



East Tennessee Intergroup

# UNITY NEWSLETTER

August 2021

Volume 45; Issue 8

## A.A. Oldtimers...On the Eighth Step

A.A. Grapevine, June 1945, Vol. 2 No. 1

**“Made a list of all persons we had harmed, and became willing to make amends to them all.”**

It was characteristic of many of us as alcoholics to at least attempt to perform in the grandiose manner. And in harming others we usually succeeded magnificently. So, to say that the first phase of the Eighth Step is a large order is to indulge in understatement which matches our bombastic style.

And yet, however extended be the list of those we have harmed, the fulfillment of this step's admonition need not be a tedious nor a burdensome undertaking. In the first place, let's examine the meaning of the verb: Amend.

Webster's New International Dictionary defines it thus –*“To make better, especially in character; to repair, restore; to free from faults, put right, correct, rectify. . .”*

There is the credo to which we of A.A. subscribe; the goal we hope to achieve through sobriety. It is both the manifestation of our adherence to the other 11 Steps and our performance of the Eighth itself.

The definition continues: “. . . *to change or modify in any way for the better; to recover from illness.*”

It was written for us! We have often heard that our sobriety should be founded on “unselfish selfishness”, that we should strive to avoid a lapse into drinking for the benefits we, personally, derive from abstinence. It's not sound, we have been told, to try to stay dry for the sake of a wife or a sweetheart or someone else dear to us.

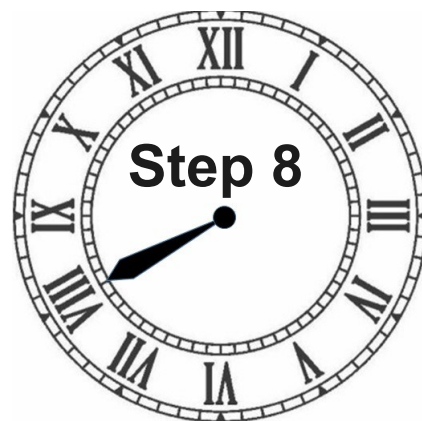
When we first heard that plan of action outlined, we revolted mildly because it didn't seem to meet the specifications of true altruism. Many of us, as we entered A.A., still yearned for that mystic power to “handle” alcohol and it seemed then that the step we were taking was at least in part –a gesture of devotion to some loved one. Without altruism there didn't seem to be much motive to propel us.

Of course, we soon discovered that “unselfish selfishness” was the firmest foundation for our recovery. We found, in the same way, that we try to help others, not solely through altruistic impulse, but so that we may gain strength.

The principle of “unselfish selfishness” is applicable again in the Eighth Step. We seek to identify all those we have harmed and we assume a willingness to make amends so that –recalling the definition of the word –we may “change . . . for the better” and “recover from illness.”

The alternative is retrogression. If we fail to “repair”, we can only impair.

L. J.



***“Made a list of all persons we had harmed, and became willing to make amends to them all.”***

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**District 3** picnic will be Sept 19th at Panther Creek state park in Morristown at 1 pm. Family event, meats and drinks provided please bring a dish to pass. Speaker to follow.

**Want to do Service Work for Intergroup?**

Use the form below, OR sign up online here:

<https://www.etiaa.org/service-work-sign-up/>

**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](mailto:Manager@etiaa.org)

[www.etiaa.org](http://www.etiaa.org)

Date: \_\_\_\_\_ \*First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ \*Phone \_\_\_\_\_

\*City \_\_\_\_\_ \*State \_\_\_\_\_ \*ZIP \_\_\_\_\_ Sex \_\_\_\_\_

E-mail address \_\_\_\_\_ Alternative Phone \_\_\_\_\_

\* Required for listing in 12<sup>th</sup> 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:*

**12<sup>th</sup> 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 Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.**

While the purpose of making restitution to others is paramount, it is equally necessary that we extricate from an examination of our personal relations every bit of information about ourselves and our fundamental difficulties that we can. Since defective relations with other human beings have nearly always been the immediate cause of our woes, including our alcoholism, no field of investigation could yield more satisfying and valuable rewards than this one. Calm, thoughtful reflection upon personal relations can deepen our insight. We can go far beyond those things which were superficially wrong with us, to see those flaws which were basic, flaws which sometimes were responsible for the whole pattern of our lives. Thoroughness, we have found, will pay—and pay handsomely.

### **Eighth Step Prayer**

Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be forgiving to others, as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.



### **Tradition Eight (long form):**

Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services recompensed. But our usual A.A. Twelfth Step work is never to be paid for.

### **Tradition Eight Checklist:**

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition—How It Developed*?



**Concept VIII and Checklist: The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.**

- Do we understand the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. Grapevine) and the General Service Board?
- How can the business term “custodial oversight” apply to the trustees’ relationship to the two corporate service entities?
- Does my home group subscribe to G.S.O.’s bimonthly newsletter *Box 4-5-9*? A.A. Grapevine? Do I?

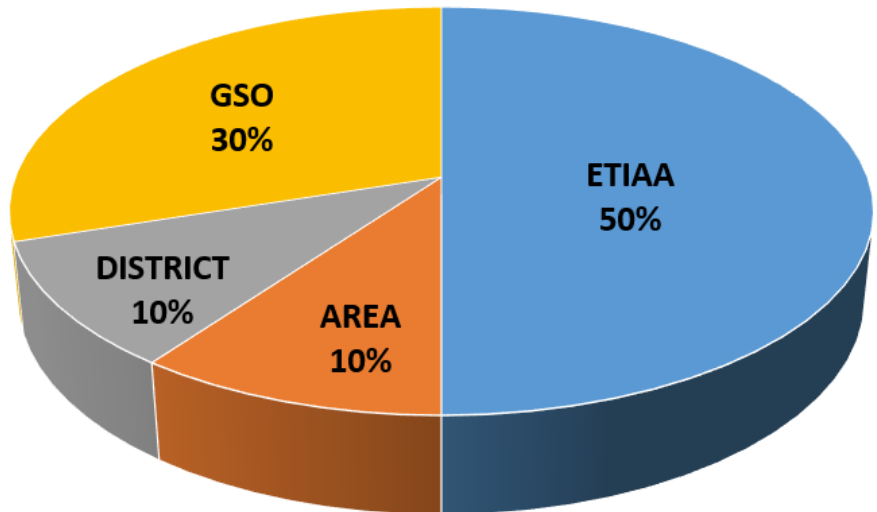
## 7TH TRADITION SUGGESTED CONTRIBUTIONS

### 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](http://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](http://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](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 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**  
P.O. Box 6642  
Maryville, TN 37802

**District 6 Treasurer**  
Richard B.  
105 Mariner Point  
Clinton, TN 37716

#### **NEW ADDRESSES**

**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. Specify on the check AND on the outside of the envelope that it is for district 50/51.

**District 4 Treasurer**  
P.O. Box 6642  
Maryville, TN 37802

*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	Jul 20—		GROUPS DONATING	Jul 20—	
	Jun 21	Jun 21		Jun 21	Jun 21
1ST THINGS 1ST KNOXVILLE 719412	100.00	6,376.54	MORRISTOWN GROUP	0.00	150.00
321 GROUP	0.00	50.00	NEW BEGINNING- LOUDON	0.00	50.00
4-WAY GROUP	0.00	250.00	NEW PATH	50.00	200.00
4TH DIMENSION	0.00	755.25	NORRIS CLINTON GROUP	0.00	150.00
501 Group	0.00	60.00	NORRIS GROUP	40.00	40.00
BACK TO BASICS- OAK RIDGE	0.00	400.00	NORTH GATLINBURG 157790	0.00	637.00
BIG BOOK RECOVERY	0.00	215.00	NORTH STATION GR	125.00	125.00
BLOUNT COUNTY GROUP	0.00	350.00	Nueva Esperanza	0.00	100.00
BREAKFAST BUNCH GREENEVILLE	0.00	110.00	ONLINE LUNCH BUNCH	91.00	421.38
BREAKFAST CLUB	0.00	135.00	OUR PRIMARY PURPOSE	0.00	42.00
CARING AND SHARING	250.00	250.00	Paypal	0.00	8.00
COLONIAL GROUP	0.00	350.00	PHOENIX GROUP	0.00	1,408.00
COLONIAL HEIGHTS 99658/120932	0.00	140.00	PRIMARY PURPOSE- OAK RIDGE	0.00	250.00
CONCORD GROUP	0.00	127.78	PRIME TIME	0.00	360.00
CONTRIBUTION JAR	22.17	126.16	RIVERSIDE GROUP	0.00	678.73
COOKIE GROUP	0.00	480.00	ROANE COUNTY UNITY	30.00	180.00
COVER TO COVER	0.00	120.00	SAT. MORNING BIG BOOK STUDY	0.00	1,502.61
DANDRIDGE UNITY 638213	0.00	101.00	SEEKERS JONESBOROUGH	0.00	20.00
DISTRICT 50/51	30.00	30.00	SERENITY IMPROVEMENT	0.00	600.00
DISTRICT 6	10.00	10.00	SERENITY SISTERS 630722	0.00	1,620.79
DOWN BY THE RIVER 101834	0.00	400.00	SEYMOUR SHARING	0.00	904.44
FOUNDATION FOR HOPE 297303	0.00	55.39	SISTERS IN SOBRIETY	0.00	50.00
FOUNTAIN CITY SERENITY	0.00	296.58	SOBER PRIDE	0.00	754.01
FREE AT LAST 712012	0.00	36.00	SOBRIETY SOCIETY- SO-SO	0.00	920.00
GROUP WITH NO NAME	0.00	1,000.00	SPIRITUAL PROGRESS	0.00	150.00
HAPPY DESTINY	0.00	250.00	STEPS FORWARD	0.00	165.00
HAPPY HOUR	100.00	2,523.00	STEPS TO FREEDOM	0.00	62.50
HAPPY, JOYOUS AND FREE	0.00	50.00	SUNDAYS AT 7-KNOXVILLE	0.00	130.00
HIGH NOON ROGERSVILLE 713957	0.00	60.00	TCYPAA	10.00	110.00
HIGH NOONERS-P40	0.00	1,150.00	TELLICO VILLAGE	0.00	260.00
Individual	302.66	4,849.55	TENNESSEE GROUP 723519	0.00	983.25
KEEP LEANING FORWARD	10.00	125.00	TRI-STATE GROUP-HARROGATE	0.00	200.00
KODAK HWY 66	0.00	150.00	TRUDGING THE ROAD	0.00	77.00
LAFOLLETTE-THERE IS HOPE	20.00	240.00	TURNIP PATCH	0.00	126.03
LENGUAJE DEL CORAZON	0.00	50.00	UNKNOWN GROUP	0.00	223.82
LUNCH BUNCH- GREENEVILLE	104.65	836.70	Venmo	0.00	39.00
MEMORIAL RECOVERY 112566	0.00	100.00	WEST KNOXVILLE GROUP	0.00	231.80
MONDAY NIGHT MEN'S 112569	0.00	150.00	<b>TOTALS</b>	<b>1,295.48</b>	<b>36,689.31</b>

**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, managr@etiaa.org

## Around East Tennessee

### AA Birthdays:

#### Seymour Sharing Group:

Nick T.	36 years
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#### Monday Night Men's Group; Erin Presbyterian Church:

Dan L.	1 year
Brad C.	2 years
Jeff M.	3 years
Paul B.	24 years

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

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

**\*\*Effective Immediately\*\***

**05/15/2021**

**New Mailing Address for District 4:**

**District 4 Treasurer**

**P.O. Box 6642**

**Maryville, TN 37802**

## Greetings Park 40 Club Members, Supporters and Friends:

The Board of Directors is pleased to announce that we are ending pandemic related restrictions. Effective Monday, June 28, 2021:

- Seating restrictions are removed, please remember to keep doorways clear.
- All Groups are invited to return.
- Group's material binders will be available in the bookroom.
- Cleaning practices will return to pre-pandemic standards.

In the interest of maximizing available room for seating, the desks will not be returned to the large group rooms. Coffee is now available at the clubhouse. As usual coffee donations are appreciated.

We invite Park 40 Club members to attend the General Membership Meeting on July 17<sup>th</sup> at 11:00 AM. The meeting will be in person at the clubhouse. There will be a Zoom link for those who wish to attend virtually.

We invite everyone to attend our Annual Celebration and membership drive on August 28<sup>th</sup>. As has been our custom, the celebration begins with a Speaker Meeting at 5:30 followed by a cookout & potluck supper. We are honored to have well known Park 40 Club regular Bill L. as the speaker this year. Join us in celebrating the Club's 41<sup>st</sup> birthday.

The past year has been a very challenging time for each of us and for the Club as an organization. Thanks to the unwavering support of its membership the Park 40 Club has successfully met that challenge. We, the Board of Directors, thank you once again for keeping the Club alive and well. We close with a special thanks to the Club's employees who labored diligently to keep the clubhouse clean and safe throughout the pandemic.

Yours in Service,

The Park 40 Club Board of Directors

## **July 2021 Intergroup Meeting Minutes**

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

Present via Zoom: - Tami D, Rebekah R., Fawn L., Kellie M., SuZanne A., Josie G., Angela L., Jim F., Emily H., Nancy T., Marian G., Carole W., Dennis N., Jimmy McC., Susie S.

Groups Represented: Happy Destiny II Group, Happy Hour Group, Primary Purpose Group, TN Group, Colonial Heights Group, High Nooners Group, Joe & Charlie Group, Monday Night Men's Group, Cookie Group, Serenity Sisters Group, Phoenix Group, First 164 Group.

Previous minutes were accepted as is motion Nancy T., seconded by Jim F., 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 – Inventory updated in the Store, however proving more challenging than expected.
- Meeting Changes Update – Barb has taken over.
- Third Quarter Assembly – to be held in person, in Knoxville August 20-22, 2021. Will need volunteers to take the Mobile Intergroup to this event.
- TCYPAA – holding event at Big Ridge State Park July 23-25<sup>th</sup>. Volunteers have signed up to take the Mobile Intergroup to this event.
- Grasshopper Implementation – the new Grasshopper App for Hotline calls is being utilized. Only negative feedback is the Hotline volunteers miss being able to have the caller's phone number available for call backs.

### **Treasurer's Report – Fawn L.**

- June contributions average compared to prior years.
- Only 1/3 of area meetings are currently contributing to Intergroup.
- June Profit and Loss \$-194.67.
- YTD Profit and Loss \$12,906.20.
- Motion to accept Treasurer's report by Josie G., seconded by SuZanne A., all in favor.

### **Hotline – Susi M. – not present**

- Rebekah stated all going well.

### **Service Workers – Greg S/ Dave (neither present)**

- Rebekah stated more service workers needed.

### **Archives – open**

### **Website – Sterling – not present**

### **Accessibilities – Carole W.**

- Carole advised there are new laws regarding service animals, however if meetings are held in a church they are exempt from the Service Animal laws. Someone can only ask the owner of a service animal two questions 1. Do you have a disability? 2. What does the service animal do for you. These laws and protections do not apply to emotional support animals.



## **July 2021 Intergroup Meeting Minutes (cont.)**

**Spanish Liaison – open**

**CPC/PI – open**

**Treatment – Beth C. – not present**

**Corrections – Marian G.**

- Marian advised she and Beth C will be going to the District One meeting on Saturday and will be attending District 4 meeting in the upcoming months to discuss Corrections and Treatment committees.
- Starting back to Morgan County prison Tuesday if prison properly staffed.

**Outreach - open**

**Events – SuZanne A.**

- Nothing new to report.
- She is working with Sterling to help ensure area event flyers are able to be posted on the new website.

**Mobile Intergroup – open**

- Rebekah advised TCYPAA event is coming up July 23<sup>rd</sup> – 25<sup>th</sup> and they have requested Mobile Intergroup attend as well as the 3<sup>rd</sup> Quarter Assembly coming up in August and she will need assistance with both events. Beth C. offered to help with both.

**Old Business:**

- Office furniture and equipment – Rebekah still working on getting pricing together for needed bookcases and bar code scanner.
- Square Equipment – summary of needed package sent out to all recipients via Remind App last month and Rebekah screen shared the info again tonight. Kellie M made a motion to purchase needed Square package. Jim F. seconded. All in favor, none opposed.
- Computer Equipment – Rebekah talked with Sterling about new computers vs. upgrading existing computers. Can buy new for \$550.00 - \$600.00 and can upgrade for \$200.00 - \$250.00. The one computer is very old and the other newer. Kellie M. made a motion to replace the older computer and upgrade the newer one. Jim F. seconded. All in favor none opposed.
- Color Printer – Rebekah stated she located a new color printer to replace the older one in the office, which is an ink jet. The new printer is \$650.00 and the ink costs \$400.00, however the ink should last a year, therefore not any more expensive than the current printer. Kellie M. made a motion to purchase the new printer. Jim F. seconded. All in favor, none opposed.
- New Lock for Intergroup Office door – the new lock system was purchased and installed for \$330.00 way under the budgeted amount of \$600.00. The lock system is working great and all office volunteers have their own individual code to get into the building.

**New Business:**

**Meeting adjourned at 7:21 pm, motion made by Jim F and seconded by Fawn L. All in favor, none opposed.**

**Next meeting to be held Monday August 16th at 6:30 pm.**

## **May 2021 District 50/51 Minutes**

*Virtually Attending: Jacque H, Katie C, David T, Erica J, Jeff J, Rick B, David C, Robin G, Lauren H, Trey M, Pam S, Michelle C*

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

The meeting was opened at 6:32 p.m. by Jacque 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**

We have several new business items this evening, including a new treasurer. 3<sup>rd</sup> Q Assembly meeting was earlier this evening, but will be discussed later in meeting by Robin G.

Jacque can be reached at [sweetiepie5267@gmail.com](mailto:sweetiepie5267@gmail.com) and/or 865-296-4501

### **Angela District 51 (ABSENT)**

No Report – was unable to attend 2<sup>nd</sup> Quarter Assembly

Angela can be reached [aql8137@tds.net](mailto:aql8137@tds.net) and/or 865-924-3055

### **Treasurer’s Report – OPEN**

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

\*\*No new treasurer’s report due to the fact that we do not have a treasurer.

A motion was made (Jeff J.) to accept the treasurer’s report as given. Motion was seconded (David T.) 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.**

No Report. Committee meetings will resume in June. Trey will reach out to committee members with details.

Please contact Trey for information about monthly committee meetings. [Trey.Medlock@gmail.com](mailto:Trey.Medlock@gmail.com)

### **Treatment Report – Robin G.**

No treatment committee meeting in April.

Treatment committee will not be expanding any new meetings at this time but is considering outreach support materials. New Beginnings Halfway House has requested an outside meeting be brought into their program.

Treatment Committee will meet 2<sup>nd</sup> Thursday @ 7:00 P.M. (5/13/21)

## **May 2021 District 50/51 Meeting Minutes (cont.)**

**Corrections Report – OPEN**    Position vacant

**Grapevine Report – OPEN**    Position is vacant.

Grapevines are available.

**Bridging the Gap Report – David T.**

No report.

David can be reached at: [BTG5150@gmail.com](mailto:BTG5150@gmail.com) or 865-272-9526

**Events – Erica J./Sandy H.**

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

Next committee meeting will be 5/16/21 at 2:00 at the Intergroup Office.

**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:**

***Northstation is now meeting in person Tue & Thur at 7:30 Central Baptist Church Fountain City***

***SO-SO is now having a speaker meeting last Saturday of each month***

### **OLD 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.

1. Jeff J. – Motion to request \$3,000 from District 50/51, seconded by Rick B. No discussion – passed unanimously on 4/5/21

General discussion around need for new Alternate DCM and Treasurer.

### **NEW BUSINESS:**

1. David T – would like to stand for treasurer, passed unanimously. David will complete term through December 2021 and we can re-vote at end of year if he would like to continue serving in position.
2. Robin G – would like to stand for DCM 51, passed unanimously. Robin G will complete term through December 2021.
3. Motion to return to having in person District 50/51 meetings at Intergroup Office beginning June 7, 2021 at 6:30 (Trey M), seconded (Jeff J.), passed unanimously.

General discussion about having an art auction as a fundraiser. Next meeting for 3<sup>rd</sup> Quarter Assembly is May 16 at 2:00 at Intergroup Office. Volunteers needed for Saturday lunch and snacks. Food or money are accepted donations.

Motion to adjourn (Jeff J.), seconded (Trey M.). Meeting adjourned at 7:11 p.m. Closed with the *Lord's Prayer*.

**THE NEXT DISTRICT MEETING WILL BE June 7, 2021 AT 6:30PM at the INTERGROUP OFFICE!!!**



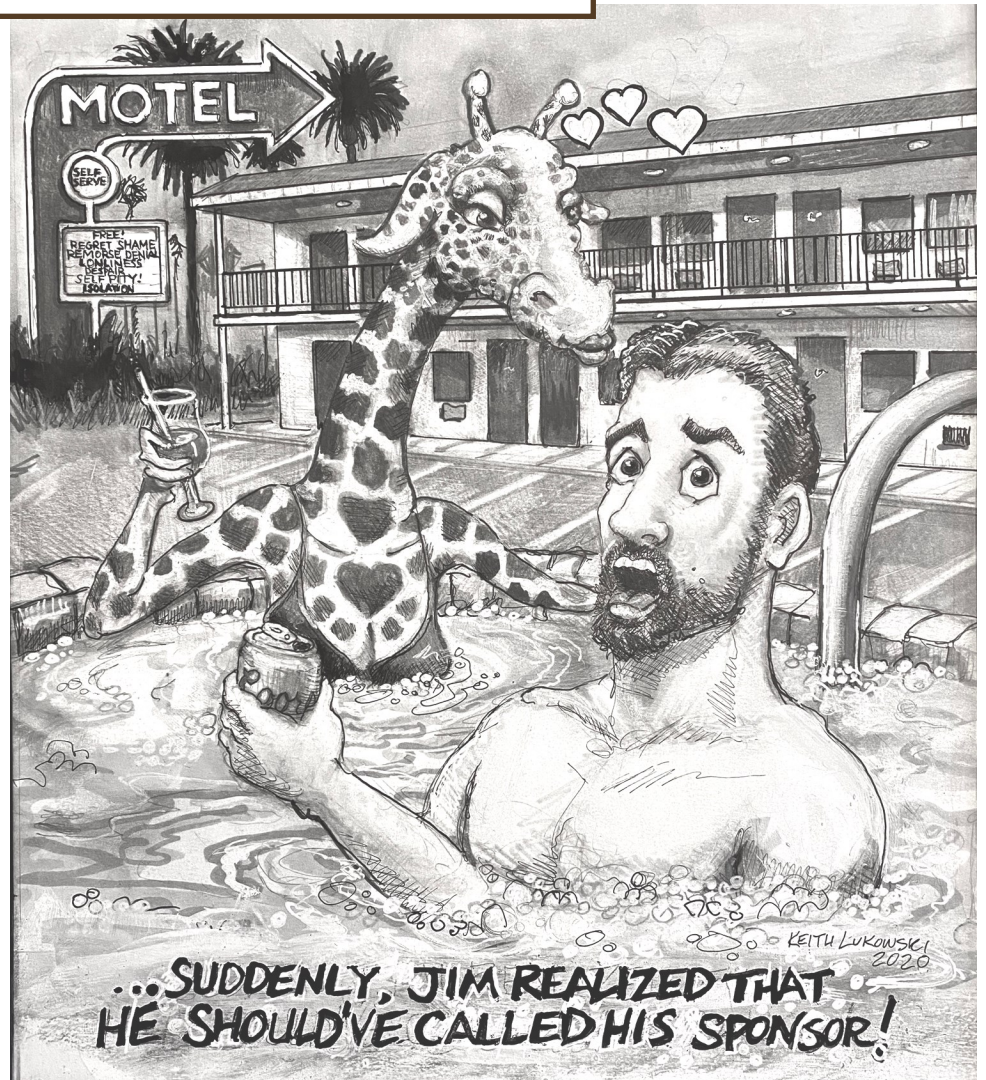
mark normand ✓  
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But think about how many it produces



Fact @Fact · 7h

Alcohol kills 2.5M people per year.





## **The Fundamentals--In Retrospect AA Grapevine - September 1948**

***Dr. Bob***

THE feeling that one belongs to and has a definite personal part in the work of a growing and spiritually prospering organization for the release of the alcoholics of mankind from a deadly enslavement is always gratifying. For me, there is double gratification in the realization that more than 13 years ago, an All-wise Providence, whose ways must always be mysterious to our limited understandings, brought me to "see my duty clear" and to contribute in a decent humility, as have so many others, my part in guiding the first trembling steps of the then infant organization, Alcoholics Anonymous.

It is fitting at this time to indulge in some retrospect regarding certain fundamentals. Much has been written, much has been said about the 12 Steps of A.A. These tenets of our faith and practice were not worked out overnight and then presented to our members as an opportunist creed. Born of our early trials and many tribulations, they were and are the result of humble and sincere desire, sought in personal prayer for Divine guidance.

As finally expressed and offered, they are simple in language, plain in meaning. They are also workable by any person having a sincere desire to obtain and keep sobriety. The results are the proof. Their simplicity and workability are such that no special interpretations, and certainly no reservations, have ever been necessary. And it has become increasingly clear that the degree of harmonious living which we achieve is in direct ratio to our earnest attempt to follow them literally under Divine guidance to the best of our ability.

YET, withal, there are no "shibboleths" in A.A. We are not bound by the thongs of theological doctrine. None of us may be excommunicated and cast into outer darkness. For we are many minds in our organization and an A.A. Decalogue in the language of "Thou shalt not" would gall us indeed.

Look at our 12 Points of A.A. Tradition. No random expressions these, based on just casual observation. On the contrary, they represent the sum of our experience as individuals, as groups within A.A. and similarly with our fellows and other organizations in the great fellowship of humanity under God throughout the world. They are entirely suggestive, yet the spirit in which they have been conceived merits their serious, prayerful consideration as the guidepost of A.A. policy for the individual, the group and our various committees, local and national.

We have found it wise policy, too, to hold to no glorification of the individual. Obviously, that is sound. Most of us will concede that when it came to the personal showdown of admitting our failures and deciding to surrender our will and our lives to Almighty God, as we understood Him, we still had some sneaking ideas of personal justification and excuse. We had to discard them but the ego of the alcoholic dies a hard death. Many of us because of activity have received praise not only from our fellow A.A.s but from the world at large. We would be ungrateful indeed to be boorish when that happens yet it is so easy for us to become, privately perhaps, just a little vain about it all. Yet, fitting and wearing halos is not for us.

WE'VE all seen the new member who stays sober for a time, largely through sponsorship. Then maybe the sponsor gets drunk and you know what usually happens. Left with

out a human prop, the new member gets drunk too. He has been glorifying an individual instead of following the Program.

Certainly we need leaders but we must regard them as the human agents of the Higher Power and not with undue adulation as individuals. The 4th and 10th Steps can not be too strongly emphasized here--"Make a searching and fearless moral inventory of ourselves . . . continue to make personal inventory . . . promptly admit it when we are wrong." There is your perfect antidote for halo-poisoning.

So with the question of Anonymity. If we have a banner, that word, speaking of the surrender of the individual--the ego--is emblazoned on it. Let us dwell thoughtfully on its full meaning and learn thereby to remain humble, modest, ever-conscious that we are eternally under Divine direction.

ALCOHOLICS ANONYMOUS was nurtured in its early days around a kitchen table. Many of our pioneer groups, some of our most result-full meetings and best programs have had their origin around that modest piece of furniture with the coffee pot handy on the stove.

True, we have progressed materially to better furniture and more comfortable surroundings, yet the kitchen table must ever be appropriate for us. It is the perfect symbol of simplicity. In A.A. we have no V.I.P.'s nor have we need of any. Our organization needs no title-holders nor grandiose buildings. That is by design. Experience has taught us that simplicity is basic in preservation of our personal sobriety and helping those in need.

Far better it is for us to fully understand the meaning and practice of "Thou good and faithful servant" than to listen to "With 60,000 members you should have a 60 stories high administration headquarters in New York with an assortment of trained 'ists' to direct your affairs." We need nothing of the sort. God grant that A.A. may ever stay simple.

Over the years we have tested and developed suitable techniques for our purpose. They are entirely flexible. We have all known and seen miracles--the healing of broken individuals, the rebuilding of broken homes. And always, it has been the constructive personal 12th Step work based on an ever upward-looking faith which has done the job.

IN as large an organization as ours, we naturally have had our share of those who fail to measure up to certain obvious standards of conduct. They have included schemers for personal gain, petty swindlers and confidence men, crooks of various kinds and other human fallibilities. Relatively their number has been small, much smaller than in many religious and social uplift organizations. Yet they have been a problem and not an easy one. They have caused many an A.A. to stop thinking and working constructively for a time.

We cannot condone their actions, yet we must concede that when we have used normal caution and precaution in dealing with such cases, we may safely leave them to that Higher Power. Let me reiterate that we A.A.'s are many men and women, that we are of many minds. It will be well for us to concentrate on the goal of personal sobriety and active work. We humans and alcoholics on strict moral stock-taking must confess to at least a slight degree of larcenous instinct. We can hardly arrogate the roles of judges and executioners.

**Thirteen grand years! To have been a part of it all from the beginning has been reward indeed.**

**Dr. Bob**

**AA Co-Founder, Dr. Bob, September 1948  
The Best of the Grapevine, Volume 2**





## 25th Annual Southeast Woman to Woman Conference - Richmond, Virginia

*A Virtual Conference for Sober Alcoholic Women with Al-Anon participation*

*"Secrets Women Don't Share"*

August 20, 2021, 7 pm EDT – August 21, 2021, 10:30 pm EDT  
Registration is free but required at [www.sewomantowoman.org](http://www.sewomantowoman.org)

*Hospitality Room open between workshops and meetings*

### Friday August 20, 2021

7:00 PM – 8:00 PM	Opening Meeting "25 Years"	Debra P. Jacksonville, FL
8:15 PM – 9:15 PM	Speaker	Caretha W. Richmond, VA
12:00 AM – 6:00 AM	Marathon Meeting/Secrets Women Don't Share	Doreen K. Decatur, GA

### Saturday August 21, 2021

#### Workshops

8:30 AM – 9:30 AM	Giving up Defects	Candice D. Atlanta, GA
8:30 AM – 9:30 AM	Humility Brings Hope	Denise C. Washington, NC
8:30 AM – 9:30 AM	The Bondage of Resentments	Lorraine J. Columbia, SC
8:30 AM – 9:30 AM	Learning to Trust	Trace* G. Va Beach, VA
9:45 AM – 10:45 AM	Speaker (Al-Anon)	Juanita P. Glen Allen, VA

#### Workshops

11:00 AM - 12:00 PM	Walking Through Fear	Joyce H. Baton Rouge, LA
11:00 AM - 12:00 PM	Daily Acceptance	Christy E. Richmond, VA
11:00 AM - 12:00 PM	God Found Me	Evelyn W. Savannah, GA
11:00 AM - 12:00 PM	Giving Up Defects	Stacey E. Dothan, AL
1:30 PM - 2:30 PM	Old Timers Panel	

**Maria M.** Philadelphia, PA 34 years, **Suzanne B.** Richmond, VA 42 years, **Betty G.** Charlotte, NC 43 years

#### Workshops

2:45 PM – 3:45 PM	Detachment An Al-Anon Principle	Debi C. Daleville, AL
2:45 PM – 3:45 PM	Learning to Trust	Sheila G. Waldorf, MD
2:45 PM – 3:45 PM	Humility Brings Hope	Cynthia N. Louisa, VA
2:45 PM – 3:45 PM	The Bondage of Resentments	Joyce R. Harlem, NY
4:00 PM – 5:00 PM	Speaker	Joyce K. Bethesda, MD

#### Workshops

5:15 PM – 6:15 PM	Walking Through Fear	Joan S. Powell, TN
5:15 PM – 6:15 PM	God Found Me	Stephanie McC. Savannah, GA
5:15 PM – 6:15 PM	A Design For Living	Roz G. Deltona, FL
5:15 PM – 6:15 PM	I am a Miracle	Jennifer K. Leavenworth, KS
7:30 PM – 8:00 PM	Sobriety Countdown	
8:00 PM – 9:00 PM	Speaker	Theresa F. – North Hills, CA

*For More information, contact:*

Robin S., Registration Chair 804-687-8584, [Richmond.sew2w2020@gmail.com](mailto:Richmond.sew2w2020@gmail.com), Flo D., Chair 804-715-7073, [Flo930@gmail.com](mailto:Flo930@gmail.com), Julie H., Co-Chair 804-901-1055, [SEW2W.Julie@yahoo.com](mailto:SEW2W.Julie@yahoo.com), Shirley P., Hospitality Chair 252-292-9823, [shirleybp01@aol.com](mailto:shirleybp01@aol.com)

# 3rd Quarter Assembly

August 20-22, 2021

Holiday Inn West Cedar Bluff  
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**Reservations:**

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**\$111 per night + tax**

**Breakfast Included**

**Group Code**

**AQA**

For more information call:

Robin G. (865)438-3571 or

E-mail: [robingavilan@gmail.com](mailto:robingavilan@gmail.com)

**But we aren't a glum lot.**

AA Big Book Pg. 132



# 3er Trimestre De la Asamblea 2021

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\$111 por noche + impuestos

Desayuno incluido

Grupo código

AQA

Para obtener más información, llame  
Robin G. (865)438-3571

Email: [robingavilan@gmail.com](mailto:robingavilan@gmail.com)

Pero no somos un montón  
tristes.

AA Big Book Página 132



# Don't take yourself too damn seriously



## **“We Are No Longer Lost and Frightened and Purposeless” (12 Steps & 12 Traditions Page 105)**

**August 6-8, 2021**

**Cincinnati Marriott Airport**

1-minute drive from Interstate 275 Exit 4A at 2395 Progress Drive, Hebron, KY 41048

Standard Rm: \$109.00 + tax Hotel Registration ends 7/26/2021. Book early! Conference registration does not guarantee a room. 859-586-0166

**Friday: 7:00 p.m. Kim S. – Cincinnati, OH**  
**9:00 p.m. Mike A. – Nashville, TN**

**Saturday: 9:30 am Chip L. – Columbus, OH**  
**11:00 am Diane A. – Nashville, TN (AL-ANON)**  
**1:00 pm Women's panel** *Open to women and men!*  
**2:30 pm Old Timer's Panel**  
**4:00 pm New Timer's Panel**  
**7:00 pm Christa V. – Ocean Pines, MD**  
**8:30 pm David M. – Berlin, MD**

**Sunday: 9:30 am Andrea J. – Lexington, KY**

**Friday Night Entertainment – Euchre Tournament (AA Prizes To Winners)**

**Saturday Night – Karaoke / Dance Party**

Pre-registration is \$25.00 pre-registration or \$30.00 at the door. Venmo @nkyrule62

Go to [rule62.eventsmart.com](https://rule62.eventsmart.com) and use your credit card!

Please make checks payable to “Rule 62” P.O. Box 91, Hebron, KY 41048

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**Scholarships are available through the generosity of others. Please give to Scholarship Fund.**

**Rule 62 T-Shirts Available at conference – Limited Supply**

Questions or Comments Contact: **Dave B. 513-207-4930 or Steve P. 513-310-9278**

----- Cut Here to Mail your check or money order -----

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\$25.00 Pre-Registration. Mail-in registration must be received by August 1, 2021 or pay \$30.00 at the door.

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Number of registrations \_\_\_\_\_

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“ 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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PROJECT

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

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**August 2021**



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