

# UNITY NEWSLETTER



December 2021

Volume 45; Issue 12

## A.A. Oldtimers...On the Twelfth Step

September 1945, Vol. 2 No. 5

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

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

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

We are admonished to, "Go ye and spread the gospel," and Webster defines gospel as: "Any doctrine concerning human welfare that is agitated as of great importance." Surely, to us alcoholics it is of the utmost importance. We carry out the 12th Step when we share our gift by telling others of the help we have found, by lending encouragement to those who find the way difficult, by making calls when requested to, and by attending meetings to show to the sensitive newcomer that he or she is not alone.

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

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

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

T. B., Atlanta, Georgia



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

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## DISTRICT MEETINGS

District 1 meets the second Saturday of odd months at 11am at the Renaissance Center.

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

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

District 4 meets the first Sunday of even months at 2:00pm at Happy Destiny.

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

## SERVICE COMMITTEES

Intergroup Committee meets the 3rd Monday of the month at 6:30pm on Zoom.  
ID: 190 917 792

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

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

Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs. “What do you mean when you talk about a 'spiritual awakening'?” they ask.

**Twelfth Step Prayer**

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



**Tradition Twelve (long form):**

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

**Tradition Twelve Checklist:**

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



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

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

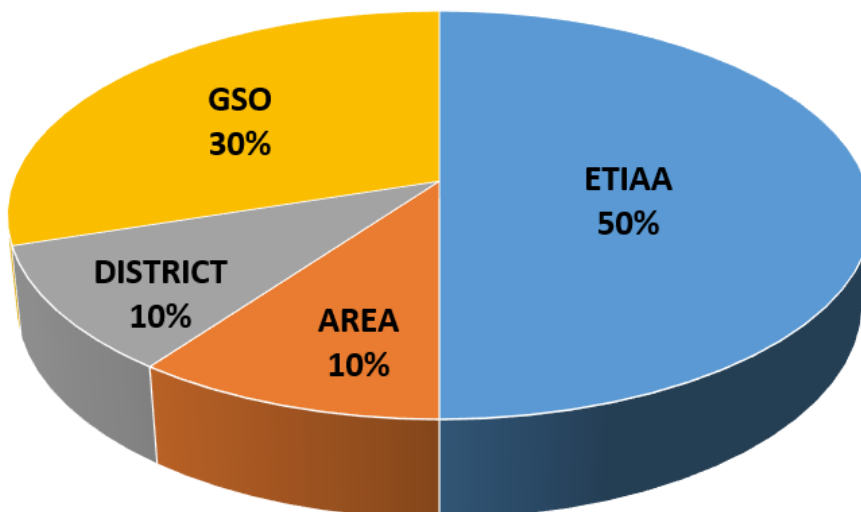
## How can groups participate?

To help support AA's essential services, the General Service Conference suggests that individual groups, through an informed group conscience, adopt a specific contribution plan tailored to meet the group's financial situation. Once the basic group expenses have been taken care of (for example, rent, refreshments, AA literature, Grapevine literature, local meeting lists, GSR travel expenses to attend service functions) and a "prudent reserve" has been set aside to cover any emergency contingencies that might arise, the group may decide to further carry the message by sending money to the following AA service entities.

- The local district, which communicates directly with the groups, providing the district group conscience for the area assemblies and serving as a link between the area delegates and the GSRs.
- The area committee, which coordinates vital AA activities over a broad geographic area, sends a delegate to the annual General Service Conference, holds area assemblies to determine the needs of the Fellowship, and provides information at all levels of service.
- The local intergroup or central office, which may provide phone service for Twelfth Step calls and other inquiries, coordination of group activities, AA literature sales, institutions work, public information, and cooperation with the professional community activities.
- AA's General Service Office, which functions as a storehouse of AA information, communicating with members and groups around the world, publishes AA literature, and supplies information and experience to professionals and others interested in AA.

[Self-Support—Where Money and Spirituality Mix. Go to: [www.aa.org/assets/en\\_US/f-3\\_selfsupport.pdf](http://www.aa.org/assets/en_US/f-3_selfsupport.pdf)]

## 7TH TRADITION SUGGESTED CONTRIBUTIONS



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

### Contribution Addresses

**ETIAA East Tennessee  
Intergroup of 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 '21—	
	Oct '21	Oct '21
1ST THINGS 1ST KNOXVILLE 719412	100.00	800.00
4-WAY GROUP	50.00	100.00
4TH DIMENSION		330.00
AREA 64 HOST COMMITTEE		60.00
BACK TO BASICS- OAK RIDGE		53.00
BIG BOOK RECOVERY		25.00
BLOUNT COUNTY GROUP	100.00	100.00
BREAKFAST CLUB	50.00	160.00
CARING AND SHARING		17.32
COLONIAL GROUP		100.00
COLONIAL HEIGHTS 99658/120932	45.00	80.00
CONCORD GROUP		150.50
CONTRIBUTION JAR	12.48	78.09
COOKIE GROUP	120.00	240.00
DANDRIDGE UNITY 638213		64.00
Dist 4 PICNIC		18.00
DISTRICT 50/51	50.00	140.00
DOWN ON THE RIVER		480.00
FOUNTAIN CITY SERENITY	150.00	300.00
GROUP WITH NO NAME		1,000.00
HAPPY HOUR	100.00	1,745.00
HIGH NOON ROGERSVILLE 713957	110.00	174.00
HIGH NOONERS-P40	375.00	1,125.00
KEEP LEANING FORWARD		92.58
KODAK HWY 66		150.00
LAFOLLETTE-THERE IS HOPE	20.00	80.00
LUNCH BUNCH- GREENEVILLE	49.00	301.45
MARYVILLE 12 STEP		300.00
MONDAY NIGHT MEN'S 112569		200.00
MORRISTOWN GROUP		200.00
NEW BEGINNINGS KNOXVILLE	50.00	50.00
NORRIS CLINTON GROUP		41.00
NORTH GATLINBURG 157790		341.24
ONLINE LUNCH BUNCH	205.44	369.94
PHOENIX GROUP		369.00
PRIMARY PURPOSE- OAK RIDGE		240.00
RIVERSIDE GROUP	174.81	174.81
ROANE COUNTY UNITY 112631		450.00
SATURDAY MORNING BIG BOOK STUDY	734.00	1,118.00
SERENITY IMPROVEMENT		800.00
SEYMOUR SHARING	221.93	376.74
SOBRIETY AND BEYOND		258.25
SOBRIETY SOCIETY- SO-SO 709581	125.00	525.00
Square Customer	50.00	347.04
TCYPAA		0.70
TELLICO VILLAGE	60.00	120.00
TRUDGING THE ROAD	192.96	192.96
TURNIP PATCH		136.03
UNKNOWN GROUP		310.00
WEST KNOXVILLE GROUP 112647		115.50
WORKING WITH OTHERS		117.00
TOTAL	\$3,145.62	\$15,117.15

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

## Around East Tennessee

### AA Birthdays:

#### 1st things first! Group:

Eddie P. 21 years 10/28/2000

#### Monday Night Men's Group; Erin Presbyterian Church:

Troy D.	2 years
Mark G..	16years

Please use the following format: **first full name; last name initial; birth-day 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&>

## **November 2021 Intergroup Meeting Minutes**

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

Present via Zoom: - Tami D, Rebekah R., Kellie M., Marian G., Scott S., Barbara S., Beth C., Dave S., Fawn L., Rhonda, SuZanne A., Angela L., Joan S.

Groups Represented: Happy Destiny II Group, First Things First Group., TN Group, Morristown Group, Primary Purpose Group, Colonial Heights Group.

Previous minutes were accepted as is motion Barb S., seconded by Fawn L., 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.
- Rebekah received an invitation for Intergroup to participate in the Metropolitan Drug Coalition. They are building a new facility to be called The Gateway and are wanting an Intergroup presence there via CPC/PI reps from Districts.
- District 50/51 Christmas party to be held December 4<sup>th</sup> at Trinity United Methodist Church.
- January Intergroup meeting is on 01/17/22 which happens to be MLK day. None of the attendees had an issues with having the meeting as scheduled.

### **Treasurer's Report – Fawn L.**

- Only 1/3 of area meetings are currently contributing to Intergroup.
- Fawn reported all accounts are healthy, October contributions slightly above average.
- October P&L \$455.29
- Year to Date P&L \$4706.94
- Motion to accept Treasurer's report by Barb S., seconded by Dave S., all in favor.

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

- Rebekah reported no issues with Hotline coverage.

### **Service Workers – Dave S.**

- Dave reported we currently have 2 or 3 office workers for every day, some workers are rotating weeks there are so many volunteers.
- Rebekah stated she has talked to a couple of previous volunteers that would like to come back and work in the office.

### **Archives – open**

### **Website – Sterling – open**

### **Accessibilities – Carole W. – not present**

### **Spanish Liaison – open**

### **CPC/PI – open**

- Rebekah stated the previous chair Robin G has expressed interest in coming back to this position.

### **Treatment – Beth C.**

- Nothing new to report.

### **Corrections – Marian G.**

- Marian attended the Corrections Conference in New Orleans. She reported she stayed below the approved budget of \$1000 by only spending \$759.05. Marian stated the conference was very informative. The men's panel was terrific however, the women's panel was disappointing due to politicization of topics. She will receive a copy of all the talks via email. Marian advised she is now looking into introducing the possibility of sponsorship for the inmates in our area.

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

- Until recently, outside sponsorship was not an option for inmates however this is changing due to the pioneering work done in Northern California. Marian joined the International Corrections Group while at the Conference and this connects people involved in corrections work from all over the country. The 2022 Conference will be held in Schaumburg, IL and the 2023 Convention will be held in Oklahoma City.
- Knox County Jail may resume meetings in January. Beth C told the group that NA has been doing Zoom meetings with the jail and Marian is going to reach out to her contacts that go to the Knox County Jail to have them follow up to see if Zoom is an option for AA.
- Dave S advised he has obtained permission to take a Zoom meeting into the Anderson County Jail with the possibility of live meetings the first of the year.

### **Outreach - open**

#### **Events – SuZanne A.**

- SuZanne reported there are now events for November and December on the website and there is a form on the website for groups to submit event flyers for publication.

### **Mobile Intergroup – open**

#### **Old Business:**

- Office furniture and equipment – update not provided on the needed items.
- Office Hour Revisions – Dave S advised the committee formed to review the office hours vs sales has not met to date. Rebekah made a motion to table this issue and Dave S seconded. All in favor.
- Rebekah to attend District Meetings to discuss Intergroup and let people know about the need for more volunteers at Intergroup.
- Square/Quickbooks/Regions Integrations – Rebekah reported they are moving forward on this project and have hired Todd W (accountant) to assist with this process. Rebekah reported Square is up and running and they are still working on the full integration. Next step to rename all inventory in Square and Quickbooks so they are named the same in both programs. Dave S stated they are also working on having a way to log the name of the person and/or group into Square when a purchase is made.
- Volunteer Christmas Gifts – Rebekah reported she has decided to give volunteers a \$15 Starbucks gift card this year. They will receive an actual gift card instead of an email this year.
- Office Manager Eval Due in November
- December Intergroup meeting to be held on December 13<sup>th</sup> as determined last meeting.
- 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 – Rhonda nominated.
  - Treasurer – Dave S nominated. Rebekah stated she checked the by-laws and there is nothing stating someone can not hold two positions at the same time
  - Website Coordinator – Barb S considering this position
  - CPC/PI Chair
  - Corrections Chair – Marian G nominated
  - Office Service Workers Chair – Dave S willing to stay in position.
  - Spanish Speaking Liaison
  - CPC/PI – Robin G has expressed interest in returning to the position
  - Mobile Intergroup Coordinator
  - Outreach Chair – Susi M has expressed interest in this position
  - Hotline Chair
  - Archives Chair – Barb S has expressed interest in the position

#### **New Business:**

**Meeting adjourned at 7:32 pm, motion made by Kellie M. and seconded by Dave S. All in favor, none opposed.**

**Next meeting to be held Monday December 13<sup>th</sup> at 6:30**



## **District 50/51 Meeting Minutes: September 13, 2021**

Attendance in-person: David T, Rick B, Robin G, Sandy H, David C, Erica J, Jacque H, Suzanne ([Suzanne.axt@outlook.com](mailto:Suzanne.axt@outlook.com)), Louise (Alt GSR-First. 164 group), Jessica B. ([ryanandjess2019@gmail.com](mailto:ryanandjess2019@gmail.com))

- 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. Robin G.. 2nd

### **Robin G-Area 51**

#### **Assembly:**

- Tentative bid 3rd Qrt. No communication with hotel
- 4th Qrt vote will be virtual-October 22-24

### **Jacque H-Area 50**

- 3rd Qrt Assembly Recap: No changes to first 164, Change to preamble, 12 x 12 changes, vote for
- 5th edition of Big Book, plain edition Big Book
- COVID Safety Ad Hoc committee established for 4th Qrt Assembly in person consideration.
- Preface disclaimer in 5th edition for sexism verbiage.
- Blue card explaining "open meetings".

#### **Treasurer ( David T.)**

- Balance= \$7,268.64
- Considering idea of Google document (read-only) for bookkeeping transparency.

#### **CPC/PI (Trey M.)**

No report

#### **Treatment (Robin G)**

- Committee meeting 2nd Thursday @7 @ Park 40
- Meeting needs chair/speaker for meeting every other Tuesday @ 8:00-Jacque volunteered
- Cornerstone now requires vaccine.

**Corrections (Open):** No Report

**Grapevine (open):** No report

**Bridging the Gap (David T):** No report

#### **Events (Erica J)**

- Christmas party is still tentative
- Pancake breakfast is considered for fundraising.

**Archives (open):** No report

#### **Group news**

- Rick B. Picnic hosted by Saturday morning Big Book was a success.
- Jessica B. extended invite to Jacque H. To visit First 164 group.

**Old Business:** None

#### **New Business**

- Motion (Jessica B.) for firm bid 3rd Qrt , 2022-Proposed dates July 22-24. Louise 2nd. Passed Unanimously.
- Discussion of \$100 donation for Cost Co. Gift. Card. Jeff J. Retains for hospitality.
- If groups would like to support proposals for rebuttals/rescind literature changes passed at GSC, contact
- Jessica B. ([ryanandjess2019@gmail.com](mailto:ryanandjess2019@gmail.com))
- 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 October 4th at 6:30 in person (no virtual option) at Intergroup Office.**

## District 50/51 Meeting Minutes — October 4, 2021

Attendance: Pam S., David T., Jacque H., Jessica B., Jeff J. Erica J., Suzanne . , Ruth (ruhogate@aol.com)  
Opened @ 6:32 with a moment of silence followed by the Serenity Prayer.  
Jeff J. made motion to accept minutes from last month. David T. 2<sup>nd</sup>.

### District 51 (Robin G.): Absent

(Jacque H.) Version of contract was submitted for Q3 '22

### District 50 (Jacque H.)

Visited First 164 meeting.

4Q Assembly will be voting. Zoom information will be sent.

### Treasurer (David T.)

Account Balance: \$ 7, 238.04

Pending-three checks (pending balance \$7,758.58)

<u>Date</u>	<u>Amount</u>	<u>Transaction</u>	<u>Balance</u>	<u>Notes</u>
Opening Balance			\$7,758.57	
	\$30.00	ETIAA Rent	7,728.57	Chk 1294
8/13/21	\$36.00	Serenity Contribution	7,764.57	Chk 995011
8/13/21	\$293.00	BBS Contribution	8,057.57	Chk 1052
8/13/21	\$60.00	Cookie Contribution	8,117.57	Chk 402906

### CPC/PI (Trey M.): Absent-No Report

### Treatment (Robin G.): Absent-no report

### Corrections (open): No Report

### Bridge the Gap (David T.)

One call asking about leaving a half-way house and needing assistance. Couldn't help.

### Events (Erica J.)

Christmas Party Dec. 4<sup>th</sup> (tentative). Need to get speaker. Ask Joe Valentino (865-307-6408) if willing to be Santa.

Basket fundraiser for assembly. Announce to groups.

Christmas tree decorating contest?!

### Archives (open): No report

### Group News:

Tennessee Group anniversary celebration in January. More info. TBD

### Old Business

Place firm bid to host 3Q '22 Assembly.

### New Business

Motion (Jessica B.) to sponsor Alkathon Christmas Eve. Details to follow. Pam S. 2<sup>nd</sup>

If interested, contact Jacque H. or Jessica B.

Motion (David T.) to pay Intergroup \$30.00 rent. Jeff J. 2<sup>nd</sup>. Unanimous vote.

Motion to close (Jeff J.). David T. 2<sup>nd</sup>

Close with Lord's Prayer.

**NEXT MEETING NOV. 1, 2021 @ 6:30 AT INTERGROUP OFFICE.**

## **I AM YOUR DISEASE**

**I hate meetings.  
I hate Higher Power.  
I hate anyone who has a Twelve Step program.  
To all who come in contact with me,  
I wish you death and I wish you suffering.  
Allow me to introduce myself.  
I am the Disease of Alcoholism.  
Cunning, baffling, and Powerful.  
That's me.**

**I have killed millions, and I am pleased.  
I love to catch you with the element of surprise.  
I love pretending I am your friend and lover.  
I have given you comfort, have I not?  
Wasn't I there when you were lonely?  
When you wanted to die, didn't you call me?  
I was there. I love to make you hurt.  
I love to make you cry.  
Better yet, I love when I make you so numb you can neither hurt nor cry.  
You can't feel anything at all.  
This is true Glory.**

**I will give you instant gratification and all I ask of you is long term suffering.  
I've always been there for you.  
When things were going right in your life, you invited me.  
You said you didn't deserve these good things and I was the only one who would agree with you.  
Together we were able to destroy all the things good in your life.**

**People don't take me seriously.  
They take strokes seriously, heart attacks, even diabetes they take seriously-fools that they are.  
They don't know that without my help, these things would not be made possible.  
I am such a hated disease.  
And yet, I do not come uninvited.  
You choose to have me.  
So many have chosen me over reality and peace.**

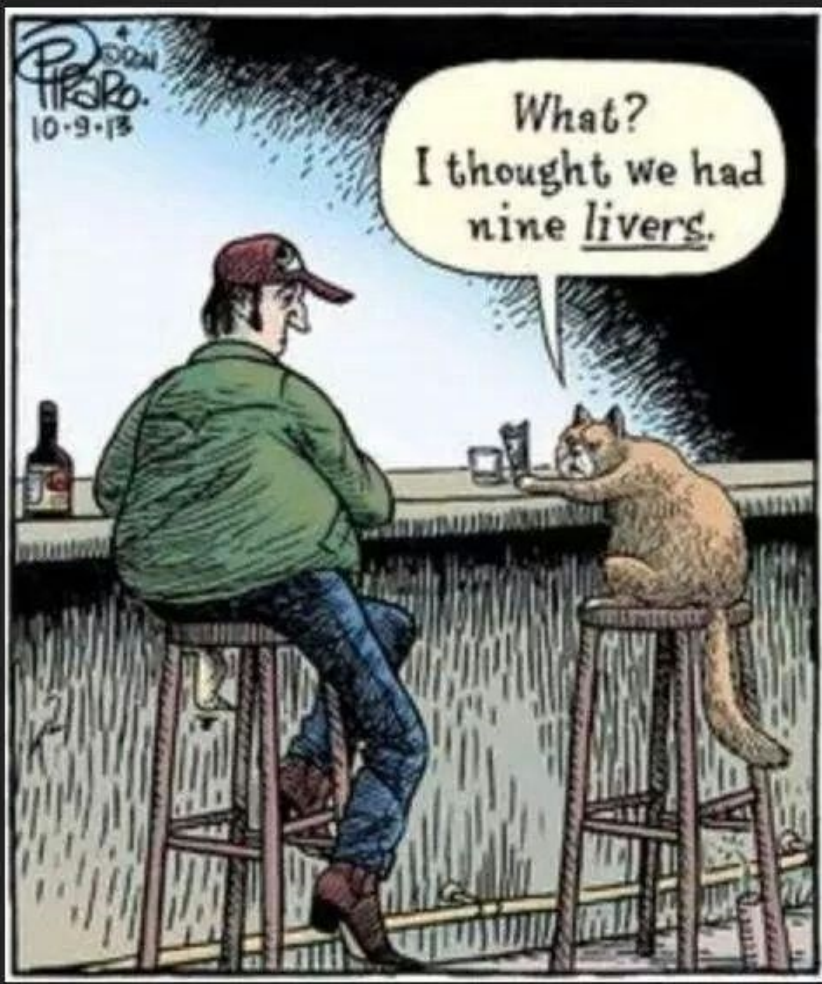
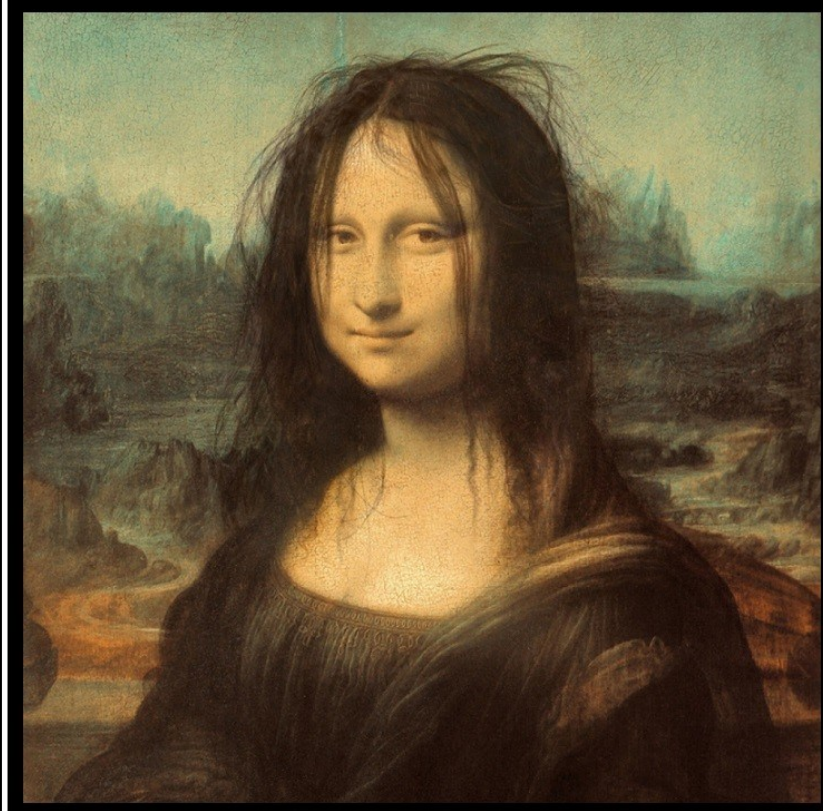
**More than you hate me,  
I hate all of you who have a 12 step program.  
Your program, your meeting, your higher power:  
All weaken me and I can't function in the manner I am accustomed to.**

**Now I must lie here quietly.  
You don't see me.  
But I am growing, bigger than ever.  
WHEN YOU ONLY EXIST, I MAY LIVE.  
WHEN YOU LIVE, I ONLY EXIST.  
But I am here.  
Until we meet again,  
If we meet again,  
"I WISH YOU DEATH  
AND I WISH YOU SUFFERING" !!**

**- Anonymous**

# Monday Lisa

*On the lighter side....*



**So, you're telling me  
that when a baby  
crawls across the floor  
for its bottle it's cute.  
But when I do it, I need  
an 'intervention'??**





## ***The Next Frontier: Emotional Sobriety***

*by Bill Wilson Copyright © AA Grapevine, Inc, January 1958*

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years back - ed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer..."It's better to comfort than to be the comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence - almost absolute dependence - on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off

*Continued on p. 14.....*

these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute demand" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.





ALCOHOLICS  
ANONYMOUS



**Area 50/51**  
*Christmas  
Party*

**SATURDAY, DECEMBER 4TH**

**TRINITY UNITED METHODIST CHURCH  
5613 WESTERN AVE.  
KNOXVILLE, TN 37921**

EAT AT 6PM - SPEAKER AT 7PM - RAFFLE AT 8PM

Raffle tickets will be available at the door  
for a chance to win a beautiful basket.

David G. will be speaking.

Bring a side dish or  
dessert to share.

All proceeds go  
to 3rd quarter assembly  
and Area 50/51 2022 budget.

Volunteers and Basket donations needed.

For more information, to volunteer or to donate a  
basket please contact Erica J: 865-659-3260  
or Sandy H: 865-255-5954

**DISTRICT 3**  
**THANXMAS**  
**PARTY**  
**DECEMBER 5, 2021**

**Time: 12:30pm to 3:00pm**  
**Right after 11pm**  
**Meeting**

**Where: Fairmont Meeting Hall**  
314 S Fairmont Ave, Morristown, TN 37813

**Bring: Finger Foods**  
**A gift wrapped to auction**

**District will provide soda, ice,  
coffee, plates and silverware.**

*First Quarter Assembly*  
*Area 64*

*from Judgement to ... Empathy*

*January 28 - 30 2022*

*Manchester Conference Center  
111 Hospitality Blvd  
Manchester TN 37355*

*Reservations - 931-728-9383 rate \$105/night*

*Note - Group code - "Area 64"*

*(call for reservation and rate)*

*(rate not available online)*

*For Additional information -*

*Rick W - 615-812-7425*

*Robert S - 615-202-4330*

# The Tennessee Group

## 4TH ANNIVERSARY EAT AND SPEAK

*January 22nd, 2022*

*Ebenezer United Methodist Church  
1001 Ebenezer Road Knoxville, Tennessee 37923*

*Dinner at 6:00 pm*

*(Main dish and drinks included. Please bring side dish or dessert.)*

*Speaker at 7:30 pm*

*Guest Speaker*

*Tammy Z. from Ashville, NC*





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RECOVERY

# 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  
MESSAGE  
PROJECT

“ 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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NEWSLETTER**

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Knoxville, TN 37923**

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**December 2021**



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