



East Tennessee Intergroup

January 2020  
Volume 44, Issue 1

# Unity Newsletter



## DISTRICT MEETINGS

**District 1** meets 11:00am on the second Saturday at the Renaissance Ctr., Kingsport, TN.

**District 2** meets the second Thursday of the month at 6:30pm at the Mountain Home VA in Johnson City.

**District 3** meets the first Sunday of the month at 12:30pm at the Morristown Group.

**District 4** meets the first Sunday at 2:00pm during even-numbered months at the Happy Destiny meeting place.

**District 50/51** meets the first Monday of the month at 6:30pm at the Intergroup Office.

**District 6** meets at 10:00am the first Saturday of the month at the Serenity Club.

Beginning January 2020, **Inter-group Meetings** will occur on the 3rd Monday of the month at 6:30pm.

By [John S.](#)

I opened the door and walked into the room, the first to arrive. Across from me, displayed on the wall were the Twelve Steps of Alcoholics Anonymous, and as I read that first step, it got my attention. It was the perfect description of my situation and my life at that moment, and just reading the words filled me with a sense of relief.

***We admitted we were powerless over alcohol — that our lives had become unmanageable.***

My drinking had been out of control for several years and my life reached a point where it became not only impossible but frightening. I was twenty-five years old and since about the age of 19, I considered the possibility that I was an alcoholic, but I always dismissed the idea as ridiculous. I was too young or so I thought. Yet, when I read that step, the label "alcoholic" didn't seem to matter any longer, because the statement at least in my case was true and very applicable. I was powerless over alcohol and my life was certainly unmanageable.

As I was contemplating the words before me, a man walked into the room with a pot of coffee and introduced himself. He was very kind to me, and as others began filtering into the room, he introduced me to them. I remember thinking that everyone seemed so well put together, so successful, so normal.

The meeting started with somebody reading the Steps, and then they gave me a First Step Meeting. They told my story through their own. One man recounted the shame he felt when his wife and young daughters went to the police station to get him out of jail. Although my circumstances were different, I understood and could relate to the feelings of shame and guilt that he expressed. (cont. on p. 10)

**Tradition One:** Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward. *The Twelve Traditions Illustrated*. Copyright © 1971 Alcoholics Anonymous World Services, Inc.

### Tradition One Checklist:

1. Our common welfare should come first; personal recovery depends upon AA unity.
2. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other member's inventories?
3. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
4. Am I gentle with those who rub me the wrong way, or am I abrasive?
5. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
6. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
7. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
8. Am I as considerate of AA members as I want them to be of me?
9. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
10. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
11. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

**Concept One:** The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship. *The Twelve Concepts for World Service Illustrated*. Copyright © 1986 Alcoholics Anonymous World Services Inc.

### Concept I Checklist:

1. Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
2. Do we hold regular group conscience meetings encouraging everyone to participate?
3. Do we pass that conscience on to the district, area, or the local intergroup meetings?
4. Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
5. Where do we fit in the upside-down triangle of A.A.?
6. Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

## The 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,  
[newsletter@etiaa.org](mailto:newsletter@etiaa.org)

## Around East Tennessee

### Meetings, New and Discontinued:

**Happy Joyous and Free** in Oak Ridge at the Serenity Club is no longer meeting on **FRIDAYS**. **Monday** and **Wednesday Groups** are still meeting.

The Newport, TN, **Seeds of Hope Group** has discontinued Monday 8pm meeting at First Baptist Church; all other meetings are unchanged.

The **To Thine Own Self Be True** meeting (Remedy at Fairview UMC 2505 Old Niles Ferry Road, Fridays at 7pm) **has been disbanded**.

### AA Birthdays:

#### Blount County 12-Step Group:

Zeke C.	18 years
Jim Mc.	44 years

#### Monday Night Men's Group, west Knoxville:

Jim C.	1 year
Alan V.	1 year

#### Primary Purpose Group, Oak Ridge, TN December 2019 Anniversaries

Manwell P.	40 years
John W.	16 years
Steve D.	4 years

#### Back to Basics Group; Oak Ridge, TN

Johnnie S.	21 years
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#### Primary Purpose Group; Oak Ridge, TN (Jan.)

Dave S	33 years
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#### The Tennessee Group: November 2019

11/12 - Doug N.	16 years
11/15 - Jack O.	11 years
11/15 - Hayden	3 years

#### December 2019

12/1 - Eric O.	2 years
12/16 - Tom R.	38 years
12/18 - Jacque H.	8 years
12/18 - Audrey McD.	3 years
12/21 - Erin C.	1 year
12/22 - Ken L.	27 years
12/23 - Carol	31 years

#### January 2020

1/9 - Connie L.	4 years
1/12 - Beth C.	12 years
1/17 - P.J. P.	10 years
1/18 - Clara M.	13 years
1/30 - Jan W.	33 years

## Intergroup Financial / Contributions Report

November 2019	Nov 19	Jul - Nov 19	November 2019	Nov 19	Jul - Nov 19
1ST THINGS 1ST-P40	0.00	435.14	NEW BEGINNING- LOUDON	0.00	100.00
4-WAY GROUP	0.00	50.00	NEW PATH	0.00	30.00
4TH DIMENSION	0.00	627.00	NORRIS CLINTON GROUP	0.00	100.00
BACK TO BASICS- OAK RIDGE	0.00	100.00	NORTH GATLINBURG GR	0.00	582.87
BIG BOOK RECOVERY	25.00	100.00	ONEIDA	0.00	50.00
BIG BOOKS STUDY P40	374.36	374.36	OUR PRIMARY PURPOSE	0.00	114.00
BLOUNT COUNTY GROUP	0.00	150.00	PHOENIX GROUP	0.00	1,016.86
COLONIAL GROUP	0.00	100.00	PRIMARY PURPOSE- OAK RIDGE	200.00	400.00
CONCORD GROUP	0.00	81.46	PRIME TIME	0.00	325.00
CONTRIBUTION JAR	12.10	32.97	RIVERSIDE GROUP	0.00	773.35
COOKIE GROUP	0.00	120.00	ROANE COUNTY UNITY	50.00	150.00
DAILY REPRIEVE	0.00	2.82	Sandy P	0.00	2.33
DANDRIDGE UNITY 638213	64.00	64.00	SEEDS OF HOPE	25.00	50.00
DISTRICT 50/51	30.00	180.00	SERENITY IMPROVEMENT	200.00	200.00
FOUNTAIN CITY SERENITY	0.00	742.50	SERENITY IN THE SMOKIES		
FREE AT LAST	0.00	60.00	EVENT	0.00	7.24
GOOD VIBES	0.00	0.00	SERENITY SEEKERS	0.00	70.00
GROUP PRIMARY PURPOSE	0.00	75.00	SEVEN ISLANDS	0.00	40.00
GROUP WITH NO NAME	50.00	400.00	SEYMOUR SHARING	0.00	564.12
GSMRC EVENT	0.00	2.56	SOBER PRIDE	450.00	451.64
Individual	76.72	382.77	SOBRIETY SOCIETY- SO-SO	0.00	300.00
JEFFERSON CITY UNITY	0.00	78.29	STEPS FORWARD	0.00	55.00
KEEP LEANING FORWARD	52.00	52.00	TELLICO VILLAGE	0.00	120.00
LAFOLLETTE-THERE IS HOPE	20.00	100.00	TENNESSEE GROUP	0.00	642.20
LUNCH BUNCH- GREENEVILLE	105.85	209.00	TRI-STATE GROUP	0.00	300.00
MEMORIAL RECOVERY	50.00	150.00	TURNIP PATCH	0.00	109.00
MORRISTOWN GROUP	0.00	30.00	WEST KNOXVILLE GROUP	86.72	86.72
			WORKING WITH OTHERS	50.00	100.00
			TOTALS	1,971.25	11,540.20

*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.

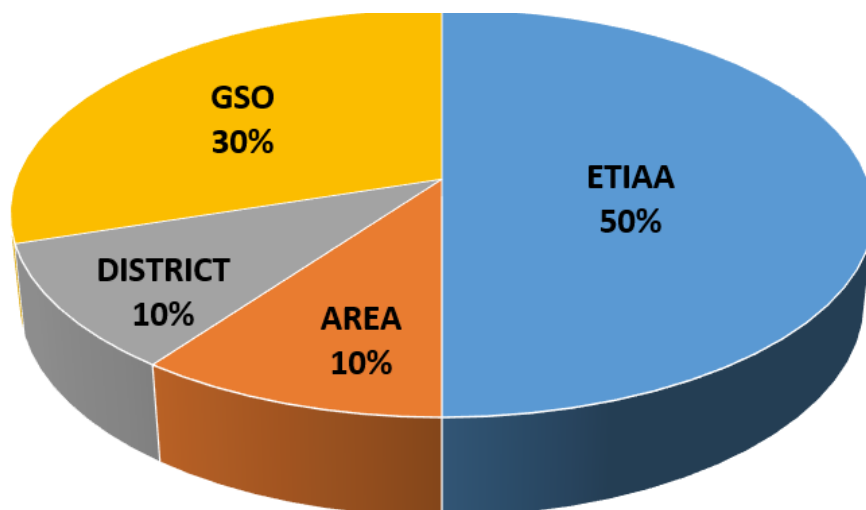
- The area committee, which coordinates vital AA activities over a broad geographic area, sends a delegate to the annual General Service Conference, holds area assemblies to determine the needs of the Fellowship, and provides information at all levels of service.

- 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](http://www.aa.org/assets/en_US/f-3_selfsupport.pdf)]

## 7TH TRADITION SUGGESTED CONTRIBUTIONS



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

## CONTRIBUTION ADDRESSES

**ETIAA East Tennessee  
Intergroup of  
Alcoholics Anonymous  
9217 Park West Blvd #B3  
Knoxville, TN 37923  
865-522-9667**

**[www.etiaa.org](http://www.etiaa.org)  
General Service Office  
Grand Central Station  
P.O. Box 459  
New York, NY 10163**

**[www.aa.org](http://www.aa.org)  
The GSO prefers online contributions  
Area 64 Assembly  
2500 Murfreesboro Pike  
Suite 105 Box 235  
Nashville, TN 37217  
[www.area64assembly.org](http://www.area64assembly.org)  
District 1 Treasurer  
Richard Ellis  
1302 Chestnut Street  
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**

meets at 12:30pm on the 3rd Monday of the month at 6:30pm at the Intergroup Office.

### **District 50/51 - Treatment**

**Committee** meets at 7:00pm on the 2nd Thursday of the month at Park 40; includes Bridging the Gap.

## December Intergroup Minutes

Opened with serenity prayer and monthly tradition

Introduction and Sign-in sheet Shelley M., Joan S., Annie, Fawn L., David C., Marian G., Rebekah, Bob W., Suzan A., Scott B., Susi M., Joni Q. present

Accept/modify previous minutes:

Manager's report – Rebekah R

✦ Mobile IG update Still need a chair for this

✦ Plan Open House February 1<sup>st</sup>

✦ Gift Cards for service workers- approved for \$10.00 a piece for approx. 30 to 40 workers.

✦ Tri-Cities Updated Contribution chart on website

✦ Need help in office for projects. Too much for one person.

Treasurer report – Fawn L

Overall looking good.

Hotline – Jacque H

12 step list has now been updated. Always a work in progress

Office Service Workers- Annie B

New Volunteer is hopeful for 1<sup>st</sup> of year.

Archive – Annie B

Throwing out old paper. Nothing new to report

Website – Shelley M

2770 Searches in month, 2500 went to site, 60% under 35 years old, 220 new users

Accessibilities – Carole W

Shelley for Carol-Working on Access list. People please get info in so it can be posted on Website

Spanish Speaking Liaison – open

CPC/PI – *voting this meeting for Chair, Robin has been nominated*

Treatment- Beth H

Corrections – Marian and Beth from Treatment committee are working together to

help Dist. 6 stay alive, they were invited to Christmas event North Gatlinburg to share

Outreach – *Open*

Events – *Open Suzan interested in this position*

Financial Outlook- David/Stacie

Strategic Plan. Developing a survey for feedback. What services are used, and who uses them. This info will be used to help determine need for satellite office in Tri City area

### **Old Business**

Mobile Intergroup not feasible to have its' own inventory

Would like to get a written description of all Chair positions.

### **New Business**

#### **Nominations/Elections**

Chair – Susi voted in. Available only till Oct. 2020. We will look for a new chair prior to that

Treasurer – Fawn will serve one more term.

Officer Service Worker Chair – Annie B will serve one more term

Website Chair – Shelley M will serve one more term.

CPCPI – Robin G has been voted in as Chair

Scott has volunteered to help Robin any way he can

Spanish Speaking Liaison –open, possible volunteer to be here in Jan 2020

Corrections – Marian already holding Position

Mobile Intergroup-Chair still open

Events- Suzan has been voted in

Outreach- still open

Gift Cards approved with \$500.00 cap

Next Meeting-Monday, January 20<sup>th</sup> at 6:30pm.

## December District 50/51 Minutes

December 2, 2019: District 50/51 Meeting

Attending: Angela, Erica, Clara, Jacque, Sheldon, Trey, Jerry, David, Robin, Ralph, Eddie, Frankie, Rick, Jacque

The meeting was opened by Robin with a moment of silence followed by The Serenity Prayer.

A motion was made to accept the minutes from last month as written. The motion was seconded and passed unanimously.

### **Jerry District 50**

Jerry reminded everyone of the District Christmas party on December 7<sup>th</sup>.

Jerry can be reached at [jerrythebman@yahoo.com](mailto:jerrythebman@yahoo.com) and/or 865-719-0308.

### **Robin District 51**

Robin reported that she read through the 459 letter and saw some information on an ASL Big Book. She is working on trying to get some more information on it.

She has been telling people about the new District 50/51 DCM's. She reminded everyone about the Christmas party and the Christmas Alkathon.

Robin can be reached [robingavilan@gmail.com](mailto:robingavilan@gmail.com) and/or 865-438-3571

### **Treasurer's Report – Sheldon**

Our current balance in checking \$2415.50.

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

### **PCP/PI – Trey**

Trey went to UT and had an excellent meeting. They talked about an intervention program funded by the state that will place folks with a treatment center. He let them know he was available for informational purposes and that it was a great networking event. There will be further opportunities at UT to do professional outreach through PCP/PI.

Trey shared a screenshot of the PSA that will be airing. Intergroup found the image for the PSA's. They are running on news apps and late-night TV.

There was a meeting held regarding the images for the poster boards (small billboards). They settled on four different images. They will be using all four images.

The next PCP/PI meeting will be held at the Intergroup office on December 18<sup>th</sup> at 5:30pm.

### **Archives Report – Karen:**

Not present.

### **Treatment Report – John S.**

Not present. David (new Bridging the Gap chair) was present and said everything is going well!

### **Corrections Report – Frankie:**

Frankie reports that everything is business as usual.

He would like to get a vote for bringing Morgan County Jail Meeting into District 50/51 for financial support.

Frankie can be reached at: [frankie.ramos@rocketmail.com](mailto:frankie.ramos@rocketmail.com)

### **Grapevine Report – Sandra:**

Not present.

Sandra can be reached at: [sgbrown0418@comcast.net](mailto:sgbrown0418@comcast.net)

### **Events Report – Paul**

Jerry shared about the District 50/51 Christmas party. It is December 7<sup>th</sup> at 6:00pm. Jim Marshall will be the speaker. There will be a planning meeting for the party immediately after this meeting.

### **Bridging the Gap Report: David**

David will be the new Bridging the Gap chair and we are excited to have him!

### **Group News:**

Clara announced the 2019 Christmas Alkathon. She distributed fliers. It will start on 6:45pm on Christmas Eve night with a speaker meeting and there will be meetings throughout the night and on Christmas day. There are still some spots that need to be filled:

1am

4am

5:30am

8:45am

### **OLD BUSINESS:**

The P.O. Box will be cancelled at the end of the year. The mail has already been transferred to come to the Intergroup office. The change will be announced in the newsletter.

Trey made a motion to untable the motion about giving PCP/PI and additional \$900 for the billboards. PCP/PI has already approved the images. They have \$600 left in their budget but need \$900 more for the billboards. The motion was seconded and passed unanimously.

Trey made a motion to untable the motion to bring Morgan County Jail Meeting into District 50/51 for financial support. The motion was seconded and passed unanimously.

### **NEW BUSINESS:**

Jerry asked for \$300 from district for the Christmas party. It will be refunded after the party.

A motion was made to write a check to Intergroup for \$30 for the use of the office for tonight's meeting. The motion was seconded and passed unanimously.

A motion was made to adjourn the meeting. The motion seconded and passed unanimously.

**THE NEXT MEETING WILL BE ON JANUARY 6<sup>TH</sup> AT 6:30PM AT THE INTERGROUP OFFICE.**



# GSMO



## Great Smoky Mountain One Step at a Time Outdoor Meeting Group

### Upcoming Events

12/21/19 Caving Trip

12/31/19 7-8pm Meeting, New Years Eve Party to follow

1/1/2020 3rd Annual New Years Day Hike

1/19/20 Movie Night

865-271-7152 [gsmosat@gmail.com](mailto:gsmosat@gmail.com)

Great Smoky Mountain One Step at a Time (GSMO) is an outdoor club for members of Twelve Step recovery programs and their families and friends.



# Does Your Home Group Have an Intergroup Representative?

Keep your Home Group connected to events  
and information in our area.

Help the *East Tennessee Intergroup of Alcoholics Anonymous* be an  
informed body to serve its local groups. Just as healthy AA groups need  
informed group consciences, so do healthy Intergroups.

**Elect and Send your Home Group's Intergroup  
Representative to our next monthly meeting:**

3<sup>rd</sup> Monday of every month  
6:30 pm at the Intergroup Office  
9217 Parkwest Blvd #B3  
Knoxville, TN 37923  
865-522-9667

*ETIAA* maintains our area's website and hotline; publishes our newsletter  
and meeting directory; has AAWS and Grapevine literature, chips and  
medallions for purchase; has information about Steps, Traditions, and  
other AA related topics, including Archives, Corrections, and CPC/PI

**Service Opportunities:** Outreach, Hotline, Volunteer in Office, CPC/PI

## Cont. from p. 1

They suggested I come back, to try ninety meetings in ninety days, to not drink one day at a time, to call someone before I drank, and to not drink no matter what, that even if my ass were to fall off, I was to pick it up and get my ass to a meeting. I knew I was in the right place.

I really didn't want to stop drinking. I loved it too much and couldn't imagine life without alcohol. Drinking seemed to soothe the pervading sense of unease that I so often carried with me, but as the years went by, alcohol gradually took over my life and I often found myself burdened by fear, guilt and shame. The problems piling around me were almost impossible to endure, and in an effort to keep others from discovering the truth, I lied to almost everyone, but most damaging of all— I lied to myself.

The most outrageous lie was that I could control my drinking, that it wasn't a problem, and sadly I convinced myself this was true. I wanted control over alcohol and my life, and I insisted that somehow I could find a way. Repeatedly I tried, and repeatedly I failed, until finally at long last, *I reluctantly surrendered—I gave up and admitted I am powerless over alcohol.*

Step One is simply an admission that I have a problem with alcohol, that I can't control my drinking. I could no longer avoid the truth—*I'm an alcoholic*. I don't know if I can remember the specific moment when I made that admission. It may have been the morning I walked out of that jail cell after my last drunk, or when I called Alcoholics Anonymous and asked for help, or that first AA meeting, or maybe it was a culmination of events that finally brought me to that moment of surrender. Regardless of when, where and how it occurred, the admission of powerlessness was not an act of courage on my part. It was complete and utter capitulation.

Though the hopelessness of surrender can be devastating, it need not be permanently debilitating. Having admitted defeat, I took the advice given at my first meeting to make ninety meetings in ninety days. Attending AA meetings on a regular basis connected me with others who supported me in my desire to stop drinking. The meetings also helped stamp into my consciousness the futility of continuing the fight. In time, I moved beyond simply admitting I had a problem to accepting it, and I think there's a difference.

The admission of powerlessness was simply my reaction to a losing fight — I simply gave up. Acceptance on the other hand required some thought and action. Over a period of time attending meetings, reading the *Big Book* and *Twelve by Twelve*, and sharing my experience, I took into consideration the surrender terms, and I became convinced that if I were to live and have any kind of life at all, I would need to stop drinking. Sobriety was an offer of peace, and I consented to the very simple condition that I must stay away from the first drink, one day at a time.

***The war was now over and I accepted the terms of surrender — complete abstinence.***

Having admitted and accepted that I was powerless over alcohol, I was now in a position to acknowledge it. This would require an honest recognition of the facts, divorced from the emotion of the initial admission and the subsequent acceptance of the consequences. At long last, I could be honest with myself about my drinking, and though I agree with those early AAs who warned that self-knowledge alone won't keep us sober; the self-honesty I experienced from admitting, accepting and acknowledging that I was powerless over alcohol was essential to my recovery.

That was my experience, but having an experience is one thing, learning from it is something else altogether.

Is it ironic to say that “powerless” is a strong word? Not long ago, I was speaking with a young woman new to the program who was having a difficult time, and she told me that she didn’t like the idea of being powerless over anything. My response was that it’s okay, she doesn’t have to use that word, she can use her own words. In fact, from my perspective she may have already been experiencing Step One. After all, she was at an AA meeting, which I think indicates she must have made an admission that she has a problem, and she took the first step to getting better. Whether or not she uses the language of AA is immaterial. Taking the first step to recovery involves admitting that there’s a problem, and often it may be experienced before we even make it to our first AA meeting. That was certainly the case for me.

This young lady went on to explain she believes that to proclaim powerlessness was akin to giving up all personal responsibility, and she believes in taking personal responsibility for her recovery. I’m glad she feels that sense of personal responsibility because I do as well, and I believe that was exactly my experience. *Step One ultimately empowered me.* It was through admitting I was powerless over alcohol that I could finally do something about it. I once heard it put this way; “the surest way to end a war is to surrender.” That was sure true for me. My battles with alcohol came to an immediate end when I gave up and stopped fighting. I think sometimes it’s okay to give up, to surrender.

When it comes to an unmanageable life, in my case it was obvious. Three DUIs, getting fired from my job, losing my apartment, and the general insanity that surrounded me on a daily basis made it pretty easy to see that my life was a mess. It was in fact unmanageable. However, not everyone has such stark problems facing them when they reach that moment of surrender, yet they still feel their life was out of control. I completely understand because when I drank there was no control of my life. In fact when it came to my life, I wasn’t even bothering to show up. Powerlessness over alcohol and an unmanageable life just went hand in hand.

This is not to say that Step One was the entire solution. I had some serious emotional and mental problems before my drinking got bad, and certainly the chaotic life of active alcoholism only served to exacerbate those issues. I believe that I needed to change in some very fundamental ways if I were to fully recover, and the self-honesty I acquired in the First Step was absolutely essential, and would become a quality that I would further hone and develop as I proceeded through the remaining eleven steps.

As it turns out, the admission of powerlessness was most empowering indeed.

EAST  
TENNESSEE  
INTERGROUP  
UNITY  
NEWSLETTER

9217 Park West Blvd #B3  
Knoxville, TN 37923

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



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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](http://ETIAA.org) for a free email subscription.

**JANUARY 2020**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone number \_\_\_\_\_