



East Tennessee Intergroup

November 2020
Volume 44, Issue 11

Unity Newsletter



Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

A.A. Oldtimers...On the Eleventh Step

A.A. Grapevine, September 1945, Vol. 2 No. 4

It is often wisely said in A.A. that we should not become over-anxious, should not expect to get the whole program overnight, but should take the steps one at time when we feel that we are ready for them. This means that although we are not ready at a given time to take this step or that one and are, therefore, not then taking it, we should be disposing ourselves toward it. It never means that we should plan on avoiding any of the steps.

Practice of the 11th Step is the surest method of disposing oneself toward all the other steps. It was only through seeking contact with God through meditation and prayer that some of us came to believe in Him and became willing to turn our wills and our lives over to Him. The wish to improve that contact, the searching for knowledge of His will for us and the power to carry it out, gives us strength to make amends, to do the things necessary to remake our lives.

Unless we improve our contact with God we will gradually lose it. There will be a slow return to indifference and we will suffer that let-down that so many experience after a few months in A.A. Gradually old desires return with increasingly great urgency. The alteration in conduct that we have made for a few months has not been sufficiently sustained to lead to a change in character, and the deeper habit patterns reassert themselves. Growth in spiritual understanding alone will dispose us to make the effort to recondition ourselves, to change our emotional attitudes and bring about a true character change.

For specific suggestions for practicing the 11th Step we turn to the book Alcoholics Anonymous, as we do on all A.A. questions, before going ahead on our own.

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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

**East Tennessee Intergroup of Alcoholics Anonymous
Presents
2021 Monthly Online Zoom Step Meetings**



Second Saturday of the Month from 10:00am to 11:00am ET
(limited to first 100 attendees)

STEP 1, January 9th Speaker: Gerry C. - Dundee, Scotland

STEP 2, February 13th Speaker: Mike D. – Brooklyn, NY

STEP 3, March 13th Speaker: Penny P. – Livermore, California

Zoom ID: 881 6025 4458

For More Information Contact the ETLAA Office Manager at 865-522-9667

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

PRAYER and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all.

To certain newcomers and to those one-time agnostics who still cling to the A.A. group as their higher power, claims for the power of prayer may, despite all the logic and experience in proof of it, still be unconvincing or quite objectionable.

Those of us who once felt this way can certainly understand and sympathize. We well remember how something deep inside us kept rebelling against the idea of bowing before any God. Many of us had strong logic, too, which "proved" there was no God whatever. What about all the accidents, sickness, cruelty, and injustice in the world? What about all those unhappy lives which were the direct result of unfortunate birth and uncontrollable circumstances? Surely there could be no justice in this scheme of things, and therefore no God at all.

Eleventh Step Prayer

God, as I understand You, I pray to keep my connection with You. Open and clear from me the confusion of daily life. Through my prayers and meditations I ask especially for freedom from self-will, rationalization, and wishful thinking. I pray for the guidance of correct thought and positive action. Your will, not mine, be done.

Tradition Eleven (long form):

Our relations with the general public should be characterized by personal anonymity. We think A.A. should avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better that our friends recommend us.

Tradition Eleven Checklist:

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition 11? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

Concept XI and Checklist:

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

- Do we understand how the roles of nontrustee directors and nontrustee appointed committee members help serve and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional "Right of Participation"?
- Do we practice rotation in all our service positions?

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

AA Birthdays:

Primary Purpose Group, Oak Ridge, TN

October 2020 Anniversaries

Roger B. 28 years

Joan S. 19 years

Monday Night Men's Meeting, West Knoxville

September 2020 Anniversaries

Ted F. 8 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—	
	Sep 20	Sep 20		Sep 20	Sep 20
1ST THINGS 1ST KNOXVILLE 719412	500.00	1,150.00	MEMORIAL RECOVERY 112566	50.00	50.00
4-WAY GROUP	50.00	50.00	MORRISTOWN GROUP	50.00	50.00
4TH DIMENSION	0.00	284.00	NORRIS CLINTON GROUP	0.00	50.00
BACK TO BASICS- OAK RIDGE	0.00	50.00	Paypal	0.00	8.00
BIG BOOK RECOVERY	70.00	95.00	PHOENIX GROUP	912.00	912.00
BLOUNT COUNTY GROUP	0.00	150.00	PRIMARY PURPOSE- OAK RIDGE	0.00	250.00
BREAKFAST BUNCH GREENEVILLE	0.00	110.00	SATURDAY MORNING BIG BOOK STUDY	0.00	553.70
COLONIAL GROUP	100.00	100.00	SEEKERS JONESBOROUGH 66383	20.00	20.00
COLONIAL HEIGHTS 99658	0.00	35.00	SERENITY IMPROVEMENT	600.00	600.00
CONTRIBUTION JAR	0.00	25.97	SERENITY SISTERS 630722	0.00	1,620.79
COOKIE GROUP	60.00	240.00	SEYMOUR SHARING	242.00	420.00
COVER TO COVER	0.00	120.00	SOBRIETY SOCIETY- SO-SO 709581	0.00	200.00
FOUNTAIN CITY SERENITY	0.00	168.08	SUNDAYS AT 7-KNOXVILLE	30.00	130.00
FREE AT LAST 712012	0.00	36.00	TCYPAA	0.00	20.00
GROUP WITH NO NAME	210.00	210.00	TELLICO VILLAGE	0.00	30.00
HAPPY HOUR	0.00	10.00	TENNESSEE GROUP 723519	0.00	83.00
HAPPY, JOYOUS AND FREE	50.00	50.00	UNKNOWN GROUP	0.00	108.82
HIGH NOONERS-P40	200.00	200.00	Venmo	22.00	39.00
Individual	439.49	2,918.81	WEST KNOXVILLE GROUP	0.00	102.30
KEEP LEANING FORWARD	25.00	90.00	TOTALS	\$3,650.49	\$11,500.18
LAFOLLETTE-THERE IS HOPE	20.00	60.00			
LUNCH BUNCH- GREENEVILLE	0.00	99.71			

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

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The Oldtimers on the Eleventh Step:

Applying the wisdom we find there, we turn with newly awakened interest and intensity to the practices of our particular religious denomination, if we have one; we sometimes select and memorize a few set prayers; we may study the recorded thoughts of others; but in any event we make it a practice in the morning to ask God to guide us during the day, and thank Him at the day's close for His many blessings. We are careful never to pray for our own selfish ends, but ask especially for freedom from self-will and knowledge of God's will for us.

Some of us have found the following verse helpful on awakening, when all our wishes and hopes for the day rush at us like wild animals; the first thing we must do is shove them all back, and listen to that other voice, letting a calmer, quieter, stronger life flow into us: "Every morning rest your arms awhile upon the window-sill of Heaven and gaze upon your Lord, and with that vision in your heart turn strong to meet your day."

All of which, of course, is calculated to keep us from taking that first drink. It works –it really does.

*R. D.
Garden City, New York*

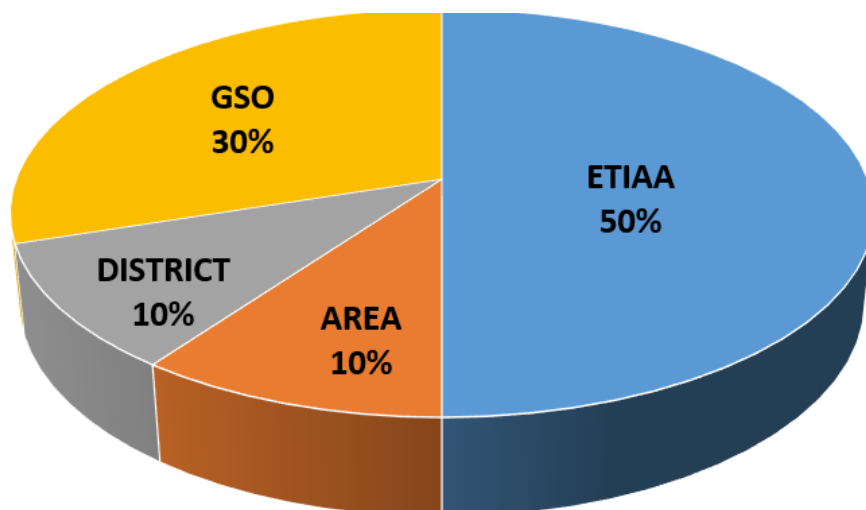
How can groups participate?

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 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

Our Chance to Say `Thank You!'

Gratitude Month

"The idea is in the air that A.A. might adopt Thanks-giving week as a time for meetings and meditation on the Traditions," A.A. co-founder Bill W. wrote in the November 1949 issue of the Grapevine (The Language of the Heart, p. 95) shortly after publication of the Twelve Traditions. In fact, the idea had already taken hold earlier in the decade when, each fall, the General Service Board hosted small Gratitude Dinners - precursors of the larger, more elaborate Gratitude Luncheons that would be held during the '60s as an initiative of the trustees' Public Information Committee.

The first official recognition of an A.A. Gratitude Week, specifically designed to coincide with Thanksgiving week in the U.S. (Canada celebrates in October), occurred in 1956, when the Sixth General Service Conference approved the motion, stipulating that "this action be noted in the annual pre-Thanksgiving appeals to the groups for funds to help support A.A.'s worldwide services." Three years later, Bill urged in a letter, "Gratitude should go forward, rather than back-ward... if you carry the message to still others, you will be making the best possible repayment for the help given to you." (As Bill Sees It, p. 29).

The motivation behind A.A.'s Gratitude Lunches was threefold: to express personal gratefulness for the gift of sobriety; to carry the message of A.A. to other alcoholics; and to express appreciation to our professional friends for their numerous articles, books and radio and TV interviews relating to A.A. in the year just past. It was hoped, in the words of a General Service Office memo circulated at the time, that the luncheons would "advance A.A.'s public relations by bringing editors, publishers, writers and broadcasters in personal contact with sources of reliable information on the movement."

Held without fail in November at New York City's Roosevelt Hotel, the luncheons were always well-attended. A typical list of invitees to the 1965 luncheon included representatives of The New York Times, McCall's Magazine, Medical World News and The Christian Science Monitor. Bill W. always addressed the gatherings, as did the late "Dr. Jack" Norris, then serving as A.A.'s Class A (nonalcoholic) trustee chairman. A discussion period followed the proceedings, an ample selection of A.A. literature was available for the taking, and in 1965 Bill sent an autographed copy of A.A. Comes of Age to every guest.

The luncheons were discontinued in 1968, but the concept of gratitude persisted and expanded in scope. For decades now, A.A.s in the U.S. have set aside all of November as Gratitude Month - marking the occasion with special contributions to G.S.O.

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In the spirit of the Seventh Tradition A.A. is self-supporting through its members' contributions, and frequently turns away money from well-meaning outside contributors. This means that the active input of every A.A. is vital to the life of the Fellowship.

Grateful for the sobriety they've been given and eager to pass it on, A.A.s are busier than ever in Twelfth Stepping and service. They are reaching out in greater numbers to Loners, people with special needs, members of minority groups and previously unreached alcoholics. It is clear from their sharing that an overwhelming number of A.A.s - along with many of our professional friends - find their own special ways to say thank you during Gratitude Month and, indeed, all year long. Writes one member: "Enclosed is a check for Gratitude Month, because I want A.A. to be there for all those who need it, just as I did." From another: "The enclosed check is from my own pocket, to help groups in correctional facilities like mine. Some of us are struggling to turn our lives around. We begin the process in here ourselves, and by reaching out." And a nonalcoholic missionary wrote from India, "It is a matter of great encouragement and satisfaction that your A.A. has been a rich resource of guidance, help and light for a number of organizations dealing with problems related to alcohol...."

Besides observing Gratitude Month, many a member uses the A.A. Birthday Plan "to give back what's been given to me," as one wrote. And from another fateful A.A.: "I want to say thanks today for my life and my family's - or all of us alcoholics in recovery," he wrote. "Enclosed is an anniversary check, because I want the hand of A.A. to be there for all who need it". Like him, many members celebrate their A.A. birthdays by sending in a gratitude gift to G.S.O. - usually a dollar or two for each year of sobriety. Some groups follow this Birthday Plan by collecting contributions from members on a voluntary basis throughout the year, or until the number of dollars matches the member's total years of sobriety. On the group's anniversary, the money collected is sent to G.S.O. as a birthday contribution.

Gratitude. It's a weighty, high-dignity word, but in truth its close companions are humor and joy. As Bill W. observed early on in the Big Book (p. 132), "Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others." What greater cause can there be for rejoicing than this?

Box 459© Vol. 46 No.5/ October - November 2000

October 2020 Intergroup Minutes

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

Present via Zoom: - Tami D, Rebekah R., Fawn L., Suzanne A., Barbara S., Rhonda., Ken L., Heather B., Susi L., Brad T., Dave., David C., Scott S., Beth C., Chris K., Greg S., Eric J., Jill M.

Groups Represented: First Things First., Sobriety and Beyond., 4th Dimension., So-So., New Roamers., Kingsport Colonial Heights., Happy Destiny II., Prime Time., TN Group., Seymour Sharing., Carriage House., Morristown Group., Flat Iron IV.

Previous minutes were accepted with revision to show Pricing proposal voted on and approved by all. Motion by Barbara S., Seconded by Fawn L., all in favor.

Manager's Report – Rebekah R.

- Remind – Rebekah again 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.
- FaceBook posts – Rebekah asked for all who participate in the FaceBook Intergroup Group to “like” and comment on posts to increase visibility.
- Taxes were completed and filed.
- Manager's annual evaluation due in November.
- Email from GSO – GSO is offering a sale on literature in addition to quantity discounts from 12/01/20 – 01/31/2021. Unsure at this time if Intergroup will purchase any literature during the sale.
- US/Canada Forum – Rebekah will be attending 12/05/2020.
- Orders on Credit – Rebekah has been asked if the Flat Iron can get orders on credit.
- Digital Newcomer Packet – now available on the Intergroup website.
- Service Worker Communication – Rebekah created a page on the Intergroup website for Service Worker communication. She is currently working on information about office policies.
- Holiday Sale – Rebekah asked if we would like to do a holiday sale to move sales on products, specifically tshirts.
- Motion to accept Manger's Report by Fawn L., seconded by Barbara S., all in favor.

Treasurer's Report – Fawn L.

- Fawn inquired about a cash drawer shortage and Rebekah explained that if there is a negative amount it is typically due to a transaction not being recorded. Additionally, there may be some digital payments thru Venmo or PayPal that weren't accounted for at the time. Rebekah to make sure she cashes out those digital payments monthly. The most up to date spreadsheet shows cash drawer balance at \$257.03. Fawn did not have the most recent spreadsheet.
- Profit and Loss: September net income \$1020.05. October 1-16 net income \$1218.41. Year to date, as of October 16th net income \$6333.99.
- Motion to accept Treasurer's report by Rebekah R., seconded by

Greg S., all in favor.

- Hotline – Susi M.
- Susi advised she has two new volunteers for the Hotline.
- Proposed a Hotline workshop for those who volunteer. Susi to work on getting something together. More to come.

Service Workers – Annie B. – not present

- Rebekah stated there are service workers needed. She is going to post in the Intergroup FaceBook group what positions need filled.

Archives – Annie B.

Website – Sterling – not present

- Rebekah to send an email to Sterling to see if he is still interested in this position.

Accessibilities – Carole W. – not present

Spanish Liaison – still open

CPC/PI – Robin G. – not present

- Rebekah to send an email to Robin to see if she is still interested in this position.

Treatment – Beth C.

- Nothing new to report

Corrections – Marian G. – not present

- Marian reported via text message to Tami D., nothing new to report.

Outreach - Ken L.

- Ken stated nothing new to report.

Events – SuZanne A.

- SuZanne stated the New York Intergroup is no longer allowing other groups access to their large group Zoom account, therefore the Intergroup Zoom account will have to be utilized for any proposed workshops, etc. The Intergroup Zoom account maxes out at 100 participants which may be an issue.
- SuZanne shared a proposed schedule for a Step Workshop beginning January 9th and including a monthly step workshop. She requested help with finding speakers and she wants to get the first three speakers scheduled soon so the workshop can be promoted.
- Mobile Intergroup – Patrick - not present
- Rebekah stated she is willing to attend any small groups/events.

Old Business:

- Pricing Committee – Rebekah advised new pricing to go into effect 11/02/2020.

New Business:

Meeting closed via motion from Rebekah R. and seconded by David C. at 7:35 pm. All in favor.

Next meeting to be held Monday November 16th 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

There is a list of Service Work on the dry erase board in the Intergroup Office for anyone who wants. We often use it for people who come in but don't want a regular service commitment or don't meet the sobriety length requirements for other service positions.

- Current Needs include:
- New Office Service Workers- Must have 1 year of sobriety, worked the steps and have a sponsor.
- Laminating and cutting bookmarks and Meeting in a Pockets
- Updating our map with current meetings
- Updating Bus Routes for the Meeting Guide
- Stamping New Books
- Pricing project on Sunday November 1st for a few hours
- Someone to design a few flyers
- Cleaning the office
- We also need Intergroup Representatives from each meeting and members with general service experience to attend the Intergroup Meeting. It's the 3rd Monday of the month at 6:30pm. We will continue it via Zoom as long as there is a need (at least the next year.)
- Someone to provide content for the website. Mainly making posts and writing articles.
- 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.
- Someone to help with YouTube videos form Outreach and Service Worker Training.
- 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>

September 50/51 Minutes

September 14, 2020

Virtually Attending: Angela L, Katie L, Erica J, Sandy H, David T, Sandra B

Please note this meeting was a virtual meeting using the Zoom platform

The meeting was opened at 6:35 p.m. by Angela with a moment of silence followed by The Serenity Prayer.

Introductions were made around the "room".

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

Jacque, District 50 (ABSENT) — NO REPORT

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

Angela, District 51

3rd Quarter Assembly was held via Zoom and went well.

4th Quarter Assembly will also be held via Zoom on 11/6 and 11/7, not in Memphis.

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

Treasurer's Report – Sandra B.

Balance as of 9/14/2020 is \$662.79

Deposit amount \$263.88 à new balance will be \$2,926.80

A motion was made to accept the treasurer's report as given.

Motion was seconded and passed unanimously.

CPC/PI – Trey M. (ABSENT) — NO REPORT

The next CPC/PI meeting will be via Zoom on 9/23/20 at 5:30.

Get details from Trey or Intergroup Facebook.

Treatment Report – John S. (ABSENT) — NO REPORT

The next treatment committee will be on 9/10/20 at 7:00p.m via Zoom.

Corrections Report – Bree (ABSENT) — NO REPORT

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

There are Grapevines that need to go to KCSO Roger D. Wilson Detention Facility and KCJ.

Sandra can be reached at: sgbrown0418@comcast.net

Bridging the Gap Report – David T

Quiet month – one call asking questions about starting a new meeting, directed to Intergroup for assistance.

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

Events – Erica/Sandy H:

Events are currently on "pause".

We will ask for pledges from groups to fundraise for 1QA.

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:

1st 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.

1st Quarter Assembly 2021 Committee Meeting will be on 10/5/20 at 5:30.

OLD BUSINESS:

Budgets tabled indefinitely

Alternate treasurer tabled

NEW BUSINESS: NONE

Motion to adjourn (Katie), seconded (David). Meeting adjourned at 7:06 p.m.

Closed with the Serenity Prayer

THE NEXT DISTRICT MEETING WILL BE OCTOBER 5, 2020 AT 6:30PM VIA ZOOM.

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

October 50/51 Minutes

October 5, 2020

Virtually Attending: Angela L, Katie L, Andrew, Sandy H, Jeff J, Michelle C, John S, David T, Sandra B, Trey M.

please note this meeting was a virtual meeting using the Zoom platform

The meeting was opened at 6:35 p.m. by Angela with a moment of silence followed by The Serenity Prayer.

Introductions were made around the "room".

A motion was made (Sandra B) to amend the minutes from last month to adjust total amount in treasury to reflect \$2,662.79. The motion was seconded (Sandy H) and passed unanimously.

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

Jacque District 50 (ABSENT)

NO REPORT: Jacque can be reached at sweetiepie5267@gmail.com and/or 865-296-4501

Angela District 51

Quarter Assembly will also be held via Zoom on 11/6 and 11/7, not in Memphis.

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

Treasurer's Report – Sandra B.

Balance as of 10/5/2020 is \$2,926.82

Deposit amount \$120.00 → new balance will be \$3,046.82

A motion was made (Sandy H) to accept the treasurer's report as given. Motion was seconded (John) and passed unanimously.

Update on missing Serenity Sisters check: Check will be cancelled and re-issued.

CPC/PI – Trey M.

Post conference report information 1.) rewriting pamphlet 2.) PSA's are in the works 3.) there is discussion of a 5th edition of the Big Book 4.) Veteran/PTSD outreach is in the works

The next CPC/PI meeting will be via Zoom on 10/28/20 at 5:30. Get details from Trey or Intergroup Facebook.

Treatment Report – John S.

Centerpointe & Cornerstone meeting have resumed.

The next treatment committee will be on 10/8/20 at 7:00p.m via Zoom.

Corrections Report – Bree (ABSENT)

NO REPORT

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

There are Grapevines that need to go to KCSO Roger D. Wilson Detention Facility and KCJ.

Sandra can be reached at: sgbrown0418@comcast.net

Bridging the Gap Report – David T

No new updates.

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

Events – Erica/Sandy H (Erica ABSENT)

Events are currently on "pause".

We will ask for pledges from groups to fundraise for 1QA. Also discussing a 50/50 raffle fundraiser.

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.

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Group News:

1st 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. If we need to move to a virtual assembly then we will bid for 2nd or 3rd Quarter Assembly here to be in person.

1st Quarter Assembly 2021 Committee Meeting will be on 11/2/20 at 5:30.

OLD BUSINESS:

Budgets tabled indefinitely

Alternate treasurer tabled

NEW BUSINESS:

Motion to open a District 50/51 Venmo account (Sandra), seconded (Angela) – passed unanimously.

Motion to suspend District 50/51 Christmas Party for 2020 (Trey M), seconded (Jeff) – passed unanimously.

Motion to adjourn (Katie), seconded (David). Meeting adjourned at 7:03 p.m.

Closed with the Serenity Prayer

THE NEXT DISTRICT MEETING WILL BE NOVEMBER 2, 2020 AT 6:30PM VIA ZOOM.

Here is the link and meeting ID for the monthly District 50/51 meeting. Also, 1st Quarter Assembly Committee is meeting at 5:30 on the first Monday of the month with the same link and ID.

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

Meeting ID: 129 330 698



PRICE CHANGES

Starting 1st November 2020 your local intergroup office is offering reduced pricing on the following items

BRONZE MEDALLIONS - \$1.00

HARD BACK BIG BOOK - \$9.50

PRICE REDUCTION ON GRAPEVINE

PRICE REDUCTION ON GENERAL SERVICE

East Tennessee Intergroup Office

*Some items may increase in price

On the lighter side....



"So now can we forget about the VOLS and get back to business?"

**And then
alcohol said
"put that on
Facebook, it's
hilarious". But
alcohol was. So
very wrong.**

BONUS READING: Sober in the Sixties

AA Grapevine July 2006: A long-timer talks about getting sober in her teens

I was born on June 29, 1945. I was born again on the date of my last drink: May 26, 1964. I was eighteen years old, homeless, and scared. I didn't find AA. It found me. Here's how it happened.

My father allowed me and my two-year-old daughter to live in an old travel trailer in Rosarito Beach, Mexico. It had no electricity, no running water, and no toilet facilities. I spent my days recovering from the night before while looking for someone--anyone--to watch my little girl so I could go into Tijuana to drink and party till dawn. I could not sleep, but I could drink until I passed out, only to wake a few hours later shaking and anxious. I had pills for that and if I got too relaxed, I had pills for that, too. I felt like a failure and chastised myself for being an unfit mother.

One night, after a near-disastrous ride back to the beach from Tijuana, I stood on the cliff outside my tiny trailer and prayed for the first time in years. It was a simple prayer, one most of us AAs are familiar with: "God, if there is a God, please help me."

The following morning I went to a nearby cantina to get food for my baby and, of course, a drink for myself. After becoming well-lubricated, I introduced myself to two men seated at a table, and was astounded to discover they were drinking black coffee and a plain soda. I was actually offended when I found out they did not drink at all.

"What's wrong with you?" I asked.

One responded, "I am so glad you asked. Have you ever heard of Alcoholics Anonymous?"

I hadn't, so these two men, Chad and Lucky, shared their stories with me and told me that if I went to AA, I would find a way to live sober without ever having to feel hopeless, lost, and defeated again.

The next morning I attended my first AA meeting in Calexico. Fear took a back seat for that ninety minutes. I was safe, and I was home. For the first time in more years than I could recall, I felt a stirring of hope.

For the next month or so, I stayed on couches in the homes of accommodating AAs. Then some women in AA convinced me to enter a recovery house for alcoholic women, so I placed my daughter in foster care for eighteen months and went. I attended AA meetings almost daily, got a job, and went to school. I spent weekends with my daughter and closely followed the suggestions of my sponsor.

The recovery home had assigned me a sponsor. Esther F. was a stern, outspoken World War II nurse who had joined AA in 1944 but went in and out for five years before sobering up for good in 1949. She used to visit with co-founder Bill W. and his wife, Lois, when they came to San Diego to see Bill's mother, Emily Strobel, in the 1950s. Esther tended to be impatient, but in time our relationship became very much like a mother and child's, until she died of cancer, sober, in 1968.

Another strong woman I met was Rosa B., who joined AA in 1945. In 1946, she married Jim B., who had joined AA in 1938 and was responsible for the phrase "God as we understand Him" in our Third Step. Jim's story, "The Vicious Cycle," is in the second and third editions of the Big Book, and reprinted in the book *Experience, Strength & Hope*. Jim was the Panel 4 delegate from our area to the General Service Conference. Rosa later became our Panel 16 delegate.

I once visited Rosa because a man in AA with considerable sobriety, who presented himself as a friend, had made sexual advances toward me. I was distraught.

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After listening to my tirade, Rosa made a speech that went something like this: "Listen. Some men, when they were drinking, were no good, dishonest, untrustworthy, drunken creeps. When they get sober, they become no good, dishonest, untrustworthy, sober creeps. You have to work your program and keep your eyes peeled for those guys because they will always be out there. AA does not change the world. It changes you and how you respond to the world, and it only does that if you follow the directions of your trusted sponsor, who gets her information from the program as it is written. Now, it's over. Don't make the same mistake twice. Watch to see if others are walking the way they are talking. If they aren't, then smile, be polite, and move on."

That is the way it was then. We got clear, simple, honest directions for one-day-at-a-time living. AA was small, with fewer than 100 meetings in my county. And there was no time for "baby-sitting." All the winners were pretty direct and to the point, because they had lives to live and jobs to go to, and had no time for drama or nonsense. It was sobriety on a shoestring, and recovery was regarded for what it is: a life-and-death situation. There was no time for convincing anyone against their will. The AA of that day was for those who desperately wanted and needed recovery.

Most of the men were very kind, though. I remember in particular Joe C., a successful cabinet maker who came West on an orphan train in the early part of the twentieth century. He had attempted to sober up with the Keeley Cure, and finally joined AA in the 1940s. Joe asked me if I wanted to stay sober one day at a time for the rest of my life. I said yes, and he helped me learn to read again because my brain had become so scrambled by alcohol and pills.

Most AA members were considerably older than I, and they did not know what to make of me. They were not sure it was possible for a teenaged girl to be serious about recovery. Over time, however, my erratic alcoholic personality convinced them I was truly one of the gang!

At that time there was a group called the 20-40 Group. The only members who could speak were those between twenty and forty years old. If you were over forty, you could attend but you couldn't speak, and they couldn't imagine anyone under twenty joining AA. So, I was not allowed inside; I had to sit outside on the porch and listen. Later, this group evolved into a young people's group and welcomed AAs of all ages.

One of the aspects of AA I think we've lost over the years is some level of self-respect. Because we were a subculture of sorts, we were careful to be prompt for meetings, to dress as if we were attending work or church, to be attentive during meetings, to not hold side conversations during someone else's sharing, and to hold each other in high regard. Sometimes, when I go to meetings today I see general confusion; people are getting up and milling around, talking to one another during another person's share, and I feel sad and like a dinosaur. Now that AA is a household word and the Twelve Steps have been adapted to address almost every form of social problem, the trade-off may be the casual attitude, expressed in dress and language.

One of the most positive changes I've noticed in the past forty-one years is a higher level of public awareness. As with all things in life, there is growth and growth brings change. One thing remains constant: Sobriety is a gift, a treasure to be cherished, a state of existence that cannot be maintained without the grace of God or a Higher Power guiding each person one day at a time as we "trudge the Road of Happy Destiny."

AA found me. I found a new life in AA, a life filled with challenge, promise, and hope. There have been many times when I've felt inadequate to meet life's demands, but AA and the Twelve Steps have always helped me find a way. I continue to sponsor women in AA and attend meetings regularly, including a Step study group. I love Alcoholics Anonymous. I love and cherish my life in recovery. My fervent prayer for each and every one of us is that AA will be there, one day at a time, forever.

*Fairleigh M.
La Mesa, California*

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