



East Tennessee Intergroup

UNITY NEWSLETTER

October 2021

Volume 45; Issue 10

A.A. Oldtimers...On the Tenth Step

A.A. Grapevine, August 1945 Vol. 2 No. 3

"Continued to take personal inventory and when we were wrong promptly admitted it."

THE admission of a wrong compares in its effects to a strong cauterizing agent. When applied promptly it burns away the infection, but the treatment may be painful. How much mental pain an individual incurs by admitting a wrong depends not so much on the degree of the wrong as on how seriously he is afflicted with vanity and false pride. The more vain the person, the more reluctant he is ever to admit a mistake. The more false pride he has, the more imperative it seems to him to perpetuate the illusion of his own perfection.

Since we all know that vanity and false pride are distortions of the mind, perhaps the reason they are so common is the fact that, although we can spot them immediately in others, we have considerable difficulty in detecting them in ourselves.

Here the value of the personal inventory is self-evident. If it is honest and thorough, it will leave no vanities and false pride unrevealed. It is the means by which we can detect in ourselves the faults we note so readily in others and which we know are obstacles to the growth of an effective and happy personality.

The first inventory we take as we begin to apply the A.A. program naturally tends to be the most soul-searching and the most revealing. In most cases, it is the first self-reckoning we have undertaken in many years and most of us are likely to unearth a great accumulation of debris.

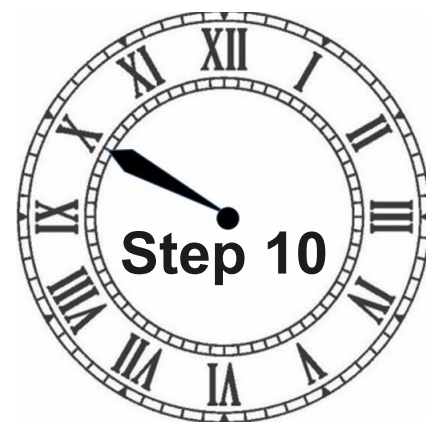
This inventory provides the guide for basic, and usually drastic, correction. Subsequent inventories serve to show whether the first efforts toward correction have been effective and what additional correction may be needed. By this method of personal checkup, we can determine for ourselves whether we are actually moving forward or have slipped backward.

Continued personal inventory is also a medium for readjustment to new objectives. As the A.A. moves upward he frequently finds that he is constantly lifting his sights. What satisfied him previously does not do so any longer. When he was learning to crawl he looked ahead to being able to walk. When he could walk he wanted to run. His expanding personality demands larger fields. If the person he wanted to be yesterday has come into being, he now wishes to be a still better person.

The inventory, obviously, is only part of the treatment. The deficiencies it reveals must be made up. Or, in the thought of the 10th Step: When wrong, promptly admit it. That is putting the inventoried knowledge into action.

Haliburton once wrote, "When a man is wrong and won't admit it, he always gets angry."

Anger, as we well know, is particularly poisonous to us. How foolish and ironical to fall prey to it through vanity!



"Continued to take personal inventory and when we were wrong promptly admitted it."

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Please note: Remaining District 4 meetings for calendar 2021 are: September 12th (special session for picnic prep), October 3rd, and December 5th. All meetings are held at Double Winners Club, 325 Whitecrest, Maryville, at 2:00PM eastern standard time.

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

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 Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

Tenth Step Prayer

Dear God, I pray I may continue to grow in understanding and effectiveness; to take daily spot check inventories of myself; to correct mistakes when I make them; to take responsibility for my actions; to be ever aware of my negative and self-defeating attitudes and behaviors; to keep my willfulness in check; to always remember I need Your help; to keep love and tolerance of others as my code; and to continue in daily prayer how I can best serve You.



Tradition Ten (long form):

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatsoever.

Tradition Ten Checklist:

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?



Concept X and Checklist Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

- Do we understand “authority” and “responsibility” as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
- Why is delegation of “authority” so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of “authority”?

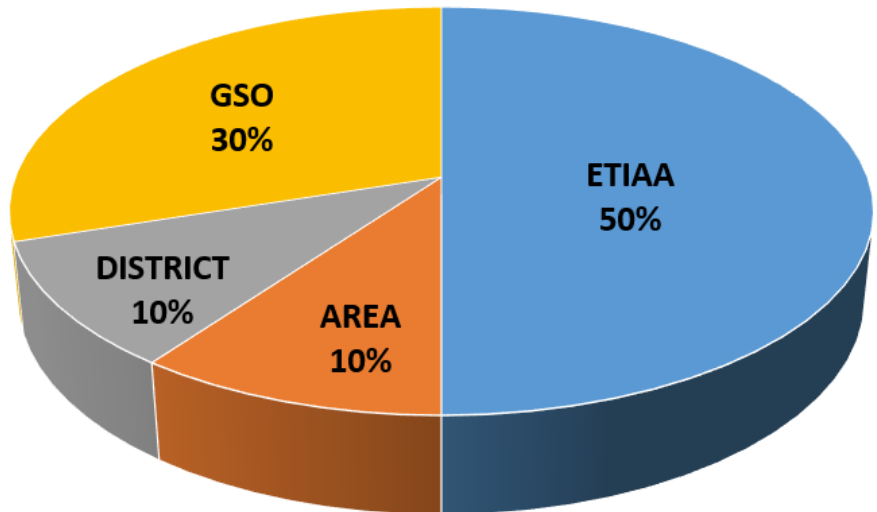
7TH TRADITION SUGGESTED CONTRIBUTIONS

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
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—	
	Aug 21	Aug 21
1ST THINGS 1ST KNOXVILLE	0.00	100.00
4-WAY GROUP	50.00	50.00
4TH DIMENSION	330.00	330.00
AREA 64 HOST COMMITTEE	30.00	60.00
BACK TO BASICS- OAK RIDGE	0.00	3.00
BREAKFAST CLUB	0.00	20.00
COLONIAL HEIGHTS	0.00	35.00
CONCORD GROUP	150.50	150.50
CONTRIBUTION JAR	24.38	31.46
COOKIE GROUP	0.00	120.00
DANDRIDGE UNITY 638213	64.00	64.00
DISTRICT 50/51	30.00	60.00
DOWN ON THE RIVER	480.00	480.00
FOUNTAIN CITY SERENITY	0.00	150.00
GROUP WITH NO NAME	0.00	500.00
HAPPY HOUR	1,445.00	1,545.00
HIGH NOON ROGERSVILLE 713957	0.00	64.00
HIGH NOONERS-P40	750.00	750.00
Individual	220.00	247.04
KEEP LEANING FORWARD	84.58	92.58
KODAK HWY 66	150.00	150.00
LAFOLLETTE-THERE IS HOPE	20.00	40.00
LUNCH BUNCH- GREENEVILLE	78.94	204.46
MONDAY NIGHT MEN'S 112569	200.00	200.00
MORRISTOWN GROUP	0.00	200.00
NORRIS CLINTON GROUP	28.00	28.00
NORTH GATLINBURG 157790	341.24	341.24
ONLINE LUNCH BUNCH	0.00	90.00
PHOENIX GROUP	369.00	369.00
PRIMARY PURPOSE- OAK RIDGE	240.00	240.00
ROANE COUNTY UNITY 112631	450.00	450.00
SAT. MORNING BIG BOOK STUDY	384.00	384.00
SERENITY IMPROVEMENT	800.00	800.00
SEYMOUR SHARING	0.00	154.81
SOBRIETY AND BEYOND	0.00	258.25
SOBRIETY SOCIETY- SO-SO 709581	400.00	400.00
TCYPAA	0.00	0.70
TELLICO VILLAGE	0.00	60.00
TURNIP PATCH	136.03	136.03
WORKING WITH OTHERS	117.00	117.00
TOTALS	7,372.67	9,476.07



The Intergroup Committee would like you all to spread the word that we need service workers for the office. We need Service Workers all week for all shifts but next month, October, we may have to close the office on Saturdays going forward.

You may remember we cut hours earlier this year. So please make announcements in your meetings. Workers can work as often as they like. Most work weekly but some work every other week or once a month.

We have set hours but we will take any availability you have during those hours. Requirements are 1 year of sobriety, a sponsor and have worked the 12 steps with a sponsor. If you are interested and don't have a year, come do service work with us until you do.

Thanks,

Rebekah R.

Office Manager

East Tennessee Intergroup of Alcoholics Anonymous

9217 Park West Blvd #B3

Knoxville, TN 37923

865-522-9667 24/7 Hotline

865-320-8649 Voicemail

Manager@etiaa.org

Etiaa.org

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:

Here & There Group:

Jennifer O. 23 years (8/18/21)

Monday Night Men's Group; Erin Presbyterian Church:

Michael P. 3 years

Jack T. 35 years

Bill R. 37 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

September 2021 Intergroup Meeting Minutes

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

Present via Zoom: - Tami D, Rebekah R., Kellie M., Jim F., Marian G., Scott S., Barbara S., Susi M., Beth C., Dave S., Joan S., Angela L., Carole W.

Groups Represented: Happy Destiny II Group, First Things First Group., High Nooners Group, TN Group, Primary Purpose Group.

Previous minutes were accepted as is motion Barb S., seconded by Dave 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.
- District 4 Picnic scheduled for 09/26/21 to be held at Louisville Point Park. Mobile Intergroup has been requested and Susi M volunteered to work.
- ICOAA convention to be held virtually 09/29-10/02/21. Costs is \$25 per person and Rebekah will accommodate any Intergroup volunteers wanting to attend.
- PDF generator – We are now utilizing a PDF generator to create and maintain the Meeting List (paper copy). Meeting list is no longer listed by city due to using this new program. Changes made in the Meeting Guide App are automatically transmitted to the PDF Meeting List so both are current. We are not printing many hard copy meeting lists and the Clubhouses print their own. The PDF meeting list is also available on the Intergroup website.
- Outreach Chair is needed and Rebekah would like a co-chair for every district.

Treasurer's Report – Fawn L. – not present

- Report given by Rebekah as Fawn is out of town
- Only 1/3 of area meetings are currently contributing to Intergroup.
- August contributions a record at \$7272.67.
- August P&L \$4952.43
- Year to Date P&L \$2483.00
- Motion to accept Treasurer's report by Barb S., seconded by Kellie M., all in favor.

Hotline – Susi M.

- Need Hotline Volunteers as some have dropped off. Please spread the word about the need to your groups.
- Susi still working to learn new system
- Carole W took the Thursday night shift that was open and Barb will be taking Tuesday night shift.

Service Workers – Dave S.

- Picked up two new volunteers however, more are still needed. Please spread the word about the need to your groups.
- Saturday shift 11a-4p has been difficult to fill and volunteers are needed specifically for this spot.

Archives – open

- Barb S. states she is willing to help with Archives.

September 2021 Intergroup Meeting Minutes (cont.)

Website – Sterling – open

Accessibilities – Carole W.: Carole W. advised nothing new to report.

Spanish Liaison – open

CPC/PI – open

Treatment – Beth C.: Nothing new to report.

Corrections – Marian G.

- Marian advised she will not be able to attend the District 3 and 4 meetings as planned.
- Marian booked her flight to New Orleans for the Corrections Conference.
- Marian advised they are allowing meeting into the Knox County Jail again.

Outreach - open

Events – SuZanne A. – not present

Mobile Intergroup – open

Old Business:

- Office furniture and equipment – Rebekah still working on getting pricing together for needed bookcases and bar code scanner.
- Office Hour Revisions – Dave S. stated Monday – Friday shifts are covered. He will have two new float volunteers trained by the end of September. As of Oct 18th, we will have to close on Saturdays due to lack of volunteers. We need more volunteers, please let your groups know of the need. Dave did let the group know that Saturdays is one of the busiest days.
- Rebekah R. proposed she do background checks on all office volunteers. Very little discussion held. Will discuss further next meeting. Rebekah did not bring up at September meeting.

New Business:

- Rebekah to attend District Meetings to discuss Intergroup and let people know about the need for more volunteers at Intergroup.
- Square/Quickbooks/Regions Integrations - Dave S has been working on the integrations of these programs. He advised there is a need for \$2500 to cover the costs of purchasing the software, hardware, subscriptions and to hire an IT contractor to set all of this up. The new integrations will provide reports that we currently don't have the capacity to generate as well as increase accuracy on maintaining inventory counts. We will also be able to do payroll cheaper than the current Quickbooks costs. The new Square program will print barcodes to be used with Inventory. We will be moving from the desktop version of Quickbooks to the online version. All three programs will communicate with one another to streamline processes necessary for running the Intergroup office. Kellie M made a motion to provide the \$2500 to proceed. Motion seconded by Scott S. All in favor.
- Elections – the following positions will be up for nominations and elections in December: We will start nominations/elections in October and November and elections will be held in December.
 - Meeting Chair
 - Treasurer
 - Website Coordinator
 - CPC/PI Chair
 - Corrections Chair
 - Office Service Workers Chair
 - Spanish Speaking Liaison

Meeting adjourned at 7:48 pm, motion made by Kellie M. and seconded by Jim F. All in favor, none opposed.

Next meeting to be held Monday October 18th at 6:30p.

August 2, 2021 District 50/51 Minutes

Attendance: in-person: David T, Rick B, Robin G, Sandy H, David C, Erica J, Jacque H, Suzanne (Suzanne.axt@outlook.com), Dennis (Phoenix Group). No one signed in virtually.

Opened @6:32 with moment of silence followed by the Serenity Prayer. Introductions were made around the room. Jeff T. made motion at accept minutes from last month. David T. 2nd

Robin G-Area 51

- Assembly:
- Room Blocks are booked
- Fourth quarter Assembly in Memphis (voting assembly)
- Volunteers are still needed for 3rd qrt. Assembly
- Dennis asked if GSR costs are being contributed to assembly. Jacque H. confirms.

Jacque H-Area 50

- Commented on successful art show turnout

Treasurer (David T.)

- Two contributions made and check written for hotel. Balance= \$6,916.71

CPC/PI (Trey M.): No report

Treatment (Robin G)

- Committee meetings are 2nd Thursday @7 @ Park 40
- Added another women's treatment-New Beginnings, 2nd and 4th Friday @7:00
- Took literature to Journey Pure

Corrections (Open): No Report

Grapevine (open): No report

Bridging the Gap (David T): No report

Events (Sandy H)

- Christmas's party next event if church allows (Covid)
- Idea of Pancake breakfast mentioned.
- Revisit Pavilion reimbursement for Sandy. Check written from Assembly.

Archives (open): No report

Group news

- Saturday Morning Big Book study, picnic at McFee Park, August 7th, 12-4
- Possibility of Free at Last Meeting closing due to lack of attendance.
- So-So has speaker last Saturday of the month.
- Serenity does not currently have speaker meeting.

Old Business

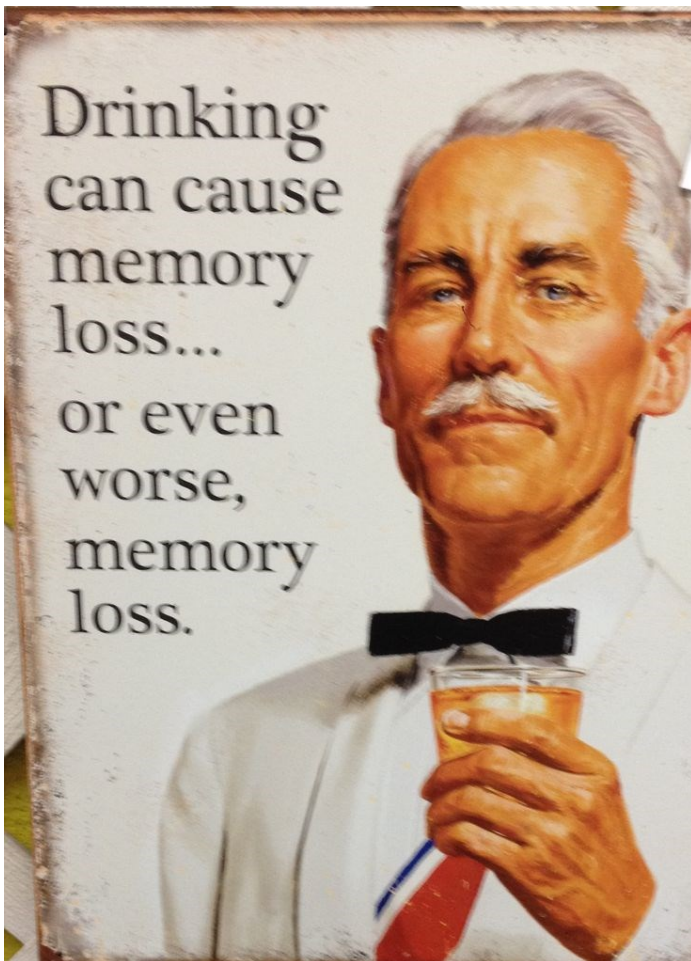
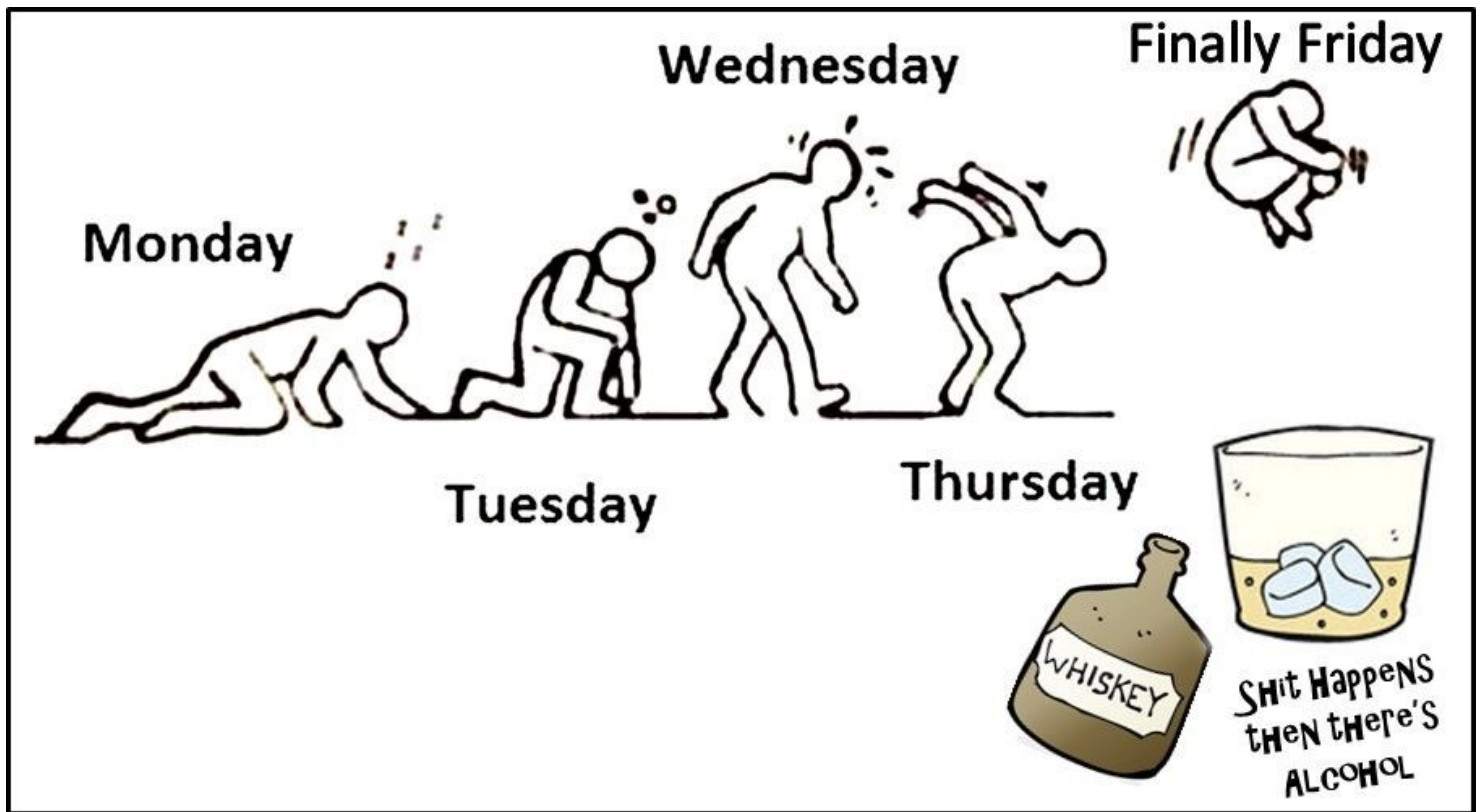
- Jeff J reimbursed.
- Money was paid to hotel.
- Welcome Home banner for Assembly will be donated.
- Post conference report inquire got not response.

New Business

- Hospitality update: filed as 501 3c with Cost Co.
- Motion (David T) to make tribute to George. Jeff J. 2nd
- Motion (David T) to pay Intergroup rent \$ 30.00 Jeff J. 2nd
- Motion to close (Jacque H.) Jeff J. 2nd.

Close with the Lords Prayer. **Next meeting September 13th** (September 6 is Labor Day) at 6:30 in person (no virtual option) at Intergroup Office.

On the lighter side....



Gratitude

AA Grapevine September 1979

How do you manage to feel grateful when you're feeling terrible?

THE OTHER NIGHT at our AA meeting, Frank asked a question, and a dozen hands went up. He said, "How do you manage to feel grateful when you're feeling terrible? I can't do it."

George, who has had a stroke, said, "I'm paralyzed in one arm. Soon after I came into AA, I broke the other arm. All I could move was my pinkie. I was grateful that I was sober and that I would recover the use of my broken arm. I'm more grateful for this program every day, for the love and friendship I find here, for my spiritual progress, such as it is--just for being alive!"

Tom said, "I use what I call gratitude-generators. Right at the moment, I have no job, and my wife is divorcing me. But I can generate gratitude by counting my blessings. I'm sober. I'm not crazy anymore. I have a place to live. I'm job-hunting, and I'm praying for the right job. I was sick and crazy and unemployable. I had a mountain of debts. Every morning, I thank God for my good and ask Him to let me live this day according to His plan."

I raised my hand and said that I was like Frank. When I have felt depressed, I haven't been able to list my blessings and raise my spirits. "This bit about 'I cried because I had no shoes till I saw a man with no feet' has never worked for me. It's taken time, psychiatry, and a low-blood-sugar diet to get me over my bad depressions."

Then somebody said, "Don't wait till you're depressed to practice gratitude. And that's just it. Gratitude has to be practiced."

I was surprised that I had not thought of this before. I had assumed that some people just found it easy to be grateful. Where had I been all this time? Of course, I had thanked people in and out of AA who helped me over the years. I had been vaguely thankful that I was sober, alive, happy, and free. But now, I realized that I had not been appreciative enough.

The next day, I embarked on my own gratitude-generator. I wrote out a list of all the people in my entire life who've taught me something valuable or helped me in some way. I wrote a short description of my relationship with each of them and a brief character sketch. At the time of this writing, I have ninety handwritten pages, and I'm not through yet. Despite years of timidity and confusion, followed by ten years of horrible drinking and antisocial behavior, I have been blessed by so many friends that I can hardly believe it.

There was that time when I was seven years old and a cousin of my grandmother's took me for a walk in the woods. She made me stand still and observe what was going on: insects dancing in a shaft of sunlight, crawling, birds singing, leaves moving in the breeze. She gave me the gift of special awareness. I wonder whether I thanked her in any way.

Then there was the very rich and famous lady who was at a dinner party on Long Island one night when I got too drunk to drive my car. She took me home with her. The next morning, I woke up in an enormous room overlooking Long Island Sound. Breakfast was brought to me on a tray. Later, I was driven home, having written my hostess a hasty, shaky note. I wish I'd gone to see her years later after I joined AA and while she was still alive. I wish I'd told her what her kindness meant to me, especially since she never said a word about it to anyone.

(Continued on p. 15)

As I go on writing this list, I remember more and more people to whom I am indebted. And I realize I'll never remember them all. During thirty-four years of sobriety, I've heard a thousand wonderful things that have helped me to stay sober. I wish I could thank everybody--the people who've made great talks, the people who've said something meaningful in closed meetings. Of those I do remember, many are no longer on earth.

My two sponsors, Marty and Chase, are still here, thank God. They are both good friends of mine, and I see a lot of them. I am so lucky to have such sponsors, both gifted with inexhaustible patience and wisdom. Marty nursed me through the worst hangover I ever had, coming off my last drunk. It was in the early days, when medical help for hangovers was not so well developed. Marty said later, "I never saw anybody so sick." She left her office to come to my aid. She sat by my bedside, holding a glass of milk and making me lick the spoon, a process that took about an hour and finally made the turmoil in my stomach subside. Over the years, she has given me well-seasoned advice from time to time, but never unless I asked for it.

Chase has held my chin above the flood countless times when I've been badly depressed. He's said to me, "You have your feet in the clouds and your head in the dismal swamp. Get up and do something. Don't think about it--just do it."

It's easier to express my gratitude to these two, since I'm associating with them. I try to do things for them from time to time. Chase has an eighty-second birthday coming up. I'm going to think up something that will please him.

Writing out this list is a revelatory experience in more ways than one. Sometimes, I've lacked the discernment to be grateful, and I see this now. It's like the story about the man who is floating on the ocean on a life raft. He's praying and praying to God, "Save me! Save me!"

Suddenly, he says, "Never mind, God. Here comes the Coast Guard."

Often in the past, my prayers for help have been answered in ways that I have not recognized as answers. Indeed, I have cursed my fate instead of thanking God. I have prayed and prayed, sometimes in desperation, but I haven't thanked Him as much as I've implored Him.

So now I have a separate list headed "What You Can Do Now." And this one is very rewarding. I have put down the names of those whom I can show my thanks to, and have written suggestions on what to do. For instance, there's a wonderful friend in Washington, D.C., who was one of my mainstays when I was living there in an impossible marriage. I was wriggling on the end of a pin, so to speak, and she got me off the pin. I had not heard from her in years. The other night, I called her up, and we had a wonderful talk.

There are friends who are no longer here. But in some cases, I can write or phone their children or widows. There's an AA friend's granddaughter, who lives out in Iowa. I have never seen her, but we correspond. In my next letter, I will describe what her grandmother meant to me.

Speaking of that relationship: I am a great-grandmother. I have already spent half a lifetime in AA. You might say to me, "Do you think you have time to get in touch with all your benefactors?" Perhaps not. But I will enjoy doing it a day at a time. And in the meantime, I seem to have generated a lot of gratitude.

F. M.
New Canaan, Connecticut



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