



East Tennessee Intergroup

UNITY NEWSLETTER

January 2022

Volume 46; Issue 1

“Here are the steps we took” by Clarence Snyder Working With Others

It was Dr. Bob Smith who sponsored Clarence Snyder into this simple program. Clarence repeated this approach with other alcoholics in Cleveland where he achieved a high recovery rate. Here is the approach the A.A. pioneers used to carry the message to the person who suffers from a seemingly hopeless state of mind and body. Clarence remained very active in A.A. until his death on March 22, 1984.

There are five phases to the Steps:

- STEP 1: ADMISSION,
- STEPS 2 and 3: SUBMISSION,
- STEPS 4, 5, 6, and 7: CONFESSION,
- STEPS 8 and 9: RESTITUTION,
- STEPS 10, 11, and 12: THE LIVING STEPS, CONSTRUCTION, AND MAINTENANCE

Step 1: *“We admitted that we were powerless over alcohol, that our lives were unmanageable.”*

Who’s boss — them or the alcohol (substances, or obsessive-compulsive behavior)? (The above qualification should pretty much answer the first half of the step)...That our lives had become unmanageable, not only our drinking — all phases of our existence were and are unmanageable. It stands to reason that if we can’t manage our lives and we are acting in a manner that is not very sane — unmanageability is not sane living — then we have to take Step 2.

First Step Prayer

I admit I am powerless. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all of my denial.



“We admitted that we were powerless over alcohol, that our lives were unmanageable.”

In This Issue

- Step 1 / Tradition 1.. 3
- IG Financial Report ..5
- IG Meeting Minutes7-8
- District 50/51 Minutes November. & December..... 9-12
- *I Am Your Disease...*13
- Lighter Side..... 14
- *Christmas Past, Christmas Present* 15-16
- Event Flyers..... 17-19
- Grapevine subscription Form..... 20

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

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 One: We admitted that we were powerless over alcohol—that our lives were unmanageable.

WHO cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

First Step Prayer

Dear Lord, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction.



Tradition One (long form):

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

Tradition One Checklist:

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



Concept I and Checklist: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down triangle of A.A.?

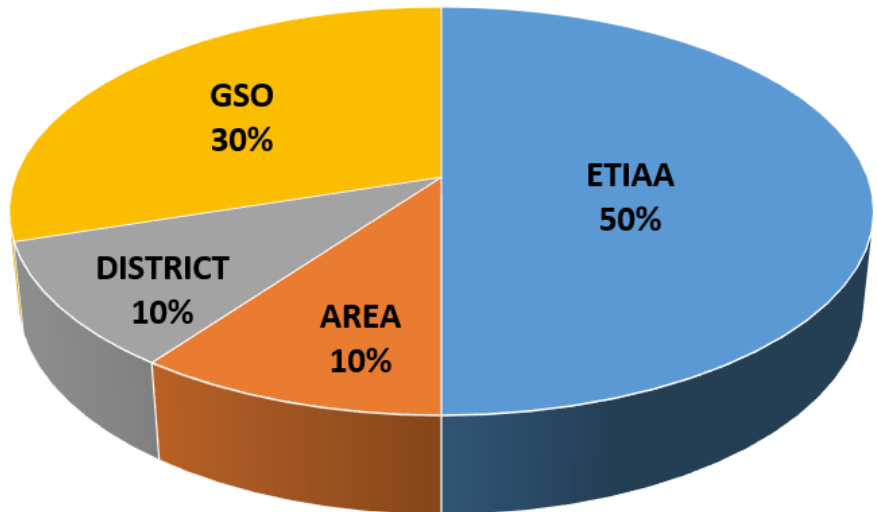
7TH TRADITION SUGGESTED CONTRIBUTIONS

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 District50/51 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—		GROUPS DONATING	Jul '21—	
	Nov'21	Nov '21		Nov '21	Nov '21
1ST THINGS 1ST KNOXVILLE 719412	100.00	900.00	MEMORIAL RECOVERY 112566	50.00	50.00
4-WAY GROUP		100.00	MONDAY NIGHT MEN'S 112569		200.00
4TH DIMENSION		330.00	MORRISTOWN GROUP		200.00
AREA 64 HOST COMMITTEE		60.00	NEW BEGINNINGS KNOXVILLE		50.00
BACK TO BASICS- OAK RIDGE		53.00	NORRIS CLINTON GROUP		41.00
BIG BOOK RECOVERY		25.00	NORTH GATLINBURG 157790	323.00	664.24
BLOUNT COUNTY GROUP	150.00	250.00	NORTH STATION GR	11.00	11.00
BREAKFAST CLUB	20.00	180.00	ONLINE LUNCH BUNCH	37.12	407.06
CARING AND SHARING		17.32	PHOENIX GROUP		369.00
COLONIAL GROUP		100.00	PRIMARY PURPOSE- OAK RIDGE	240.00	480.00
COLONIAL HEIGHTS 99658/120932		80.00	RIVERSIDE GROUP		174.81
CONCORD GROUP		150.50	ROANE COUNTY UNITY 112631	370.00	820.00
CONTRIBUTION JAR	5.92	84.01	SATURDAY MORNING BIG BOOK STUDY		1,118.00
COOKIE GROUP		240.00	SERENITY IMPROVEMENT		800.00
DANDRIDGE UNITY 638213		64.00	SEYMOUR SHARING		376.74
Dist 4 PICNIC		18.00	SOBRIETY AND BEYOND		258.25
DISTRICT 50/51	30.00	170.00	SOBRIETY SOCIETY- SO-SO 709581		525.00
DOWN ON THE RIVER		480.00	Square Customer	100.00	447.04
FOUNTAIN CITY SERENITY		300.00	STEPS FORWARD	220.00	220.00
GROUP WITH NO NAME		1,000.00	TCYPAA		0.70
HAPPY HOUR		1,745.00	TELLICO VILLAGE		120.00
HIGH NOON ROGERSVILLE 713957		174.00	TENNESSEE GROUP 723519	120.84	120.84
HIGH NOONERS-P40		1,125.00	TRUDGING THE ROAD		192.96
KEEP LEANING FORWARD		92.58	TUESDAY NIGHT LOUDON	75.00	75.00
KODAK HWY 66		150.00	TURNIP PATCH		136.03
LAFOLLETTE-THERE IS HOPE	20.00	100.00	UNKNOWN GROUP		310.00
LUNCH BUNCH- GREENEVILLE	47.25	348.70	WEST KNOXVILLE GROUP 112647		115.50
MARYVILLE 12 STEP		300.00	WORKING WITH OTHERS		117.00
			TOTAL \$	1,920.13	17,037.28

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

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

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

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

Unity Newsletter

is a monthly publication of East Tennessee Intergroup about, by and for members of Alcoholics Anonymous (AA). Opinions herein are not to be attributed to AA. Except when indicated, this publication does not imply endorsement by either AA or the Newsletter. Delegates to the General Service Conference on April 24, 1972 agreed that the use of full names and addresses could improve communication within the Fellowship. Consequently, we may use full names for AA service members. To ensure anonymity, it is requested that the Newsletter be kept within the Fellowship.

Submissions

Is your group celebrating Birthdays/Anniversaries? Are you? Do you have AA-related questions or myths that Intergroup of East Tennessee Alcoholics Anonymous (ETIAA) can answer for you? Is there an "In Memory" group member to be recognized?

We encourage all appropriate submissions by sending them to: Newsletter Coordinator, manager@etiaa.org

Around East Tennessee

AA Birthdays:

SuZanne A.

January 11th, 1995 27 years

Monday Night Men's Group; Erin Presbyterian Church:

Red G.. 43years

Group With No Name

Earle W.. 28 years

To submit a birthday, please use the following format: **first full name; last name initial; birthday month; number of years sober.**



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

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

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

December 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., Barb S., Dave S., Fawn L., SuZanne A., Josie G., Jody, Amy M., Erika W. Groups Represented: Happy Destiny II Group, First Things First Group., TN Group, Morristown Group, Colonial Heights Group, Memorial Recovery Group, Roamers Group, Onieda Group.

Previous minutes were accepted as is motion Kellie M., seconded by Josie G., 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. The facility will be called The Gateway and will be a place for people to get resources about drug addiction and alcoholism. It will be located near KARM downtown.
- The District 50/51 Christmas party was a success, Intergroup sold ~ \$300 worth of goods.
- January Intergroup meeting is on 01/17/22 which happens to be MLK day.
- Box 459 – is a publication put out quarterly by GSO. There was an article about Intergroup office managers which Rebekah states was not very positive.

Treasurer's Report – Fawn L.

- Fawn reported all accounts are healthy, November contributions high.
- November P&L -\$838.00
- Year to Date P&L \$3487.87
- Sales just over \$5000 for November
- Motion to accept Treasurer's report by Barb S., seconded by Scott S., all in favor.

Hotline – Susi M.

- There are 3 new volunteers.
- Susi reported she wants to give up this position and take another position.

Service Workers – Dave S.

Dave reported that there may be new office hours proposed beginning in February. He wants to discuss the potential changes with the volunteers before bringing the idea to the Intergroup Board.

Archives – open

Website – Sterling – open

Accessibilities – Carole W. – not present

Rebekah stated that Carole has resigned from this position.

Spanish Liaison – open

CPC/PI – open

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

December 2021 Intergroup Meeting Minutes (cont.)

Corrections – Marian G.

- Marian stated there was a corrections table set up at the District 50/51 Christmas Dinner and they got the names of 12 people interested in participating in doing corrections work.
- Marian and Beth attended the District 4 meeting, District 4 is wanting a Treatment Workshop. They do not have a corrections committee.
- Marian will distribute pamphlets and Inmate to Inmate books to the Districts. These are located at Intergroup and the Districts can pick them up there.
- Barb S stated the Hawkins County Jail sent a letter stating they would like to have AA meetings brought into the inmates once Covid has eased up again.

Outreach - open

Events – SuZanne A.

SuZanne reported she is still working on publishing flyers on the Intergroup website. Please let groups know to get her the flyers and she will get them published.

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. Dave mentioned he would like to propose new office hours starting in February but wants to discuss possible changes with the office volunteers before bringing it to the Board.
- 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 Quickbooks and Square online are up and running however there are some issues with translations between the two programs. She is working to resolve.
- Volunteer Christmas Gifts – Rebekah reported she is still working on getting the gift cards.
- Office Manager Eval was completed.
- Elections –
 - Meeting Chair – Rhonda nominated, no one else interested, all in favor.
 - Treasurer – Dave S nominated, no one else interested, all in favor.
 - Website Coordinator – Barb S nominated, no one else interested, all in favor.
 - CPC/PI Chair – Robin G expressed interest in returning to this position, this vote was tabled until she attends the Intergroup meeting
 - Corrections Chair – Marian G nominated, no one else interested, all in favor.
 - Office Service Workers Chair – Dave S willing to stay in position, no one else interested, all in favor.
 - Spanish Speaking Liaison - open
 - Mobile Intergroup Coordinator - open
 - Outreach Chair – Susi M nominated, no one else interested, all in favor.
 - Hotline Chair – not yet filled, Susi M to stay until someone takes position.
 - Archives Chair – Barb S nominated, no one else interested, all in favor.
 - Accessibilities – Susi M to cover until position filled.

New Business:

Meeting adjourned at 7:18 pm, motion made by Kellie M. and seconded by SuZanne A. All in favor, none opposed.

Next meeting to be held Monday January 17th at 6:30

District 50/51 Meeting Minutes: November 1, 2021

Attendance:

David T, David C, Erica J, Jacque H, Suzie, Jimmy, Louise N., Ruth H., Jessica B., Trey M.

Opened @6:32 with moment of silence followed by the Serenity Prayer

Jessica B. made motion at accept minutes from last month. David T. 2nd

Robin G-District 51: Absent

Jacque H-District 50

- 4Q Assembly review:
- Election Results Area 64:
 - ◇ Delegate: Shannon C.
 - ◇ Alt. Delegate: Jimmy W.
 - ◇ Chair: Heather L.
 - ◇ Secretary: Angie Q.
 - ◇ Treasurer: Karen S.
 - ◇ Alt. Secretary: Taylor G.
 - ◇ Alt. Treasurer: Char B
- Future Assembly registrations will be on-line
- TCYPAA will be in Memphis, 2022
- Recap of funds
- COVID Ad hoc committee recommendations:
 - ◇ COVID statement posted online
 - ◇ Host committee to supply officer or committee for oversight
 - ◇ Mask required at all times until pandemic status is lifted
 - ◇ Limited attendance
 - ◇ No self serve food/beverages
 - ◇ No shared objects (pens, etc.)
 - ◇ Contact Tracing if Covid exposure
- Future Assembly Info

Quarter	City	Date	Hotel	Price/night	Cutoff Date
1st	Manchester	Jan. 28-30	Holiday Inn Ex-press	\$105.00 + tax	12/28/21
2nd	Murphreesboro	April 8-10	Clarion Inn	\$109.48 + tax	4/1/22
3rd	Knoxville	July 22-24	Holiday Inn	\$111.00 + tax	7/1/22

***Mention Code: Area64**

Treasurer (David T.)

- Balance: \$8,117.57. District 50/51 no longer accepting Venmo. Account was not district account.
- Screenshot of spreadsheet sent in Oct. Minutes email.

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

CPC/PI (Trey M.)

- Attended Helen Ross McNabb health fair. Inquired about service for teens.(HRC Contact: Michelle)
- Goal to. Have regular committee meeting in Jan -3rd week each month.
- Spend funds to update materials
- Encourage Delegate to talk to GSO about guidelines to better use public media. Submitted Sept.1

Treatment (Robin G): Absent

Corrections (Open): No Report

Grapevine (Open): No report

Bridging the Gap (David T)

- Waiting on interloper in CA for a transfer back here.

Events (Sandy H)

- Christmas Party:
 - ◇ Joe V contacts for Santa role. Declined because out of town.
 - ◇ District paying for Christmas Party.
 - ◇ Need to purchase meat.
 - ◇ Will use leftover supplies from previous events.
 - ◇ David G. Suggested as speaker. Jeff J will inquire.
 - ◇ Decorations acquired with Suzie and Jimmy help.
 - ◇ Need to circulate volunteer request/sign-up sheet.Start at 3 and 1 hr cleanup.
 - ◇ Announce basket raffle to support assembly
 - ◇ District will donate basket.Motion (Jeff C.) 2nd Jeff J. \$125.00 budget voted. Passed unanimously.
 - ◇ Christmas Party Committee meet Nov. 15 on zoom. More info TBD.

Archives (open): No report

Group news: None

Old Business

- Park 40 approved Alka-thon (food details to follow). Circulate sign-up sheet to groups.
- Motion (Jeff J.) to pay Park 40 rent for Alka-thon (\$250.00 + half basket proceeds). 2nd David T. Passed unanimously.

New Business

- Motion (Trey M.) to buy Treatment three Spanish 12x12, three Big Books and two ASL Big books. Jeff J. 2nd . Passed unanimously.
- Grapevine renewal: One year: \$78.26 or two year: \$145.80
- Motion (Trey M.) Jeff. J. 2nd . Passed unanimously.
- Motion (Trey M.) to pay Intergroup rent \$ 30.00 Jeff J. 2nd
- Motion to close Jeff J. Jacque H. 2nd.
- Close with the Lords Prayer. Meeting end @ 7:43.

Next meeting Dec. 6th at 6:30 in person at Intergroup Office.

District 50/51 Meeting Minutes — December 6, 2021

Attendance: David T, David C, Erica J, Louise N., Ruth H.,Trey M., Robin G., Suzanne A., Jeff J.

Opened @6:34 with moment of silence followed by the Serenity Prayer

Jeff J. made motion at accept minutes from last month. Louise N. 2nd

Jacque H-District 50: Absent

Robin G-District 51

- Alkathon announcement-Slots needed to be filled. Addition of 6:45 slot to schedule on 12/25.
- Bought Coffee Urn.

Treasurer (David T.)

- Balance: \$7,970.54. Christmas party 7th Tradition collection=\$351.00. after janitor (\$50.00) and Church contribution (\$150.00), \$151 deposited.
- Sandra \$50 Venmo return.
- Reimbursement for Christmas party expenses.
- Trey M. Motion to. Accept treasures report. Suzanne 2nd. Unanimous.

CPC/PI (Trey M.)

- Attended Helen Ross McNabb Health Fair. Trey M. Ran booth. Positive experience.

Treatment (Robin G)

- Hope to carry meeting to. JourneeyPure
- Nov. meeting going well.
- Next meeting: Zoom, Jan. 13 @ 7 p.m
- Meeting every other month/quarterly?
- **Corrections (Open):** No Report
- **Grapevine (Open):** No report

Bridging the Gap (David T)

- Giving Grapevines to Jacque for facilities

Events (Erica J.)

- Christmas party raffle raised \$987 from event for 3Q Assembly '22
- Alkathon schedule modified and shared. Posted on Intergroup website.
- **Archives (open):** No report

Group news

- Tennessee Group anniversary party Sat, Jan.22. Guest speaker-
- Circuit Speaker from Asheville
- So-So elections filled all service positions.
- 4-way adds to schedule a new Friday night meeting-8:00 p.m.

Old Business

- Alkathon: Park 40will provide lunch Christmas Day. Requested tha sponsoring groups bring food.
- Motion (Trey M.) that David order 10 pizzas for opening Alkathon meeting. Louise 2nd. Passed unanimously.
- Bought books.
- Renewed Grapevine.

New Business

- (Jeff J.) January 16th @ 2:30, Mike Taylor (District 4 DCM) new GSR Workshop orientation @Happy Destiny.
- Discussion of. Standing Committee workshops Feb/March? Table for January meeting.

District 50/51 Meeting Minutes — December 6, 2021 (Cont.)

Motion (Trey M.) to pay Intergroup rent \$ 30.00 Jeff J. 2nd

Motion to close Jeff J. Louise N. 2nd.

Close with the Lords Prayer. Meeting end @ 7:45 for Elections

Next meeting Jan. 3rd, 2022 at 6:30 in person at Intergroup Office.

District 50/51 Financials:

<u>Date</u>	<u>Amount</u>	<u>Transaction</u>	<u>Balance</u>	<u>Notes</u>
Opening Balance			\$7,970.54	
12/6/21	\$30.00	ETIAA Rent	7,940.54	Chk 1303
12/6/21	\$60.00	Robin G reimbursement	7,880.54	Chk 1302
12/6/21	\$308.76	Erica J reimbursement	7,571.78	Chk 1301
12/6/21	\$117.64	Louise N reimbursement	7,454.14	Chk 1300
12/6/21	\$300.00	Jeff J Q1	7154.14	Chk 1299
12/6/21	\$192.49	Jeff J reimbursement	6961.65	Chk 1298
12/8/21	\$50.00	Serenity Contribution	7011.65	Chk 995013
12/8/21	\$120.84	TN group contribution	7132.49	Chk 1161
12/8/21	\$151.00	Christmas Party 7th	7283.49	Cash
12/8/21	\$50	Venmo reconciliation	7333.49	Cash
12/11/21	\$26.00	David T reimbursement	7307.49	Check 1304
12/22/21	377.59	1st things 1st contribution	7685.08	Chk 1012
12/22/21	92.32	Alkathon Pizza	7592.76	Chk 1305

DISTRICT 50/51. ELECTION RESULTS

Open at 7:45

District. 51

DCM Nomination: Jeff J. *Willing to serve*

Alternate DCM Nomination: Robin G. *Willing to serve*

***Both win by acclamation**

District. 50

DCM Nominations: David C. *Willing to serve*

Alternate DCM nomination: Trey M. *Willing to serve*

***Both win by acclamation**

Events: Louise N.

Archives: Ruth H.

Grapevine: Suzanne A.

Corrections: Open

Secretary: Erica J.

Treasurer: David T.

Motion (Trey M.) to issue \$300.00 to DCM for 1Q Assembly Jan. 28th 2022. Suzanne A (2nd). Passed unanimously.

Motion to close (Jeff J.) , Louise N. (2nd)

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

On the lighter side....

*The morning after the Zoo
New Year's Party*



Christmas Past, Christmas Present — AA Grapevine (online exclusive)

An AA who relapsed compares that year's holiday with this one

The Christmas before last was the worst. Four years ago, I gave up 13 years of sobriety to drink and abuse pain medication. For my decision to drink again I was rewarded with a divorce and a business deal that went sour. I had been warned that all the bad things that hadn't happened to me yet would if I went back to drinking but some how I chose to ignore that advice. Who was I to think that the rules of alcoholic drinking did not apply to me?

Thirty years ago when I went to my first AA meeting a few of the old timers said "kid I spilled more booze on my tie than you drank." Many more said, "alcoholism was like an elevator and you could get off before it went to the bottom floor." Of course I decided to listen to the minority and after a year of sobriety and my life getting better I drank for another 10 years. I figured I hadn't lost a wife, a job, or thousands of dollars and most importantly I couldn't drink a fifth a day which seemed to be the minimum for a true alcoholic. Never mind that I wasn't married or employed and I had always been broke. The capacity for alcohol would increase, it is one of the rules of alcoholic drinking.

Years later, I had been divorced and lost a job and blown lots of money on booze and had all the accidents that go with it. I was depressed and miserable and I realized that the only time I had been happy was as a member of AA. That was the place I learned how to be a decent human being so I came back. I was lucky to find a sponsor who would put up with me. I questioned everything and told him that I hated meetings and for a time quit attending them but somehow I stayed sober and managed to not get fired by him.

I read the literature and became very active with my home group and my life improved in every way. Financially, I had a thriving business and a beautiful home. I had been spared from many painful experiences. Then after 12 years of sobriety, I became disenchanted with the discussion meetings that I had been attending, but instead of looking for other meetings, I stopped going. My employment caused me to see many AA members who did not appear to be practicing the 12 Steps in all their affairs. I couldn't believe that they would be worse off drinking. I called other AA members hypocrites, but I who had gained so much from a Program I was now denouncing was the biggest hypocrite of all. I had graduated and it wasn't with a degree of humility.

When I drank again I only had two glasses of wine and I didn't turn into a pumpkin so I thought I must have licked this thing that was more psychological than physical. For a month I would have one or two beers and laugh that I couldn't drink more because I got sleepy. I hate to admit it but I was thinking about being the first guy to comeback and stand up at a meeting to announce that I found a way to drink successfully.

Since this is a story about Christmas I will skip the drunk-a-log and get right to the worst yuletide I have experienced. I went from two glasses of wine to three bottles and five or six pain pills. My wife divorced me and so did many of my friends. I was unable to sleep through the night. I would wake from my stupor feeling sick and would drink medicinally to get a couple of hours sleep. I didn't view

Christmas Past, Christmas Present (cont.)

that as a morning drink until I had been sober a few months. All of the things my Higher Power spared me from the first two times now were beating me into submission because of my self-will.

In the past I had laughed at people who would drink and go to meetings. I could not understand some one who would drink and read the Big Book and now it was happening to me. Now I was desperate to stop drinking but I couldn't get what had come so easily to me before. I went to meetings and felt they weren't for me and I couldn't stop drinking. I cannot imagine a deeper sense of loneliness and hopelessness than knowing you are an alcoholic and that AA is the only solution for you and yet not connecting with meetings and the program. Suicide was looking like the only way out.

I believe my Higher Power was protecting me because I didn't get a DUI and I didn't physically harm any one but he was also teaching me about the desperation that I had not known before. I needed the education so that this time I would cling to the program like a drowning man would a life preserver.

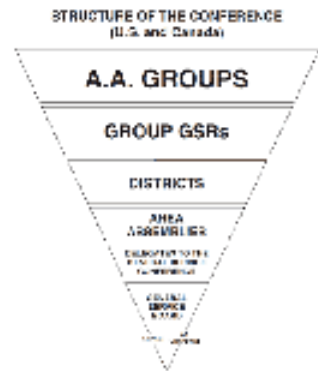
Today I keep the focus on me. I acknowledge that we all have frailties and the only chance we have to overcome them is by staying sober. If a meeting doesn't appeal to me I search out ones that do. When I was drinking if I didn't like a bar

I didn't quit drinking I simply found one that I enjoyed. Now I look for discussion meetings that strictly follow the Steps and speaker meetings so I get to know someone's whole story. I look forward to attending my regular meetings and I plan my life around them. Pain and progress have led me to love the program and Fellowship that I hated.

I celebrated Christmas sober for the first time in four years. I had time and energy to visit elderly friends. I felt love for the first time and began to feel worthy of it. I came to realize that many hurt feelings and anger were the result of my not feeling that I could be loved. My wife and I hosted a Christmas party and our home was filled with friends and there was no sickness or remorse the next day. We went to plays and celebrations and yet I had plenty of time to attend meetings.

I believe my higher power gave me two chances to join AA with less suffering but I refused the opportunities. The good news is that I made it back and have a new enthusiasm for the program and meetings. This year I look forward to celebrating another sober Christmas and being grateful for the best gift of all, recovery through the program of Alcoholics Anonymous.

—Anonymous, Toledo, Ohio



District 4 Presents a WORKSHOP

Welcome to General Service

&

New GSR Orientation

Sunday, January 16, 2022
2:00 – 3:30PM

Double Winners Club (where Happy Destiny II meets)
325 Whitecrest Dr, Maryville, TN 37801

An informed GSR is an effective GSR

- **Meet other Trusted Servants serving this rotation**
 - **Learn the General Service Structure...**
- **...and the GSR's critical role in ensuring AA's unanimity**
 - **Learn Area 64's Service Structure & Procedures**
- **Tips to be well prepared for the 1st Quarter Area 64 Assembly**

(...and maybe win a new A.A. book)

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

We are grateful to be able to come together again in person to conduct the business of Area 64 and enjoy our fellowship. We ask you to carefully consider your health and the health of other attendees. If you are sick, please stay home. If you have been recently exposed to COVID-19, please stay home. Regardless of vaccination status, we ask that you wear a mask at all times. If you are immunocompromised or otherwise at high risk for a poor COVID outcome, please consider staying home.

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



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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UNITY
NEWSLETTER**

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January 2022



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