

# UNITY NEWSLETTER



NOVEMBER 2022 Volume 46; Issue 11

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

*Dr. Bob Smith 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 in March 1984.*



***“Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God’s will for us and the power to carry that out .”***

There are five phases to the Twelve 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 ELEVEN:** “ Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God’s will for us and the power to carry that out .”

Prayer is talking to God — meditation is listening to Him. Pray, go to church, read the bible, read the Big Book. Get to know the Word of God so that you will understand it when you meditate. Thy will, not mine, be done!!!!

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**Step Eleven: “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”**

PRAYER and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all.



**Eleventh Step Prayer**

God, as I understand You, I pray to keep my connection with You. Open and clear from me the confusion of daily life. Through my prayers and meditations I ask especially for freedom from self-will, rationalization, and wishful thinking. I pray for the guidance of correct thought and positive action. Your will, not mine, be done

**Tradition Eleven (long form):**

Our relations with the general public should be characterized by personal anonymity. We think A.A. should avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better that our friends recommend us.

**Tradition Eleven Checklist:**

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?



**Concept XI and Checklist: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.**

- Do we understand how the roles of nontrustee directors and nontrustee appointed committee members help serve and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional “Right of Participation”?
- Do we practice rotation in all our service positions?

# A.A. Oldtimers on the Eleventh Step

*A.A. Grapevine, September 1945 Vol. 2 No. 4*

***“Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.”***

It is often wisely said in A.A. that we should not become over-anxious, should not expect to get the whole program overnight, but should take the steps one at a time when we feel that we are ready for them. This means that although we are not ready at a given time to take this step or that one and are, therefore, not then taking it, we should be disposing ourselves toward it. It never means that we should plan on avoiding any of the steps.

Practice of the 11th Step is the surest method of disposing oneself toward all the other steps. It was only through seeking contact with God through meditation and prayer that some of us came to believe in Him and became willing to turn our wills and our lives over to Him. The wish to improve that contact, the searching for knowledge of His will for us and the power to carry it out, gives us strength to make amends, to do the things necessary to remake our lives.

Unless we improve our contact with God we will gradually lose it. There will be a slow return to indifference and we will suffer that let-down that so many experience after a few months in A.A. Gradually old desires return with increasingly great urgency. The alteration in conduct that we have made for a few months has not been sufficiently sustained to lead to a change in character, and the deeper habit patterns reassert themselves. Growth in spiritual understanding alone will dispose us to make the effort to recondition ourselves, to change our emotional attitudes and bring about a true character change.

For specific suggestions for practicing the 11th Step we turn to the book *Alcoholics Anonymous*, as we do on all A.A. questions, before going ahead on our own. Applying the wisdom we find there, we turn with newly awakened interest and intensity to the practices of our particular religious denomination, if we have one; we sometimes select and memorize a few set prayers; we may study the recorded thoughts of others; but in any event we make it a practice in the morning to ask God to guide us during the day, and thank Him at the day's close for His many blessings. We are careful never to pray for our own selfish ends, but ask especially for freedom from self-will and knowledge of God's will for us.

Some of us have found the following verse helpful on awakening, when all our wishes and hopes for the day rush at us like wild animals; the first thing we must do is shove them all back, and listen to that other voice, letting a calmer, quieter, stronger life flow into us:” Every morning rest your arms awhile upon the window-sill of Heaven and gaze upon your Lord, and with that vision in your heart turn strong to meet your day.”

All of which, of course, is calculated to keep us from taking that first drink. It works –it really does.

**R. D.**

Garden City, New York

## DISTRICT MEETINGS

District 1 meets the first Saturday, every other month (Jan, Mar, May, etc.) 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.

Intergroup Committee meets the third Monday of the month at 6:30pm on Zoom. Meeting ID: 190 817 792; Password: 076583.

### Want to do Service Work for Intergroup?

Use the form below, OR sign up online here:

<https://www.etiaa.org/contact-us/>

#### 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

## THANK YOU VOLUNTEERS!

We can't do it without you! Intergroup volunteers help carry the message to the alcoholic who still suffers, and provide groups and individuals with literature and other resources. It's a great gig! If you have at least 6 months of continued sobriety, come join us!

Fill out your info at the office, or online at <https://www.etiaa.org/contact-us/>.

### In the Office

Jill	Patty	Dennis
Glenn	Eddie	Tara
Pete	Paul	Beth
Charlie	Kathy	Bruce
Bob	Rick	Marie
Robin	Fawn	Rob
Dave	Jacqueline	Mary

### Website Meeting List

Sterling	Barb
Eammon	
SuZanne	

### Hotline:

Clara	Randall
Bob W	Jack F
Emily	Miles
Anna	Karen C
Barb	
Patrick	
Austin	
Ron M.	

### Intergroup Board

Rhonda	Tami
Dave	Jacque
Marian	Jack F
Beth	Susie MacD
Barb	Jimmy MacD
Susi	

### AA Birthdays / Anniversaries

#### Monday Night Men's Group

Joe S.	40 years
Ted F.	10 years
Mac M.	1 year

## Intergroup Office News

ETIAA is taking nominations for it's standing committee in November and will be voting in December. The current open positions are:

- Vice Chair (no current nominations)
- Secretary (no current nominations)
- Spanish Liaison (no current nominations)
- CPC/PI (no current nominations)
- Accessibilities
- Outreach

These Officers help facilitate 12 step work in our area. They also help make decisions about the Intergroup Office. We are always excited to have new faces participate in Intergroup. For more information on how this all works, check our By-Laws on our website under ETIAA Info> Service> Intergroup Representative or simply email [manager@etiaa.org](mailto:manager@etiaa.org) and we'll send you a link. We welcome all AA members!!

### Service Work Opportunities

We need new service workers for our 12 Step List. These workers answer calls from people who need to talk to an AA member after they have been screened buy the hotline worker. They usually need to talk to someone of the same sex about the program and potentially meet at a meeting.

We also need service workers to be backups on the hotline.

**Contact us to find out how you can help us carry the message!**

## 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)

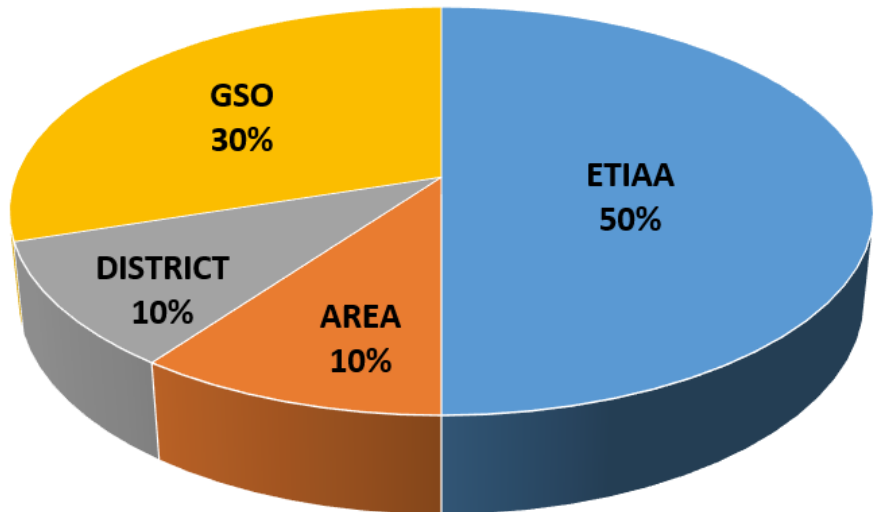
## 7TH TRADITION SUGGESTED CONTRIBUTIONS

### How can groups participate?

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

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

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



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

### Contribution Addresses

**ETIAA East Tennessee Intergroup of AA**  
**9217 Park West Blvd #B3**  
**Knoxville, TN 37923**  
**865-522-9667**     [www.etiaa.org](http://www.etiaa.org)

**New ways to contribute:**

Paypal [Manager@etiaa.org](mailto:Manager@etiaa.org) or  
 865-320-8649  
 Zelle [Manager@etiaa.org](mailto: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**  
**Barb Sapp**  
**4137 Skyland Dr,**  
**Kingsport, TN 37664**

**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.

*Please be sure to include your Group Name and Number.*



## Intergroup Financial / Contributions Report

1ST THINGS 1ST KNOXVILLE		1,168.09
4-WAY GROUP		50.00
4TH DIMENSION		300.00
AREA 64 HOST COMMITTEE		90.00
BACK TO BASICS- OAK RIDGE	50.00	50.00
BIG BOOK RECOVERY	25.00	25.00
BLOUNT COUNTY GROUP		175.00
BREAKFAST CLUB	70.00	70.00
COLONIAL GROUP		100.00
COLONIAL HEIGHTS	40.00	85.00
CONCORD GROUP		40.00
CONTRIBUTION JAR		24.72
COOKIE GROUP	120.00	120.00
FOUNTAIN CITY SERENITY		150.00
HAPPY DESTINY		150.00
HIGH NOON ROGERSVILLE		100.00
HIGH NOONERS-P40		500.00
KODAK HWY 66		50.00
LAFOLLETTE-THERE IS HOPE	20.00	60.00
Lordy Lordy Event	1,059.19	1,059.19
LUNCH BUNCH- GREENEVILLE		122.00
NEW BEGINNINGS KNOXVILLE		6.72
NORTH GATLINBURG		141.84
NORTHSHORE		500.00
ONLINE LUNCH BUNCH		50.50
Paula A		1,000.00
PHOENIX GROUP		590.00
PRIMARY PURPOSE- OAK RIDGE	200.00	200.00
RIVERSIDE GROUP	860.95	860.95
SEYMOUR SHARING		200.28
Square Customer	20.98	139.73
Stepping Through Sobriety	75.00	75.00
TELLICO VILLAGE	60.00	120.00
The Jaywalkers	250.00	250.00
TRI-STATE GROUP-HARROGATE	300.00	300.00
TRUDGING THE ROAD		138.80
TUESDAY NIGHT LOUDON	150.00	150.00
TURNIP PATCH		128.77
WEARS VALLEY GROUP		83.25
WEST KNOXVILLE GROUP		358.00
<b>TOTAL</b>	<b>\$ 3,301.12</b>	<b>\$ 9,782.84</b>

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



## October 2022 Intergroup Meeting Minutes

Present via Zoom: - Tami D, Dave S., Clara M., Fawn L., Jimmy McD., Jack F., Jacque H., Jim F., Rhonda, Barb S., Allison, Marian G., Becky B., Scott S., Beth, Patricia H., Ken, Beth C., Dennis P., Brent, Bryan G., Simone, Susie McD., Matt, Erika W.

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

Previous minutes were accepted with amendments motion by Clara M., seconded by Barb S., all in favor.

- Amendments: previous minutes amended to read under Old Business: Jimmy McD – also requested \$2000 budget for a New Year's Eve Party. This was tabled until the next meeting. Under New Business, Clara would like to purchase a new phone to assist the hearing-impaired office volunteers with answering the phones. There is a government program that offers a grant to assist with the costs, leaving our out-of-pocket expenses around \$100.00. Dave S made a motion to approve the funds. Jim F seconded. All in favor.

### Manager's Report – Clara M

- Welcome new IGRs – Clara welcomed new reps to the meeting. If you need anything reach out to the office manager @ 865-320-8649 or manager@etiaa.org.
- Remind – Clara 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.
- Labels for Items in the Office – Clara stated the office reorganization is complete except for the labels for the shelving.
- Website Sales page corrections to shipping costs – Clara advised the shipping costs for online purchases were undercalculating and what was charged online was not enough to cover the shipping costs which resulted in invoices having to be sent to recoup the difference between what was charged and the actual cost to ship the order. As of 10/17/22 the shipping charges have been updated on the website to calculate the correct charges.

### Treasurer's Report – Dave S.

- Group Contributions for October to date \$1266.78
- Group Contributions for September \$3302.12 which included \$1059.00 from the Intergroup Anniversary Party.
- Net revenue for September -\$1482.99 – had two rent checks come out in September and Clara had 3 paychecks this month because of how the month fell resulting in the negative amount.
- Motion to accept Treasurer's report by Tami D., seconded by Pat, all in favor.

### Hotline – Jack F.

- Jack reported he has had 5 more people inquire about volunteering for the Hotline.
- The issues with incoming calls that were reported last month seem to have resolved.
- No updated information regarding the 12 step call list.

### Service Workers – Dave S.

- Dave advised the Thursday morning shift was open but position has been filled.
- He has one new volunteer being trained as a fill-in for when someone is out unexpectedly.
- Note to be placed to let volunteers know that only the hearing-impaired volunteers are to be using the new phone.
- Dave is sending out schedules for November and December. The Office will be closed Thanksgiving Day, December 24<sup>th</sup> – 26<sup>th</sup> and December 31<sup>st</sup> – January 2<sup>nd</sup>.

### Archives – Allison

- Allison reported she has been working organizing and sorting the previous Newsletters by month and year.

### Website – Barb S.

- Barb reported there were 230K clicks to the website in September. The top pages were the meeting list with 103K clicks and events with 238 clicks.



## October 2022 Intergroup Meeting Minutes (Cont.)

### Accessibilities – open

### Spanish Liaison – open

### CPC/PI – open

### Treatment – Jacque H.

- Jacque was unable to attend the District 2 meeting. Nothing else to report this month.

### Corrections – Marian G.

- Marian was not able to attend the District 2 meeting and the next District meeting will be District 1 and she will be at the National Corrections Conference.
- Marian has been asked to be on a panel at the Corrections Conference.

### Outreach – open

### Events – Susie and Jimmy McD.

- Jimmy stated they would like to establish a bookkeeper position for the Events committee. To be discussed further at next month's meeting.
- New Year's Eve Party proposal to be tabled until next month.

### Mobile Intergroup – Beth C.

- Previous Events – Beth attended the District 4 picnic and reported around \$200 in sales. Clara attended the CPC/PI Workshop and sales were nominal.
- Clara to attend a Service Workshop/Halloween Party on October 29<sup>th</sup> in Morristown from 2-3 the District 4 Treatment Committee meeting at Happy Destiny II on November 19<sup>th</sup> from 1:30-3:30.

### Old Business:

- The phone to assist hearing impaired office volunteers has been purchased and is in use.
- Committee Budgets will be addressed by the committee also responsible for reviewing and proposing changes to the intergroup By Laws.
- By Laws review and revisions – Clara advised the committee to meet October 27<sup>th</sup> at the Intergroup office. Beth C recommended the committee review and add all standing committees to the By Laws and she recommended that the Managers evaluation coincide with the Managers hire date. Beth was added to the By Laws ad-hoc committee.

### New Business:

- Elections to take place in December, Nominations to take place in October and November. Positions up for election include:
  - ◊ Vice-Chair
  - ◊ Secretary
  - ◊ Hotline Chair
  - ◊ Archives Chair
  - ◊ Accessibilities Chair
  - ◊ Outreach Chair
  - ◊ Treatment Chair
- Clara nominated Ken for Outreach Chair, Dave S seconded.
- Jimmy McD nominated Jack F for Hotline Chair, Brent seconded.
- Scott S nominated Allison for Archives Chair, Jack F seconded.
- Beth nominated Jacque H for Treatment Chair, Allison seconded.
- Jimmy nominated Kelly for Accessibilities Chair, Dave S seconded.
- Vice-Chair, Secretary no nominations received to date.
- Jack F made a motion to vacate current Vice-Chair due to inactivity, attendance at meetings. Allison seconded. All in favor.

**Meeting adjourned at 7:27 pm.**

**Next meeting to be held Monday November 21<sup>st</sup> at 6:30pm both in person and on Zoom.**

# Requests for Manuscripts

The General Service Office of AA in New York City is soliciting for manuscripts for:

- the 5th Edition of the AA Big Book, *Alcoholics Anonymous*,
- the 4th Edition of the Spanish-language Big Book, *Alcohólicos Anónimos*, and
- *A.A. for the Black and African-American Alcoholic Pamphlet*

See details below to the appropriate submitting channels, word limits, format requirements, and other important information.

Alcoholics  
Anonymous®

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

General Service Office of Alcoholics Anonymous, Inc.

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

## Submissions for the 5th Edition of Alcoholics Anonymous:

The suggested format for typed manuscripts is 3500 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages. Please include your complete name, address, and email/phone information on the first page of the submission. A copy of your manuscript should be retained for your files.

The anonymity of all authors will be observed whether their story is selected for publication or not. Stories will be accepted in English, French or Spanish. Further information on where to submit your story will be provided to the Fellowship through Box 4-5-9, the A.A. website and more. If you have any questions, please write to:

**5BBStory@aa.org**

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## Submissions for the Spanish-language Alcohólicos Anónimos :

The committee is seeking stories of recovery from a wide representation of the Hispanic community. Stories of recovery may also include: Ethnic, cultural, gender and LGBTQ diversity; Diversity of social status; Experiences of sobriety during the pandemic; Newcomer and old-timer experiences; Accessibility experiences; Spiritual experiences' A.A. meetings on virtual platforms; and Sobriety and mental health.

Suggested format: Stories written in Spanish, English or French will be accepted from any Hispanic member of the A.A. structure in the United States and Canada. Use the same format as described above in the 5th Edition notice. **Deadline:** Please submit on or before December 15, 2022. Email: **4LGHistorias@aa.org**  
Subject Line: "Fourth Edition Spanish" Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central, Station, New York, NY 10163 The words "Fourth Edition Spanish" should be written on the envelope and at the top of the first page of the manuscript.

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## Submissions for the "A.A. for the Black and African-American Alcoholic" Pamphlet :

The committee is seeking stories of recovery from all African American, Canadian, Caribbean A.A. members from the English, French and Spanish-speaking Black communities in the A.A. structure in the United States and Canada. Stories of recovery may also include: Experience, Strength, and Hope; Steps, Traditions, Concepts; Ethnic, cultural, gender and LGBTQ diversity; Diversity of social status; Sponsorship; A.A. Service; Safety & Racism; Military; Black Mental Health and Diverse Abilities; BIPOC A.A. meetings; Atheist/ Agnostics. The suggested format for typed manuscripts is 500-800 words, double spaced, in 12-point font.

Handwritten manuscripts should be approximately 5 to 6 pages. Include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files. The anonymity of all authors will be observed whether their story is selected for publication or not. Instructions for submitting your manuscript: **Deadline:** Please submit on or before October 31, 2022.

Email: **pamphletstories@aa.org** Subject Line: A.A. for the Black and African American Alcoholic  
Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163. On the envelope: The word "Pamphlet" should be written on the envelope and at the top of the first page of the manuscript.

## THE KNOTS PRAYER

***Dear God, Please untie the knots that are in my mind, my heart, and my life. Remove the have nots, the can nots, and the do nots that I have in my mind.***

***Erase the will nots, may nots, and might nots that find a home in my heart.***

***Release me from the could nots, would nots, and should nots that obstruct my life.***

***Most of all dear God, I ask that you remove from my mind, my heart, and my life all the 'am nots' that I have allowed to hold me back, especially the thought that I am not good enough.***

***Amen***

***— Author unknown***



Trinity United Methodist Church  
5613 Western Avenue  
Knoxville, TN

Saturday, December 3rd @ 6PM

# Festive Fellowship

6:00 PM Eat

The District will provide the meal's meat and beverages. We need volunteers to bring side dishes and/or deserts.

7:00 PM Speaker - TBA

8:00 PM Raffle, sobriety countdown and a very special visitor. Home groups are encouraged to donate a raffle basket to support our District.

Contact Louise N. for information or service work at 423-309-3663

76TH ANNUAL SOUTH CAROLINA STATE CONVENTION

# HOW FREE DO YOU WANT TO BE

MARCH 24-26, 2023  
CHARLESTON

SPEAKERS | WORKSHOPS | ACTIVITIES

PHIL B., CULLOWHEE, NC  
JENNIFER H-K PLANO, TX,  
AARON J., CHARLOTTE, NC  
CHRIS R., INGRAM, TX  
LESLIE S., ATLANTA, GA

Conference: Omar Shrine Center | Hotel: Comfort Inn & Suites -  
196 Patriots Point Rd. Mt. Pleasant, SC 29464 - 843-856-8817

PRE-REGISTRATION - \$30 / \$35 AT THE DOOR

NAME ON BADGE: \_\_\_\_\_

HOMEGROUP: \_\_\_\_\_

FULL NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PAST OR CURRENT DELEGATE: PANEL \_\_\_\_\_ AREA \_\_\_\_\_

I WOULD LIKE TO VOLUNTEER: \_\_\_\_\_ I NEED ACCESSIBILITES HELP \_\_\_\_\_

Make checks payable  
to 76th SC State Convention

PO Box 30189  
Charleston, SC 29417  
or register online: [www.aa62.org](http://www.aa62.org)

Registration Amt: \_\_\_\_\_  
+ Scholarship Donation: \_\_\_\_\_  
Total Enclosed: \_\_\_\_\_



To see the flyer for the hotel, link [here](#):





Every Saturday Morning  
10:00 to 11:00 am

Fairview United Methodist Church  
2508 Old Niles Ferry Rd., Maryville

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# A New Freedom!

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**Come Join Us On Our Road To Recovery!**

“A New Freedom” is an open AA discussion meeting based upon the writings of Bill W. in his book *“As Bill Sees It”*. This is a one hour open meeting and ALL are welcome! We hope to see YOU there! We meet upstairs in the room the Friday Night Group meets.

**Sponsored by : The Blount County Group**



## *Southeast Woman to Woman Conference*

*“Secrets Women Don’t Share”*

*A conference for sober Alcoholic women with Al-Anon participation*

*Be the first in your state to host this special event!*

*The conference event includes*

- *Speakers*
- *Old Timers Panel*
- *Workshops*
- *Marathon Meetings*
- *and more...*

*If there are sober women in your area that would like to host this conference please contact*

*Candice D. or Jeannette D.*

*Email: [Info@sewomantowoman.org](mailto:Info@sewomantowoman.org)*

*The Southeast Region includes the following states: Alabama, Florida, Georgia, Louisiana, North Carolina, Mississippi, South Carolina, Tennessee, Virginia, West Virginia*

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# Register for TCYPAA

February 24th - 26th, 2023  
Millennium Maxwell House Hotel  
2025 Rosa L Parks Blvd  
Nashville, TN 37228



<https://docs.google.com/forms/d/e/1FAIpQLScOjXqwK1PhF34aLmF6-9fX93hXN2uqVx6RWWJCFIsNxQSxTg/viewform>









# THANKSGIVING POTLUCK DINNER





*The LUNCH BUNCH  
at Highlands Fellowship  
134 Commerce Court, Bristol, VA  
Thursday November 24, 2022*

**MEETING AT NOON**  
**Potluck to follow**



*Lunch Bunch will provide the TURKEY  
Sides & Fixins are Potluck.  
Please bring a dish to share if you can.*



Family and Friends are welcome!

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you to have a host of friends--this is an experience you must not miss"



ASL Interpreters provided



*Stepping Into Serenity  
Women's Conference  
Chattanooga, TN  
February 24-26, 2023*

Hotel Info:

Doubletree by Hilton  
407 Chestnut Street  
Chattanooga, TN 37402  
423-756-5150  
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Room Rates: \$121.00  
Reservation Code: SIS  
Reserve Room by: 01/23/23

*Here are the steps we took . . . . .*

**Speakers:**

**Limit of 500**

- Step 1 / Polly P Jacksonville, FL**
- Step 2 & 3 / Angie P Cincinnati OH**
- Steps 4 & 5 / Hilary R Los Angeles, CA**
- Steps 6 & 7 Mary Emma H Hilton Head, SC**
- Steps 8 & 9 Vivian Q Okatie, SC**
- Steps 10 & 11 Joette N Winder, GA**
- Step 12, Brenda J McKinney, TX**
- Alanon Angie B Destin, FL**

Pre-Registration: \$30

At the Door: \$35

Please make check or money order payable to "SIS" and mail to:

Stepping into Serenity  
PO Box 21203  
Chattanooga, TN 37424

OR

Register online at [www.steppingintoserenity.org](http://www.steppingintoserenity.org)  
Mastercard, Visa, Discover and  
American Express accepted on Square-

AA Al-Anon Volunteer ASL  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_  
 Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email address: \_\_\_\_\_  
 Name on Badge: \_\_\_\_\_

AA Al-Anon Volunteer ASL  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_  
 Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email address: \_\_\_\_\_  
 Name on Badge: \_\_\_\_\_

For additional information or questions, please email [SIScommittee@yahoo.com](mailto:SIScommittee@yahoo.com) or call (423) 355-2283 or (423) 242-5364.

ASL Interpreters provided



NO LONGER RUNNING

# THE SHOW

**71ST KENTUCKY STATE AA CONVENTION**

FEBRUARY 24-26, 2023

CROWNE PLAZA HOTEL • LOUISVILLE, KY

*Speakers + Workshops + Entertainment + Fellowship*

**LYLE P.** ★  
ATLANTA, GA

**HAROLD L.** ★  
ST. LOUIS, MO

**TONY J.**  
COLUMBUS, MS

**JANE L.** ★  
TALLAHASSEE, FL

**JAMES L.** ★  
TALLAHASSEE, FL

**CORRIE L.**  
WETUMPKA, AL

★ **REGISTER ONLINE NOW AT 2023KYAA.COM** ★

### ATTENDEE INFO

Name

Name on Badge

Home Group

City / State

Phone

Email

I'd like to volunteer. Please contact me.

### REGISTRATION OPTIONS

Early Bird Registration by 12/31/22 = \$25

All Registrations in 2023 = \$30

AA Admission

AI-Anon Admission

I've held a position for Area or District Service.  Yes

Sponsor an Attendee \$

*Donate to a member who can't afford to go.*

Coffee Contribution \$

*Help offset the convention coffee expense.*

TOTAL ENCLOSED \$

### PAYMENT INFORMATION

Detach and mail this form with check.

No cash. One form per attendee.

Must be postmarked by 12/31/2022 to get Early Bird Registration price.

Make checks payable to:  
**Louisville Host Committee**

Mailing Address:  
Louisville Host Committee  
PO Box 37137  
Louisville, KY 40233

For more information or to register with a credit card please visit  
**WWW.2023KYAA.COM**

### STAY AT THE CONVENTION HOTEL

Crowne Plaza Hotel, an IHG Hotel • 830 Phillips Lane • Louisville, KY 40209  
GROUP CODE: ALC • Two Queens or King \$119/night +tax/fees • Reserve by 1/25/23 for discounted rate • Reservations (866) 888-0620 or online [www.2023KYAA.com](http://www.2023KYAA.com)

**IT'S BACK  
SPEAKER MEETING AT  
SEYMOUR SHARING GROUP**

**LAST FRIDAY OF THE MONTH  
7PM FELLOWSHIP                      8PM SPEAKER**

**DATES FOR 2022:  
JULY 29; AUGUST 26; SEPTEMBER 30;  
OCTOBER 28; NOVEMBER 25; DECEMBER 30**

**New Meetings:**

**RECOVERY**

**AT**

**THE POINT**

**211 W. FIFTH AVE  
KNOXVILLE, TN 37917**



**OD, OS, AA**

**FRIDAYS  
7:00 PM**

**DESIGN FOR LIVING GROUP**



**WOMEN'S BIG BOOK STUDY**

**Starting June 5th**

**SUNDAYS @ 5:30**

**CONCORD UNITED  
METHODIST CHURCH**

**Enter using 4 West Door**

**Contact Tami @ 865-310-4142**





# APPALACHIAN REGIONAL ROUNDUP

to face the hideous four horsemen  
march 17-19 2023 kingsport, tn

## SPEAKERS

Astrid H: Sherman Oaks, CA  
Amy D: Louisville, KY  
Charlie P: Austin, TX  
Paul McQ: Rockaway, NY  
Bob D: Las Vegas, NV  
Ralph W: Las Angeles, CA  
Kent C: Sandusky, OH  
Mari G: Toronto, Canada  
Larry T: Bellflower, CA  
Katie P: Austin, TX  
Rick J: Toronto, Canada (ALAnon)

Meadowview Conference Resort  
& Convention Center  
1901 Meadowview Parkway  
Kingsport, TN 37660

Room Rate \$124.00  
Call Or Visit Our Website To Book  
423-578-6600

Make check or money order  
payable to Appalachian Regional  
Roundup & mail to:  
P.O Box 7494  
1001 N. Eastman Rd  
Kingsport, TN 37664

For more information:  
Call Tabitha E 423-491-2420

or visit our website at  
[www.appalachianregionalroundup.com](http://www.appalachianregionalroundup.com)

Registration is \$30 & \$35 at the  
door. Online registration is  
available at  
[www.appalachianregionalroundup.com](http://www.appalachianregionalroundup.com)

## fourth annual appalachian regional roundup

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Scholarship Contribution: \$ \_\_\_\_\_  
(Lend A Hand To Those Unable To  
Pay The Registration Fee)

Number Of Registrations: \_\_\_\_\_ Total: \$ \_\_\_\_\_

# Area 64

## *First Quarter Assembly*

*...A Design for Living!*

*January 27<sup>th</sup> - 29<sup>th</sup> 2023*

*Manchester Conference Center  
111 Hospitality Blvd  
Manchester TN 37355*

***Reservations -Hol Inn 931-728-9383 @ \$105/code ASF***

***Comfort Inn 931-728-1301 @ \$105 /code Area64***

***LX Hotel (3mi) 931-954-0946 @ \$99 / code A64***

***For Additional information -***

***Rick W - 615-812-7425 (call or text)***

East Tennessee Oct 8, 2022  
Intergroup

I did these cartoons in hopes you can use them in the Intergroup publication.

I do not have editing software so these are rough drafts. If you need to edit them feel free to do so.

Thank you for your consideration.

Sincerely,

Teresa S

Oak Ridge, TN.  
37830

P.S. I go to meetings at my home group: BACK to Basics

I've been sober 5 years

# Read the Literature





*On the lighter side....*

Nothing spoils a good story like the arrival of an eyewitness.

~ Mark Twain

**i got so drunk  
last night i  
walked across  
the dance floor to  
get another drink  
and won the  
dance contest.**

my dog got a haircut and now it looks like he gave up drinking.





**November 2022**



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_