

East Tennessee Intergroup

December 2020 Volume 44, Issue 12

Unity Newsletter



"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."



DISTRICT MEETINGS

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

Editorial On the Twelfth Step

The Grapevine -- October 1945

"Having had a spiritual experience as the result of those steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Very few of us know the exact hour and date we had our spiritual experience, and some of us are not conscious of ever having had one at all. However, our changed personalities and perspectives are definite proof that "something" happened to us somewhere along the line as those who knew us "when" will attest.

A.A.s refer to the 12th Step as "working with others," and this means we try to help the other person work out his or her problem. From our vast fund of knowledge on the subject, gained from our own actual experiences and often under similar conditions, we are peculiarly qualified to exercise that sympathetic understanding that only another alcoholic can have and which is so important in talking to a person who, like ourselves, is allergic to alcohol. This is the crux of the success obtained by groups throughout the country. This A.A. program, which is responsible for our own sobriety, and for giving us a new lease on life, was handed to us on a silver platter and without monetary cost. It is our bounden duty, therefore, to pass it on in the same manner to those who want it. It was not intended for us to keep to ourselves.

We are admonished to, "Go ye and spread the gospel," and Webster defines gospel as: "Any doctrine concerning human welfare that is agitated as of great importance." Surely, to us alcoholics it is of the utmost importance. We carry out the 12th Step when we share our gift by telling others of the help we have found, by lending encouragement to those who find the way

RECOVERY

EAST TENNESSEE INTERGROUP

Continued on p. 8

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 ETIAA Office Manager at 865-522-9667

Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

THE joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety.

When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it. Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs.

Twelfth Step Prayer

Dear God, my spiritual awakening continues to unfold. With the help I have received I shall have the opportunity to grow. I am grateful. I pray most humbly to continue walking day by day, practice the principles of this way of life in all I do and say. I need You, my friends, and the program every hour of every day. This is a better way to live.

Tradition Twelve (long form):

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

Tradition Twelve Checklist:

- 1. Why is it good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
- 2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
- 3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
- 4. Do I ever try to get a certain AA group to conform to my standards, not its own?
- 5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
- 6. Does my personal behavior reflect the Sixth Tradition—or belie it?
- 7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
- 8. Do I complain about certain AAs' behavior, especially if they are paid to work for AA? Who made me so smart?
- 9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
- 10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
- 11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
- 12. What is the real importance of me among more than a million AAs?

Concept XII and Checklist: The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

- How do we guard against becoming a "seat of perilous wealth or power"?
- How do we practice prudent use of our Seventh Tradition contributions and literature revenue?
- Do we insure the spiritual liberties of all A.A. members by not placing any member in the position of absolute authority over others?
- Do we try to reach important decisions by thorough discussion, vote and, where possible, substantial unanimity?
- As guardians of A.A.'s traditions, are we ever justified in being personally punitive?
- Are we careful to avoid public controversy?
- Do we always try to treat each other with mutual respect and love?

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 AArelated 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:

Monday Night Men's Meeting, West Knoxville

September 2020 Anniversaries

Larry H. 2 years Mark M. 15 years Troy D. 1 year

Happy Destiny Group Pam M. 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	Oct 20	Jul 20— Oct 20	CDOUDS DONATING	0-4-00	Jul 20—
			GROUPS DONATING	Oct 20	Oct 20
1ST THINGS 1ST KNOXVILLE 719412	100.00	1,250.00	MORRISTOWN GROUP	0.00	50.00
4-WAY GROUP	0.00	50.00	NEW BEGINNING- LOUDON	50.00	50.00
4TH DIMENSION	74.25	358.25	NORRIS CLINTON GROUP	0.00	50.00
BACK TO BASICS- OAK RIDGE	200.00	250.00			
BIG BOOK RECOVERY	50.00	145.00	NORTH GATLINBURG 157790	146.75	146.75
BLOUNT COUNTY GROUP	0.00	150.00	Paypal	0.00	8.00
BREAKFAST BUNCH GREENEVILLE	0.00	110.00	PHOENIX GROUP	0.00	912.00
COLONIAL GROUP	100.00	200.00	PRIMARY PURPOSE- OAK RIDGE	0.00	250.00
COLONIAL HEIGHTS 99658	0.00	35.00	SATURDAY MORNING BIG BOOK STUDY	0.00	553.70
CONTRIBUTION JAR	0.00	25.97	SEEKERS JONESBOROUGH	0.00	555.70
COOKIE GROUP	0.00	240.00	66383	0.00	20.00
COVER TO COVER	0.00	120.00	SERENITY IMPROVEMENT	0.00	600.00
FOUNTAIN CITY SERENITY	0.00	168.08	SERENITY SISTERS 630722	0.00	1,620.79
FREE AT LAST 712012	0.00	36.00	SEYMOUR SHARING	0.00	420.00
GROUP WITH NO NAME	0.00	210.00	SOBRIETY SOCIETY- SO-SO 709581	0.00	200.00
HAPPY HOUR	1,083.00	1,093.00	STEPS FORWARD	110.00	110.00
HAPPY, JOYOUS AND FREE	0.00	50.00	SUNDAYS AT 7-KNOXVILLE	0.00	130.00
HIGH NOONERS-P40	0.00	200.00	ТСҮРАА	10.00	30.00
			TELLICO VILLAGE	60.00	90.00
Individual	175.47	3,094.28	TENNESSEE GROUP 723519	119.90	202.90
KEEP LEANING FORWARD	0.00	90.00	TRI-STATE GROUP-HARROGATE	200.00	200.00
LAFOLLETTE-THERE IS HOPE	20.00	80.00	UKNOWN GROUP	0.00	108.82
LUNCH BUNCH- GREENEVILLE	0.00	99.71	Venmo	0.00	39.00
MEMORIAL RECOVERY 112566	0.00	50.00	WEST KNOXVILLE GROUP	0.00	102.30
			TOTALS	2,499.37	13,999.55

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

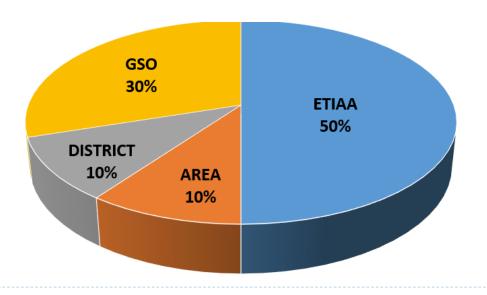
How can groups participate?

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 <u>www.etiaa.org</u>

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 Service Committees

Intergroup Committee will be available on Zoom.

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 Viňa (The Grapevine) en Espaňol 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

Continued from p. 1

difficult, by making calls when requested to, and by attending meetings to show to the sensitive newcomer that he or she is not alone.

Sobriety, however, is not enough and length of sobriety is not so important as quality of sobriety. The A.A. program is a design for living normal, happy lives, and it is necessary that we practice the principles of tolerance, patience, unselfishness, humility, and that we curb our all too human desire to criticize and bear resentment.

It is sometimes discouraging to talk to a person who does not immediately respond to our "pearls of wisdom," but right there is where we exercise patience and realize that once the seed has been sown, John Barleycorn is our best salesman. Two years ago O.L. was called upon in New York City and after three or four meetings considered himself "cured," and in no further need of association with the A.A. group. Last week I was called to a hospital here in Atlanta, to interview a patient who turned out to be my old friend O.L. who had sense enough to scream for A.A. and was now "ready" for the entire program. None of us can let our defenses down, for unless we keep everlastingly at it we are doomed.

Persons thank us for showing them the way, and relatives are inclined to credit one or another of us with the recovery of their loved one. It is then that we realize that "Of myself I am nothing" -- and we thank the Power greater than ourselves for making us an instrument of His ways.

T. B. Atlanta, Georgia

November 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., Heather B., Susi L., Brad T., Dave., David C., Beth C., Greg S., Robert G., Carole W., Al L., Marian G., Caitlin M., Wesley., Benjamin O., Albaro S. Groups Represented: First Things First., So-So., New Roamers., Prime Time Group., TN Group., Seymour Sharing., Morristown Group., Cookie Group., 4-Way Group., Pigeon River Club., Foundation for Hope Group., District 1 DCM and District 6 DCM

Previous minutes 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.
- · Manager's annual evaluation due in November.
- · Meeting List Updates/ Frequency Rebekah advised it is taking about two weeks for any meeting changes or updates to be added to the schedule and Meeting Guide App due to time and communication constraints. Several present stated they would like the updates to be completed weekly however agreed to advising bi-weekly time frame to those who contact Intergroup regarding changes and updates.
- · Discontinue Knox County meeting schedule Rebekah advised Intergroup discontinued printing the Knox County Meeting Schedule several months ago because of cost associated with printing supplies necessary for printing. She stated she would like to discontinue maintaining the separate Knox County schedule as this information is included in the East TN Meeting Schedule for the area and doesn't require a separate schedule. Greg S. made a motion to discontinue altogether. Carole W. seconded and all were in favor.
- · US/Canada Forum Rebekah to participate December 5th.
- · Service Worker Christmas Gifts Rebekah advised there are 28 volunteers for which she would like to purchase Christmas gifts. After much discussion, it was decided she would purchase gift cards for the gifts.
- · Extended Open House Rebekah presented the idea of an extended two month Open House this December 2020 – January 2021 to include sale prices on merchandise and a raffle entry for all who visit Intergroup during this time frame. She is to make up a flyer for this event.
- · Meeting Guide App Rebekah advised the App was updated is now allowing meetings that take place exclusively on Zoom to be listed in the App without a physical address.
- · Possible Shut Down Rebekah advised she needs a contingency plan in the event the Intergroup office should close again due to Covid-19. She stated she mainly needs to get the online Intergroup store functional and is currently working on determining shipping costs for the items sold at Intergroup.
- · Pricing changes Most of the pricing changes were completed on when volunteers came into the office last Sunday. Five people showed to assist. Office workers are working on the balance of items to be updated.

Treasurer's Report - Fawn L.

- · Profit and Loss October net income \$2499.37. November 1-16 net income (- o Outreach Chair open \$818.38). Year to date, as of October 16th net income \$4827.02.
- · Fawn reported cash, checking and prudent reserve all healthy!
- · Motion to accept Treasurer's report by Carole W., seconded by Greg S., all in favor.

Hotline - Susi M.

- · Susi advised she has three new volunteers for the Hotline.
- · Susi also working on putting together a workshop for the Hotline volunteers.

Service Workers – Annie B. – not present

· Rebekah stated office service workers are needed.

Archives - Annie B.

Website - Sterling - not present

· Rebekah advised this is now an open position as attempts to contact Sterling unsuccessful. We need someone with web experience to assist with organizing and updating the ETIAA website.

Accessibilities - Carole W.

· Nothing new to report due to Covid-19. She stated she has had many requests from different people wanting access to group information regarding following CDC guidelines for Covid-19, specifically whether or not groups are following the guidelines. After much discussion, it was determined Rebekah would add a space in the Meeting Guide App and Schedule allowing for a "yes", "no" or "?" with regards to a group's current practices surrounding Covid-19 CDC guidelines. Marian G. made a motion to begin this reporting, Carole W. seconded, all in favor.

Spanish Liaison - still open

CPC/PI - Robin G. - not present

- · Caitlin M. reported CPC/PI reached out to Knox County Schools Superintendent to see about a possible collaboration and the idea was rejected, however they did request they be sent some pamphlets.
- · Caitlin also reported of the 6 Knoxville area billboards approved, there is only one yet to be erected.

Treatment - Beth C.: · Nothing new to report Corrections - Marian G. - not present

· Marian reported the Knox County Jail is considering allowing AA Zoom meetings sometime after the first of the year. Nothing new to report

Outreach - Ken L. – not present

Events - SuZanne A.

· SuZanne stated the proposed Monthly Step Workshop for the area is in the final stages and will take place on the second Saturday of the month beginning in January. The flyer for these events will be published in the Newsletter beginning in November.

Mobile Intergroup - Patrick - not present

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

Old Business:: December Elections for open positions:

- o Vice Chair Welsey nominated. Motion to accept David C., Rebekah seconded. All in favor.
- o Secretary Tami D. nominated. Motion to accept Beth C., Rebekah seconded. All in favor.
- o Hotline Chair Susi L. nominated. Motion to accept Rebekah, Beth C. seconded. All in favor.
- o Archives open
- o Accessibilities Chair Carole W nominated. Motion to accept Beth C., Rebekah seconded. All in favor.
- o Treatment Chair Beth C. nominated. Motion to accept Rebekah, Carole seconded. All in favor.
- o Mobile Intergroup Coordinator open

New Business:

Meeting closed via motion from Beth C. and seconded by SuZanne A. at 7:45 pm. All in favor.

2020 District 4 Minutes

Next District 4 Meeting Info - 12/6, 2PM via Zoom

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





PRICE CHANGES

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

BRONZE MEDALLIONS - \$1.00

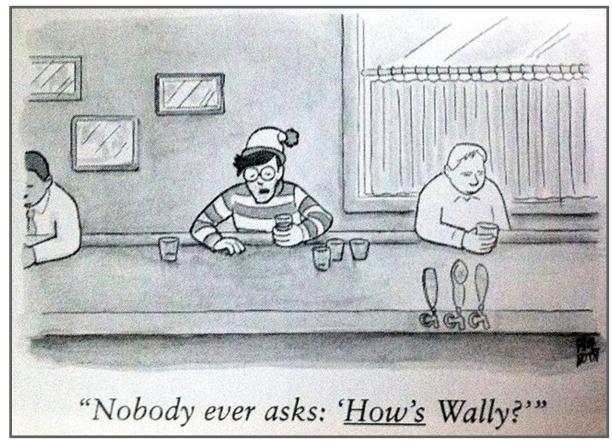
HARD BACK BIG BOOK - \$9.50

PRICE REDUCTION ON GRAPEVINE

PRICE REDUCTION ON GENERAL SERVICE

East Tennessee Intergroup Office *Some items may increase in price

On the lighter side....





Check out the latest book from GSO available at the I ntergroup Office on February 14, 2020.

ANNOUNCING:

The limited edition publication of a new book!



A VISUAL HISTORY OF **ALCOHOLICS ANONYMOUS:**







Dear Friends.

Greetings from the General Service Office (G.S.O.) of Alcoholics Anonymous!

We are happy to announce a Virtual Eastern U.S./Canada Forum on December 5, 2020: "2020: Experience, Strength & Hope - what it was like, what happened, and what it is like now."

The one-day event will feature participation from the Northeast, Southeast, East Central and Eastern Canada Regions. As with traditional Regional Forums, the day will include workshops, presentations, Q&A's, General Sharing, and much, much more!

Registration will open on November 6, 2020 and can be accessed on our website at www.aa.org.

All members are invited, so get on the virtual bus! Bring a newcomer!

In fellowship,

Sandra W. Regional Forums

Regional Forums

Workshops

Further Information on Regional and Local Forums:

https://www.aa.org/pages/en_US/regional-and-local-forums

EAST TENNESSEE INTERGROUP UNITY NEWSLETTER

RECOVERY

EAST TENNESSEE INTERGROUP

PLEASE PLACE STAMP HERE

9217 Park West Blvd #B3 Knoxville, TN 37923

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

NEWSLETTER SUBSCRIPTION

If you would like the newsletter mailed to your home, please fill out the form to the right and mail it to the address shown below. Include \$12.00 for a one-year subscription to cover postage.

ETIAA

9217 Park West Blvd #B3 Knoxville, TN 37923

-OR-

Sign up at ETIAA.org for a free email subscription.

DECEMBER 2020

Name	
Address City	- -
State I Zip	
Phone number	- I
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