, don't come at the last minute and hang out at the back of the room and off by yourself. Come early, put out your hand and say to someone: Hello, my name is Bernie. Sit up front, in the first row, where you can see and hear the speaker. And take the cotton out of your ears. Even if you're the pope or the president of the United States or the chairman of the board of General Motors or a godfather in the Mafia, take the cotton out of your ears, put it in your mouth and listen. Try to identify with the speaker, especially with his or her feelings.

You would think it would be easy to listen, but I had to learn how. You listen in order to learn, and you learn to listen. I remember attending an AA meeting with thirty people sitting around two long tables put together. I happened to be sitting next to the speaker and in the discussion he called on me first. When he came to the last person, that person started off by saying, "Father, do you remember teaching English in a certain high school twenty-two years ago?" He turned out to be a former student, who had a well-known author for a father and was himself a political reporter for a metropolitan newspaper. I remember saying, "Here we are, teacher and student, back in kindergarten together, and learning the ABCs of how to get sober and stay sober."

I recalled then what Jesus did when his twelve apostles were arguing among themselves about which one of them was the greatest. He called a child over and placed him in their midst and said "Unless you turn and become like children, you will not enter the kingdom of heaven. Whoever humbles himself like this child is the greatest in the kingdom of heaven."

It took me a long time to get long-term, unbroken sobriety. I went through many detoxes and rehabs and attended hundreds of meetings for many years. Eighty to ninety percent of the time I was sober, or dry, but I couldn't put it all together. From a daily drinker and periodic drunk, I became, in AA, a periodic drunk. Finally, at the last rehab, at a staff meeting, the director asked me, "Why did you come here?" And I said, "I want to find out why so many others come into AA and get and stay sober right from the very first meeting." (I was thinking especially of an AA group in the East Village of Manhattan which was attended by many street people. They didn't go to detoxes or rehabs, they didn't have jobs, but they went to a meeting every day, often two or three meetings a day, and they listened and they did what was suggested, and they got sober and stayed sober.) I don't know exactly what happened, but from that time on I haven't had a drink; it's almost thirteen years.

I had some therapy in which I was told that I had a chronic case of obsession-compulsion, guilt, anxiety, and neurotic perfectionism which went by the name of scrupulosity. I said to the director of a rehab for alcoholic priests that scrupulosity had given me more trouble for more years than alcoholism had ever done and that if I didn't crack the scrupulosity, I had no guarantee of long-term sobriety, or of inner peace, or of any success in the work I did. He said what I later heard so often in AA: If you have a drinking problem, you have to put it first.

Two years after coming into AA, I was ex-claustrated --put "outside the walls" --by the religious order to which I belonged. It was somewhat similar to a wife getting a restraining order from a judge that said the husband had to stay away from the house. After I was ex-claustrated, I felt like a doctor or lawyer who at age fifty had lost his wife and children through divorce as well as lost his license to practice medicine or law. I went for eight years before I asked formal permission to become a layman.

I don't mean to suggest to others to get a divorce or leave the active priesthood, but sometimes it might be the circumstances in which we are living that have to be changed. In my case, after nine years on my own--of being neither fish nor flesh, neither priest nor layman--I made a decision to get married. That was over fifteen years ago and it will soon be thirteen years since the last drink. The best thing I did during all that time was to keep close to AA and the Fellowship. Somewhere along the way the obsession to drink was lifted, the compulsion passed, and the miracle happened. Thanks be to God, to my wife, and to AA.

Bernie M.
New York, New York

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Knoxville, TN 37923

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OCTOBER 2020



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