



UNITY NEWSLETTER

May 2021 **Volume 45; Issue 5**

A.A. Oldtimers...On the Fifth Step
A.A. Grapevine, February 1945. Vol. 1 No. 10

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

This is a tough step and takes courage to do. It is, however, a step that can be done if you make sufficient effort.

It is not new. The Catholic church uses it in their confessional and the psychiatrist uses it.

Drinking is caused by inner conflicts and the only way to get rid of these conflicts is to bring them out in the open and destroy them. Wrongs cause conflicts, hence the necessity of this step.

Take the first phrase, "Admitted to God." How do you do this? First learn humility so that you can ask help in a humble manner. If you have difficulty in admitting the actuality of a supreme power, work on the premise that there might be one. Once you get your mind in tune with the infinite it is not difficult to realize that you have no secrets from God.

"Admitted to ourselves." This can only be done when we are honest with ourselves. In this program it is folly to try to kid yourself. Be ruthless in your soul searching and come clean.

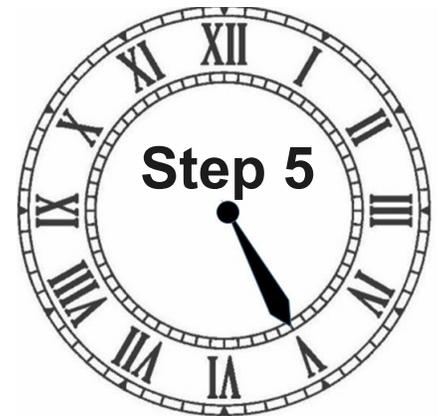
Great care should be taken in choosing "another human being." It must be someone you can trust. Your lawyer, your doctor, your priest or minister, another A.A., or a friend; someone who will act as a sounding board and keep your confidence.

Once you take this step you will be astounded at the relief you feel. The burden of despair will be lifted from your back and you will be free.

It is essential for every A.A. to realize the importance of taking this 5th step. By so doing, all enmities, resentments and wrong thinking may be cast out and we can continue to the next step with a clear conscience.

It is advisable to repeat this step from time to time because it is human to err and even A.A.s are human.

Bert T.



"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

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**East Tennessee Intergroup of Alcoholics Anonymous
Presents**

2021 Monthly Online Speaker Step Meetings



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

STEP 4, April 10th, Speaker: Rhonda M. – Morristown, TN

STEP 5, May 8th, Speaker: Madeliene P. – Happy Valley, OR

STEPS 6 & 7, June 12th, Speaker: David G. – Knoxville, TN

Zoom ID: 881 6025 4458

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

The Intergroup is moving back toward pre-pandemic monthly updates to the Meeting List. Our workload has increased a ton behind the scenes this year. We have launched an online store, revised our website, added training videos and webpage for office service workers, learned, taught and troubleshoot zoom, changed our prices and hours and all the work that goes with that and lots of time on hardware and software issues due to updating systems to 2021.

To better manage we are trying to move back to “normal” on as many things as we can. Let your groups know to get changes in a month in advance if you want them to be updated at a certain time. Also a big Thank YOU!!! to all our Service Workers who work so hard for the still suffering alcoholic.

Intergroup was set up to be a volunteer led organization so that we can maximize our AA dollars so if you are getting irritable, restless and discontent, or see a spot where you could do some good, we can find some service work for you!

<https://www.etiaa.org/service/>

Thanks,
Rebekah R
Office Manager
East Tennessee Intergroup of Alcoholics Anonymous
9217 Park West Blvd #B3
Knoxville, TN 37923

New Website! New Online Store! New Office Hours!

<https://www.etiaa.org/>



We have updated our website! Check it out! All online meetings are available with links by searching the site, on the app, or on the meeting PDF.

We now have an online store! It's still a work in progress but you can now shop online and have stuff shipped or ready for porch pickup at the Intergroup Office.

We have new hours! Please let us know if you'd like to do service work at the office. Shifts are 2 to 5 hours Monday- Saturday and can be weekly, bi-weekly, monthly or on call. Requirements are 1 year sobriety, a sponsor, and completion of the 12 Steps.

- Monday 11a-4p
- Tuesday 11a-4p
- Wednesday 9a-4p
- Thursday 11a-4p
- Friday 11a-7p
- Saturday 11a-4p

East Tennessee Intergroup of Alcoholics Anonymous – Gratitude With Service form

Return to: ETIAA; 9217 Park West Blvd #B3; Knoxville, TN 37923
865-522-9667 Manager@etiaa.org www.etiaa.org

Date: _____ *First Name _____ Last Name _____
Address _____ *Phone _____
*City _____ *State _____ *ZIP _____ Sex _____
E-mail address _____ Alternative Phone _____

* Required for listing in 12th Step List

ETIAA UNITY Newsletter Subscription / Renewal (Free subscription for email issues; \$12/year for mailed issues)

Volunteer Service Options

Check only those you are willing to commit time to:

12th Step List Volunteer

- Weeknights
- Weekends
- Weekdays

Phones Night & Weekend

- Weeknights
- Weekends

Committees of Interest

Check only those you are willing to serve on:

- Public Information / Cooperation with the Professional Community
- Intergroup Representative
- Office Worker
- Archives
- Outreach
- Spanish Liaison

Step Five: “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

ALL OF A.A.'s Twelve Steps ask us to go contrary to our natural desires . . . they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one.

A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

Fifth Step Prayer

Higher Power, my inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me and be with me, in this Step, for without this Step, I cannot progress in my recovery. With Your help, I can do this, and I will do it.



Tradition Five (long form):

Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose*—that of carrying its message to the alcoholic who still suffers.

Tradition Five Checklist:

1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?



Concept V and Checklist: Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

- Do we encourage the minority opinion, the “Right of Appeal,” to be heard at our home group, district committee meetings, area assemblies and the Conference?
- What does our group accept as “substantial unanimity”?
- Has our group experienced the “tyranny of the majority” or the “tyranny of the minority”?
- Does our group understand the importance of all points of view being heard before a vote is taken?

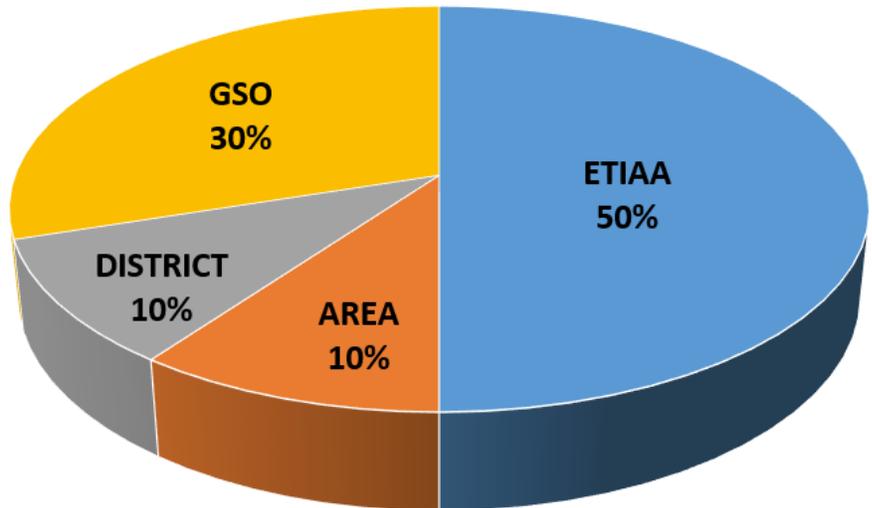
7TH TRADITION SUGGESTED CONTRIBUTIONS

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]



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

Contribution Addresses

ETIAA East Tennessee Intergroup of AA
 9217 Park West Blvd #B3
 Knoxville, TN 37923
 865-522-9667 www.etiaa.org

New ways to contribute:

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 mail all District 50/51 contributions to the Intergroup Office. Please specify on the check AND on the outside of the envelope that it is for district 50/51.

Please be sure to include your Group Name and Number.

Intergroup Financial / Contributions Report

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

GROUPS DONATING	Mar 21	Jul 20— Mar 21	GROUPS DONATING	Mar 21	Jul 20— Mar 21
1ST THINGS 1ST KNOXVILLE 719412	1,670.47	4,425.20	NEW BEGINNING- LOUDON	0.00	50.00
4-WAY GROUP	50.00	200.00	NEW PATH	50.00	100.00
4TH DIMENSION	0.00	543.25	NORRIS CLINTON GROUP	0.00	150.00
BACK TO BASICS- OAK RIDGE	0.00	350.00	NORTH GATLINBURG 157790	0.00	397.00
BIG BOOK RECOVERY	25.00	195.00	ONLINE LUNCH BUNCH	81.50	107.38
BLOUNT COUNTY GROUP	0.00	350.00	OUR PRIMARY PURPOSE 716038	0.00	42.00
BREAKFAST BUNCH GREENEVILLE	0.00	110.00	Paypal	0.00	8.00
BREAKFAST CLUB	100.00	100.00	PHOENIX GROUP	0.00	1,408.00
COLONIAL GROUP	0.00	275.00	PRIMARY PURPOSE- OAK RIDGE	0.00	250.00
COLONIAL HEIGHTS 99658/120932	0.00	105.00	PRIME TIME	0.00	360.00
CONCORD GROUP	0.00	110.50	RIVERSIDE GROUP	0.00	678.73
CONTRIBUTION JAR	9.30	94.75	ROANE COUNTY UNITY 112631	0.00	150.00
COOKIE GROUP	0.00	360.00	SATURDAY MORNING BIG BOOK STUDY	0.00	1,139.05
COVER TO COVER	0.00	120.00	SEEKERS JONESBOROUGH 66383	0.00	20.00
DANDRIDGE UNITY 638213	0.00	86.00	SERENITY IMPROVEMENT	0.00	600.00
DISTRICT 50/51	0.00	0.00	SERENITY SISTERS 630722	0.00	1,620.79
DOWN BY THE RIVER 101834	0.00	400.00	SEYMOUR SHARING	0.00	716.89
FOUNTAIN CITY SERENITY	128.50	296.58	SOBER PRIDE	98.98	754.01
FREE AT LAST 712012	0.00	36.00	SOBRIETY SOCIETY- SO-SO 709581	70.00	620.00
GROUP WITH NO NAME	450.00	1,000.00	SPIRITUAL PROGRESS	0.00	100.00
HAPPY HOUR	950.00	2,423.00	STEPS FORWARD	0.00	165.00
HAPPY, JOYOUS AND FREE	0.00	50.00	STEPS TO FREEDOM	62.50	62.50
HIGH NOON ROGERSVILLE 713957	30.00	60.00	SUNDAYS AT 7-KNOXVILLE	0.00	130.00
HIGH NOONERS-P40	0.00	400.00	TCYPAA	10.00	80.00
Individual	144.97	4,271.00	TELLICO VILLAGE	0.00	200.00
KEEP LEANING FORWARD	0.00	115.00	TENNESSEE GROUP 723519	0.00	591.20
KODAK HWY 66	0.00	150.00	TRI-STATE GROUP- HARROGATE	0.00	200.00
LAFOLLETTE-THERE IS HOPE	20.00	180.00	TURNIP PATCH	0.00	126.03
LENGUAJE DEL CORAZON	50.00	50.00	UNKNOWN GROUP	0.00	223.82
LUNCH BUNCH- GREENEVILLE	66.20	408.46	Venmo	0.00	39.00
MEMORIAL RECOVERY 112566	50.00	100.00	WEST KNOXVILLE GROUP	0.00	102.30
MONDAY NIGHT MEN'S 112569	0.00	150.00	TOTALS	4,117.42	28,806.44
MORRISTOWN GROUP	0.00	100.00			

CONTRIBUTIONS TO DISTRICT 50/51

Mail all District 50/51 contributions to the Intergroup Office. Please make sure you are specifying on the check AND on the outside of the envelope that is for District. 50/51.

District 50/51; C/O. East TN Intergroup; 9217 Park West Boulevard #B3; Knoxville, TN 37923

Make checks out to District5051. This will help the office staff maintain separation between Intergroup and District donations.

Thank you for your support! Also, if you have questions or concerns, the District 50/51 treasurer may be contacted at 865.599.5288. Initially, texting will be the fastest option for contact.

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

AA Birthdays:

No group name given:

Greg 3 years 2/19/2018

Monday Night Men's Group; Erin Presbyterian Church:

Joe C. 32years

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

Electronic Big Book Study on YouTube.... And FREE!



Entire Back To Basics 12 week, 12 Steps of AA Recovery

<https://app.getresponse.com/click.html?x=a62b&lc=S9qvEA&mc=CK&s=9JD00&u=T5K&z=EQEVCxT&>



April 2021 Intergroup Meeting Minutes

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

Present via Zoom: - Tami D, Rebekah R., Fawn L., Greg S., Kellie M., SuZanne A., Krista S., Rhonda M., Wesley., Josie K., Angela L., Robert G., Dave W., Dave R., Dave S., Matt T., Kalie W., Tim C., Gail, April.

Groups Represented: Happy Destiny II Group, Happy Hour Group, Morristown Group, So-So Group, Flat Iron Survivors Group, Primary Purpose Group, First Things First Group, Prime Time Group, TN Group, Colonial Heights Group, Serenity Group.

Previous minutes were accepted as is motion by Rebekah R., seconded by Greg S., all in favor.

Manager's Report – Rebekah R.

- Welcome new IGRs – Rebekah welcomed new reps to the meeting
- 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.
- Online Store – Rebekah reported still needs some work. There are some bugs with the inventory process and she is actively working to resolve.
- Meeting Changes Update – Barb has taken over and they are setting up a new email address specifically dedicated to meeting changes that Barb will manage.
- Third Quarter Assembly to be held in person in Knoxville in August. Volunteers will be needed for many positions.
- GSO Quarterly Report available on AA.org.
 - ◇ GSOCPCPI is reviewing study by Stanford University titled “Does Alcoholics Anonymous Work?”
 - ◇ Corrections Correspondence is requesting transgender volunteers to communicate with transgender prison inmates.
 - ◇ 2020 contributions up \$1.4 million over 2019. GSO took \$4 million out of the reserve fund in 2020 and ended the year up \$210,000.
 - ◇ Grapevine finished the year down \$392,000.
 - ◇ General sharing session included topics such as communication up and down the triangle, how do you improve group involvement? How to make service work more attractive and how to better connect general service to the fellowship, our non-participating groups overtaking participating groups?
 - ◇ GSO is focusing on inclusivity including the "who is not in the room "workshop.
 - ◇ Possible revisions to the big book. Rebekah recommended that everyone watch the video produced by GSO on the YouTube channel about that.
 - ◇ GSO is working on a membership survey for 2021.
 - ◇ Greg T is leaving the office of general manager.
 - ◇ GSO implementing discounts and shipping charges that were objected to by, and will undercut, Intergroups.
- Rebekah on vacation end of June and over Labor Day. She is having knee surgery 04/23/21 and may be out sometime with recovery.

April 2021 Intergroup Meeting Minutes (Cont.)

Treasurer's Report – Fawn L.

- March net income \$712.92
- Year to date income \$978.37
- April 1-15th income \$942.43
- Motion to accept Treasurer's report by Angela L., seconded by Rhonda M., all in favor.

Hotline – Susi M. – not present

- Rebekah stated more volunteers needed.

Service Workers – Greg S.

- Greg reported he needs to train someone as his back-up as he is dealing with some health issues and will be frequently out of the office for an indefinite period of time,
- Have 3 new volunteers waiting to be trained to work in the office.
- Training workshop previously scheduled for 04/24/21 has been cancelled due to Rebekah's surgery.

Archives – open

Website – Sterling – not present

Accessibilities – Carole W. – not present

Spanish Liaison – open

CPC/PI – open

Treatment – Beth C. – not present

Corrections – Marian G. – not present

- Marian provided her report to Tami D who stated Marian is currently at prison orientation and unable to make the IG mtg. While the prison is currently doing orientations to certify volunteers there is not yet a date for them to resume prison meetings.

Outreach - open

Events – SuZanne A.

- SuZanne reported the Step 4 workshop was a success, there were 17 attendees. Thanks to all who attended. The next workshop is on Step 5 and will be held on Zoom at 10am on May 10th.

Mobile Intergroup – open

Old Business:

New Business:

Motion to adjourn by Rebekah R. and seconded by Greg S. at 7:03 pm. All in favor.

Next meeting to be held Monday May 17th at 6:30 pm.

March 1, 2021 District 50/51 Meeting Minutes

Virtually Attending: Jacque H, Angela L, Robin G, Katie C, David T, Sandra B, Trey M, Rick B, David C, Michelle C, Erica J, Sandy H

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

The meeting was opened at 6:30 p.m. by Angela with a moment of silence followed by The Serenity Prayer.

Introductions were made around the "room".

A motion was made (Jeff J.) to accept the minutes from last month as written. The motion was seconded (David T.) and passed unanimously.

Jacque District 50

Pre-Conference Report Review – slides were emailed. Please review with you homegroups and reply with input. Important topics include Big Book revisions, etc. Please take the time to provide feedback.

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

Angela District 51

Angela also attended Pre-Conference Report. Please email her with any questions.

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

Treasurer's Report – Sandra B.

Balance as of 3/1/2021 is \$5,666.65

Deposits: 499.70

Nothing spent in February

Venmo account is @Sandra-Brown-289

A motion was made (Jeff J.) to accept the treasurer's report as given. Motion was seconded (David C.) and passed unanimously.

PLEASE SEND DISTRICT CONTRIBUTIONS TO INTERGROUP OFFICE (and label mail properly). District 50/51 c/o East TN Intergroup 9217 Parkwest Blvd #B3 Knoxville, TN 37923

CPC/PI – Trey M.

Pre-Conference Report update includes updated information for LinkedIn

PI still deciding whether or not to use "full faced" actors

Literature Committee has 27 items to review including a possible 5th Edition Big Book

Treatment Report – Robin G.

Robin is now officially Treatment Chair. There was significant attendance at the Treatment Committee meeting. Committee meets at 7:00 P.M. on the 2nd Thursday of each month.

Treatment committee will not be expanding any new meetings at this time, but is considering outreach support materials. Treatment has a request for funding to purchase pamphlets and will be discussed in new business.

Treatment Committee will meet 2nd Thursday @ 7:00 P.M. (3/11/21).

March 1, 2021 District 50/51 Meeting Minutes (Cont.)

Corrections Report – OPEN

Position vacant – need to determine at next committee meeting

Grapevine Report – Sandra B.

Grapevines are available. Sandra can be reached at: sgbrown0418@comcast.net

Bridging the Gap Report – David T.

No referrals for District 50/51, but one referral to District 6 was made last month.

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

Events – Erica J./Sandy H.

Events committee met today and have decided to wait to hear about Assembly at the end of the month.

Next committee meeting will be 4/11/21 at 2:00 on 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: -NONE-

OLD BUSINESS: -NONE-

NEW BUSINESS:

General discussion around Assembly Hospitality Committee trying to move forward with a plan for an in-person Assembly in August (8/20, 8/21). Need homegroups to provide volunteers to purchase and serve food.

Robin G. – Motion to request \$200 for Treatment Committee to purchase pamphlets for treatment centers, seconded by Katie C. No discussion – passed unanimously.

General discussion around financial needs of holding an in-person 3rd Quarter Assembly.

Katie C. – Motion to replace Alternate DCM for District 51 as Robin G, seconded by Jeff J. – passed unanimously.

Jeff J. – Motion to replace Alternate DCM for District 50 as Sandra B, seconded by David T. – passed unanimously.

Motion to adjourn (Jeff J.), seconded (David T.)

Meeting adjourned at 7:21 p.m.

Closed with the Serenity Prayer

THE NEXT DISTRICT MEETING WILL BE APRIL 5, 2021 AT 6:30PM VIA ZOOM.

Here is the link and meeting ID for the monthly District 50/51 meeting.

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

Meeting ID: 129 330 698

YOU NOW NEED A PASSWORD FOR DISTRICT 50/51 MEETING!!! Please contact Angela L. or Jacque H. for information.

April 2021 District 50/51 Meeting Minutes

Virtually Attending: Jacque H, Angela L, Katie C, David T, Erica J, Jeff J, Sandra B, Rick B, David C, Robin G, Lauren H

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

The meeting was opened at 6:39 p.m. by Angela with a moment of silence followed by The Serenity Prayer.

Introductions were made around the "room".

A motion was made (Jeff J.) to accept the minutes from last month as written. The motion was seconded (David T.) and passed unanimously.

Jacque District 50

Attended 2nd Quarter Assembly. A lot of discussion around changes to the Big Book with potential 5th Edition. Possibly making the preamble gender neutral. Talked about a disclaimer that book was written in 1939. Our delegate did a great job representing our groups.

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

Angela District 51

No Report – was unable to attend 2nd Quarter Assembly

Angela can be reached aql8137@tds.net and/or 865-924-3055

Treasurer's Report – Sandra B.

Balance as of 4/5/2021 is \$6,772.50

Deposits: 1105.85

*One pending Venmo deposit (\$19.79) à balance will be \$6,792.29

Venmo account is @Sandra-Brown-289

A motion was made (Jeff J.) to accept the treasurer's report as given. Motion was seconded (David C.) and passed unanimously.

PLEASE SEND DISTRICT CONTRIBUTIONS TO INTERGROUP OFFICE (and label mail properly).
District 50/51 c/o East TN Intergroup 9217 Parkwest Blvd #B3 Knoxville, TN 37923

CPC/PI – Trey M. (ABSENT)

No Report. Robin shared general information about pamphlets that were discussed at Assembly.

Please contact Trey for information about monthly committee meetings. Trey.Medlock@gmail.com

Treatment Report – Robin G.

Only 2 people attended Treatment Committee meeting. Committee meets at 7:00 P.M. on the 2nd Thursday of each month.

Treatment committee will not be expanding any new meetings at this time, but is considering out-reach support materials. Pamphlets will be ordered soon.

Treatment Committee will meet 2nd Thursday @ 7:00 P.M. (4/8/21)

April 2021 District 50/51 Meeting Minutes (Cont.)

Corrections Report – OPEN

Position vacant – need to determine next committee meeting

Grapevine Report – Sandra B.

Grapevines are available. Sandra can be reached at: sgbrown0418@comcast.net

Bridging the Gap Report – David T.

No referrals for District 50/51, but one referral to District 6 was made last month.

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

Events – Erica J./Sandy H.

Events committee will move forward with planning since 3rd Quarter Assembly will be in person.

Next committee meeting will be 4/11/21 at 2:00 on 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:

Sobriety Society is not meeting this Tuesday night (4/6/21) and the last Saturday of every month is a speaker meeting.

OLD BUSINESS:

-NONE-

NEW BUSINESS:

General discussion around Assembly Hospitality Committee requesting money from District 50/51 to help offset cost. Jeff agreed to speak on behalf of Committee to request money.

Jeff J. – Motion to request \$3,000 from District 50/51, seconded by Rick B. No discussion – passed unanimously.

General discussion around need for new Alternate DCM and Treasurer.

Motion to adjourn (Jeff J.), seconded (David T.)

Meeting adjourned at 7:16 p.m.

Closed with the Serenity Prayer

THE NEXT DISTRICT MEETING WILL BE May 3, 2021 AT 6:30PM VIA ZOOM.

Here is the link and meeting ID for the monthly District 50/51 meeting.

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

Meeting ID: 129 330 698

YOU NOW NEED A PASSWORD FOR DISTRICT 50/51 MEETING!!! Please contact Angela L. or Jacque H. for information.

District 6 Meeting Minutes – April 3, 2021

The meeting was called to order by DCM Robert G. with the Serenity Prayer at 10:04 AM. Attendees physically present were Richard B., Rex B., Robert G., Bruce H. and Harold K. There were no Zoom attendees.

The Alternate Secretary provided copies of the minutes from the March 2021 meeting. Bruce H. made a motion to accept the March 2021 minutes as written. Harold K. seconded. The motion passed.

The Treasurer provided copies of the February and March 2021 financial reports. Harold K. made a motion to accept the reports as written. Bruce H. seconded. The motion passed.

Group Reports: Bruce H. and Richard B. reported for the Primary Purpose Group. Attendance had been improving through the end of 2021 after the club reopened last spring. However, attendance has dropped off since the beginning of the year and is fairly low with an average attendance of only four to five people per meeting. Primary Purpose changed their group conscience meeting day to the second Monday of the month to try to improve attendance at group conscience to address the low attendance for all meetings. Harold K. and Rex B. reported for the Back to Basics Group. They did not change their attendance policy and still hold two meetings a day. In March of the 62 regularly scheduled meetings, only nine were cancelled for no attendance. They have implemented a mandatory mask requirement for their 7:00 PM Sunday and Tuesday meetings, but did not see a significant increase in attendance for those meetings.

DCM Report: The DCM report for March was sent out by the DCM to regular attendees of the meeting. A copy is attached. Bruce H. also reported on the “inclusion” issue with the language in the literature which is ongoing at the state and national level and also at our local intergroup in their PI Committee.

Intergroup Report: There was no Intergroup report for the month.

Other Committee Reports: There were no other committee reports.

Old Business: There was no old business.

New Business: There was lengthy discussion on where District 6 should go in the future ranging from no change to going “dark.” The meeting attendees were unanimous in their consensus that we should not go dark, but that a change needed to be made given the general lack of interest in district activities.

After much discussion, Harold K. made a motion that the regular District 6 meeting should be held by Zoom on the 1st Thursday of every **even** month at 8:30 PM. Host for the meeting will be Bruce H. and he will use the current District 6 Zoom credentials for this meeting. Furthermore, the regular attendees will form a Public Information Committee which will meet by Zoom on the 1st Thursday of every **odd** month at 8:30 PM. Host for the meeting will be Bruce H. and he will use the current District 6 Zoom credentials for this meeting. Robert G. will notify the Intergroup of the change to the regular District 6 meeting day and time. Bruce H. seconded. The motion passed unanimously.

There was a motion to adjourn at 11:10AM. The motion was seconded and passed. The meeting adjourned following a recitation of the Responsibility Statement.

Minutes submitted by Alternate Secretary Richard B. on 04/04/2021.

THE BEST FIT:

A Past Delegate asks: How can AA do a better job helping alcoholics and addicts find the help they need?

GRAPEVINE — January 2021
Jane E. || Kings Park, New York

When I was sober eight years, I met J., the person I would later marry. He happened to be a member of Narcotics Anonymous. We both qualified for both programs, but he went to NA and I went to AA. When J. came to AA with me, he identified as an alcoholic and when I went to NA with him, I identified as an addict. We were both respectful of the Fifth Tradition in each Fellowship. Every Twelve Step Fellowship has the Traditions, so wherever I go, I identify appropriately if I qualify (I'm not an "and a" anywhere.)

After we married, J. regularly attended my home group's Saturday AA meeting with me. Afterward, he would often say, "You guys are killing addicts. You let them hide out in AA. Send them to us. We can help them in NA."

I was asked to lead a meeting at a treatment facility. I opened the meeting and told my story. There was absolutely no identification in that room with my drinking. **None.**

I didn't get it at first. Then one day J. said, "Did you see Bob? He's out because he's on heroin. You guys should send him to us. We can help him."

I was filled with righteous indignation (Bob was the boyfriend of a sponsee of mine) and I said (with hands on hips), "He is not nodding out. He's tired. He's working two jobs." Well, guess what? Bob was nodding out, high on heroin.

Another time, J. left the meeting and said to me, "Don't you sponsor that girl who's chairing the AA meeting? She's ripped. She's flying and I'm not sure on what. Send her to us. We can help her."

"Hands back on hips, I told J., ***'She is not high. She's very anxious.'*** ***Guess what? My sponsee was high.***

I'm not embarrassed that I missed it. The lifestyle is different. I led a life so filled with drug addiction for a decade that many (especially me) missed my alcoholism for my first 10 years of drinking. My drug addiction was so glaring that even I could easily admit to being an addict. I have no street experience though.

Fast forward to this year. I was asked to lead a meeting at a treatment facility. There were six women there. I opened the meeting and told my story. Every single woman there shared some variation of the line, "I don't like to drink. My problem is (fill in the blank—heroin, crack, crystal meth, etc.) and I cannot stop." There was absolutely no identification in that room with my drinking. None.

We had 15 minutes left to the meeting so I asked them if they would prefer an NA meeting. Their eyes lit up. I encouraged them to seek NA and that NA was strong. I talked about going to the organization they identified with. And yes, I told the story about how I learned that we're killing addicts by letting addicts hide out in AA. My talk was loving, and I saw hope in the women's eyes.

One woman said, "No one has ever told us this before. The other AA ladies who come to speak tell us to just come to talk about AA."

"When the meeting was over, I got into my car and called a friend who happened to be a past chair of the Conference Committee of Treatment & Accessibilities. We talked for an hour, one alcoholic to another. We talked about directing people to the Fellowship where they fit, about how the treatment professionals often just send everyone to AA. We talked about what "I am responsible" means. We talked about the Traditions, especially the Fifth, and how often the only side of AA some see is the meeting brought into a treatment facility. And if we're not carrying our message to the still suffering alcoholic, what are we doing?"

I've experienced two main approaches to the AA and NA situation: denial of the fact that we cannot help everyone...or telling addicts, "You don't belong here." I support the idea of bringing those people to whichever Fellowship can help them, not sending them there.

But I wonder how we can get AA members to understand that we are not all things to all people. How can we be better when we speak in treatment facilities? We may be the only face of AA people see. How do we deal with the perception that AA doesn't work, because it doesn't work for addicts who do not identify as alcoholics? ***How can we do this thing better?***

Editorial: On the 5th Step

AA Grapevine - March 1945 *(thanks Ronny H)*

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

This is a tough step and takes courage to do. It is, however, a step that can be done if you make sufficient effort.

It is not new. The Catholic Church uses it in their confessional and the Psychiatrist uses it.

Drinking is caused by inner conflicts and the only way to get rid of these conflicts is to bring them out in the open and destroy them. Wrongs cause conflicts, hence the necessity of this step.

Take the first phrase, "Admitted to God." How do you do this? First learn humility so that you can ask help in a humble manner. If you have difficulty in admitting the actuality of a supreme power, work on the premise that there might be one. Once you get your mind in tune with the infinite it is not difficult to realize that you have no secrets from God.

"Admitted to ourselves:" This can only be done when we are honest with ourselves. In this program it is folly to try to kid yourself. Be ruthless in your soul searching and come clean.

Great care should be taken in choosing "another human being." It must be someone you can trust. Your lawyer, your doctor, your priest or minister, another A.A., or a friend; someone who will act as a sounding board and keep your confidence.

Once you take this step you will be astounded at the relief you feel. The burden of despair will be lifted from your back and you will be free.

It is essential for every A.A. to realize the importance of taking this 5th step. By so doing, all enmities, resentments and wrong thinking may be cast out and we can continue to the next step with a clear conscience.

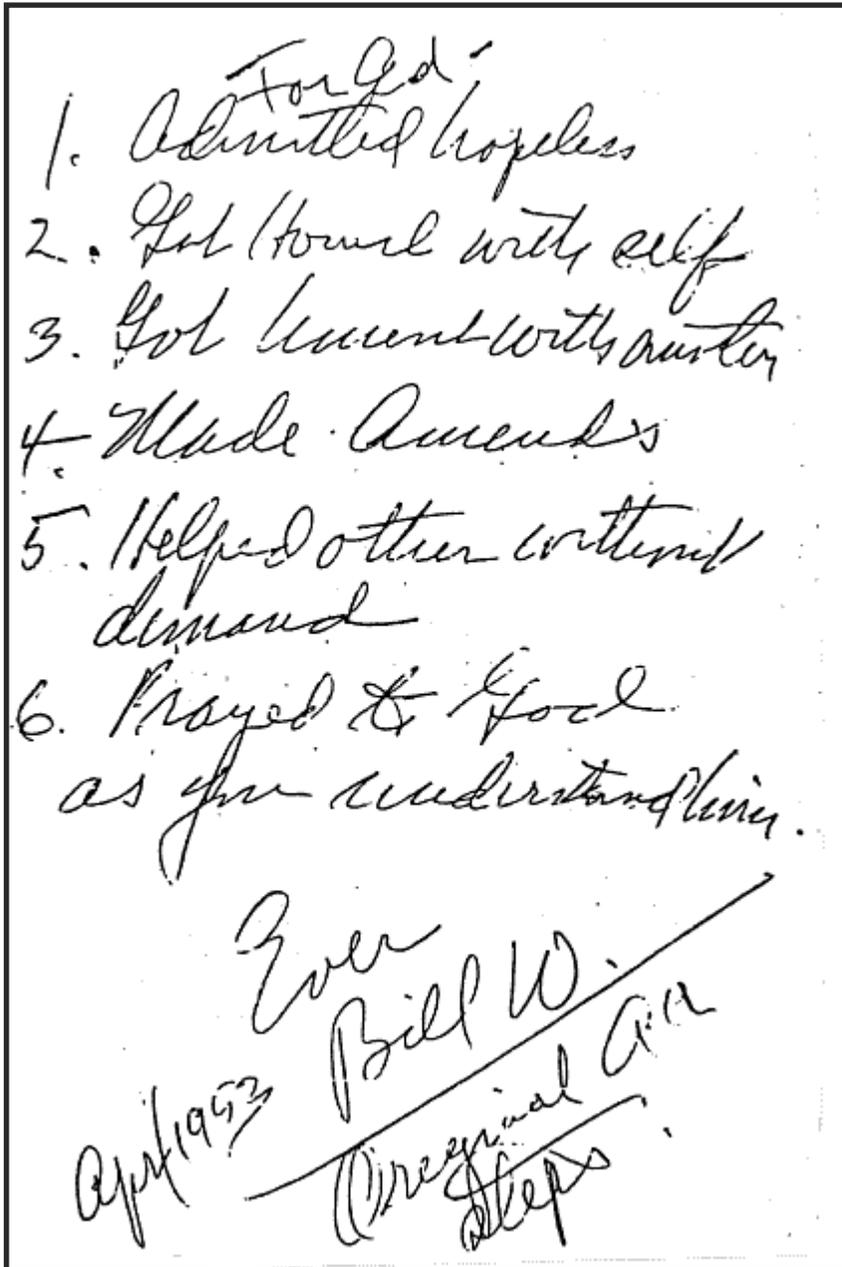
It is advisable to repeat this step from time to time because it is human to err and even A.A.s are human.

Bert T.

AA Grapevine - March 1945

Original Six Steps

From "Bill Wilson and how the A.A message reached the world":



The picture to the left is Bill Wilson's original note on writing the steps autographed by him.

- 1. We admitted that we were licked, that we were powerless over alcohol.**
- 2. We made a moral inventory of our defects or sins.**
- 3. We confessed or shared our shortcomings with another person in confidence.**
- 4. We made restitution to all those we had harmed by our drinking.**
- 5. We tried to help other alcoholics, with no thought of reward in money or prestige.**
- 6. We prayed to whatever God we thought there was for power to practice these precepts.**

Although those steps had helped in the recovery of New York and Akron alcoholics, Bill felt the program was still not definitive. "Maybe our six chunks of truth should be broken up into smaller pieces," he said. "Thus we could better get the distant reader over the barrel, and at the same time we might be able to broaden and deepen the spiritual implications of our whole presentation." — **Pass It On**®, p.197



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

**IF ALCOHOL CAN DAMAGE
YOUR SHORT TERM MEMORY**



**IMAGINE THE DAMAGE
ALCOHOL CAN DO**

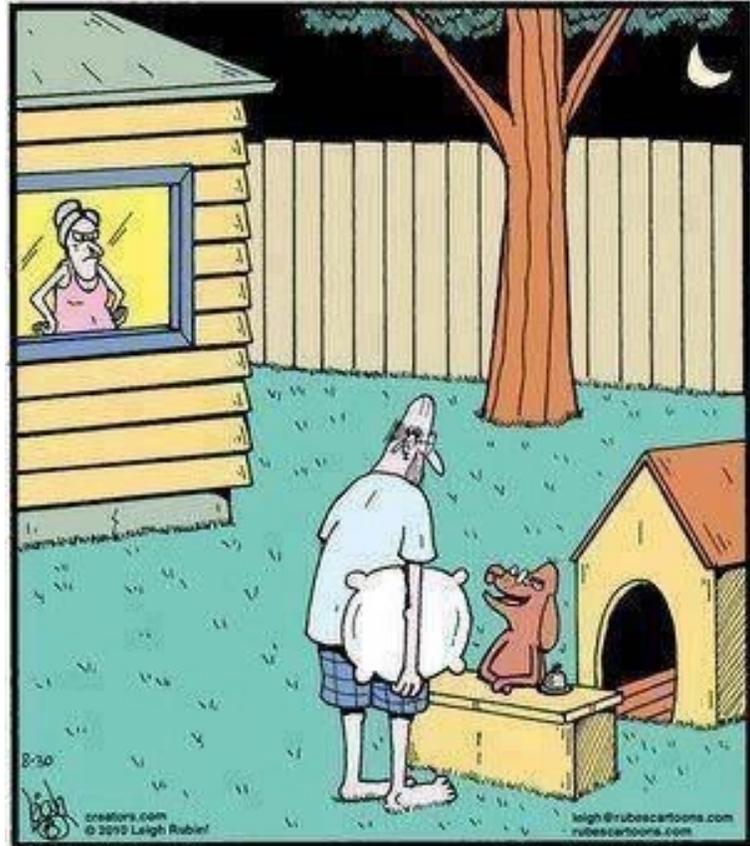
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IDEAL YOU**

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OUT**



"Welcome back, sir. Are you planning on being our guest for one night only, or will this be your usual extended stay?"



Grateful?

Help Carry The Message
By Gifting An AA Grapevine/
La Viña Subscription

We can't reach our members behind the walls right now, but our message of hope and recovery can. These are some actual quotes from A.A. members in prison who have received a "Carry the message" subscription

“ Thank you to those who care enough to help us in here. We're trying so hard to stay sober ”

“ I'm writing from my prison cell to thank the Grapevine staff and all those members who contribute to the "Carry the Message" project ”

“ So many [stories] have touched my heart and given me hope ... I don't ever want this subscription to end ”

“ Seeing the warm welcoming spaces being used as A.A. sanctuaries for people in recovery is so heartwarming. This, my friend, is what keeps me going and gives me hope ”

2021
CARRY THE
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“ I'm sitting here in prison and I have 75 days sober today. Thank you so much for Grapevine ”

Click [HERE](#) to learn more

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May 2021



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