



# EAST TENNESSEE INTERGROUP UNITY NEWSLETTER



MARCH 2023

Volume 47; Issue 3

## Intergroup Office News

**We are gearing up** for the Appalachian Regional Roundup March 17-19. We have ordered lots of literature and other Memorabilia. Our service workers have been busy stamping books, pricing items, laminating bookmarks and stapling Meetings in a Pocket. If you are attending and would like to be of service for a couple hours, please email [manager@etiaa.org](mailto:manager@etiaa.org). The ARR committee has some great speakers lined up and it is sure to be a good time. If your group is in upper East Tennessee and you'd like to purchase literature, we can either prepare an order for your group or you can purchase while at the event.

Alcoholics Anonymous World Services will be raising literature prices April 3<sup>rd</sup>. The East Tennessee Intergroup Office will be raising their prices to reflect the increase. We currently have plenty of AAWS literature if your group would like to stock up.

Please remember that GSO has changed their address for contributions. You can find it on the contributions page.

**We talked with Scott S.**, the Intergroup Rep for 1St Things 1St this month. He found out the hard way how vital service was to recovery.

"I just went to meetings and didn't give back to my fellows. I went back out of course and couldn't figure out why?"

My sponsor made me chair meetings in Atlanta, GA. He would introduce me to newcomers after meetings and tell them that I would be happy to be their sponsor.

My sponsor also had me drive 30 miles 3 times a week to pick up a guy in a wheelchair. I became very close to this gangster-like character!"

Scott still sponsors others and find that the most rewarding part of doing service is learning and growing in his own recovery.

"It gives me a sense of self-worth and brings me closer to the God of my own understanding."

**If you are interested** in doing service at Intergroup, we've got a place for you.

There lots of opportunities! We can meet you just outside your comfort zone! Whether it's answering the phones once a month, helping out in the office or double checking Zoom links to meetings on our website. A little help goes a long way and the payoff is sobriety!

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## Submissions

Is your group celebrating Birthdays/ Anniversaries? Are you? Do you have AA-related questions or myths that East Tennessee Intergroup of 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 [manager@etiaa.org](mailto:manager@etiaa.org) Subject line: **Newsletter!**

### Office Service Workers

### Hotline

### Intergroup Board

### Website

Linda  
Robin Y  
Dave S  
Katie  
Joan  
Glenn  
Jill  
Pete  
Rick  
Dennis  
Bob

Patty  
Marie  
Mary  
Charlie  
Jacqueline  
Gerald  
Bruce  
Beth  
Eddie  
Dave R

Carole  
Bob  
Jack  
Luke  
Barb (& website)  
Emily  
Anna  
Miles  
Randal  
Emily  
Patrick  
Austin

Rhonda  
Dave  
Beth  
Barb  
Jacque H  
Jack F  
Susie M  
Jimmy M  
Allison  
Amber  
Ken  
Marian

Sterling  
Eammon  
SuZanne



### **Step Three: “Made a decision to turn our will and our lives over to the care of God, as we understood Him.”**

PRACTICING Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: “This is the way to a faith that works.” In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God— or, if you like, a Higher Power—into our lives.

#### **Third Step Prayer**

God, I offer myself to Thee--to build with me and to do with me as Thou wilt. Relieve me of bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always.



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

Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend on money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

#### **Tradition Three Checklist:**

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?

“...I humbly offered myself to God, as I then I understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch.”

*~Alcoholics Anonymous, 4th Edition, Bill's Story, pg. 13*

## WISDOM OVERHEARD IN THE ROOMS

Steve K. shares 'I was taught: "To take my problems to my sponsor and my solution to the Meeting."'

"Don't go to your personal darkroom, where you develop your negatives."

"I admit I am powerless, but that does not mean helpless or hopeless." (thanks Tim R.)

"If your coasting, you're going downhill" — Unknown

"No matter how far along the road I go, I'm still the same distance from the ditch." (*thanks Jim M.*)

"Help not asked for is interference." (thanks Robert I.)

"There are no Big Deals unless I choose to make them Big Deals." (thanks Robert I.)

"AA is not my whole life, but AA makes my life whole" *Preacher Bob* (may he rest in peace, his presence is still alive at Serenity Improvement Group)

"I raced from the man in the mirror, but he was always in front of me." -- Unknown

"It's not the load that brings you down. It's the way you carry it" ~*Barbara Johnson*

"If you want to talk about the spiritual part of the programme, you may as well talk about the wet part of the ocean". (thanks Diana F. Auckland, New Zealand)

"Acceptance is easier once you are at peace with yourself." ~ Frank (heard by Thea B, at meeting)

God doesn't need my permission to change my life; but he does need my cooperation. — Unknown

"I can't get drunk on yesterday's booze, and I can't get sober on yesterday's sobriety." (thanks Gary M.)

## What Do I Do Next to Stay Sober?

AA Grapevine September 1968

Stay cheerful; stick with the winners; get busy; take the Twelve Steps

ALL RIGHT; tonight I'm (hopefully) assuming there's one person in this room who for good reason has been exploring AA lately; someone who has been having trouble with his drinking and to whom the AA message has been carried; who is over the worst of the withdrawal whims and has begun to look around him and wonder what he's getting into. And who has begun to ask questions, like "What is an alcoholic, anyway?" and "What is this thing called AA?"

As he thinks about the answers he has received, with his mind made up that there's a pretty good chance he belongs here, naturally at this point he wants to know what he does next in order to put this thing to work for him all the way.

The customary initial suggestions have been made to him, and again I'm assuming that he is following them: meetings, meetings, and more meetings; staying away from one drink one day at a time; using the AA tools--the 24-hour plan, the Slogans, the telephone therapy, the Serenity Prayer.

What our beginner does now is more of the same. These are the things he has done and the tools he has used to keep him sober today, thus far, and with us it's always today. I'd like to add one heartfelt recommendation of my own, and that's to do a little realistic thinking along about now, and adopt and latch on to a healthy set of attitudes in relation to the entire situation.

I often quote the politician who with equal facility could either "anticipate with delight" or "view with alarm." Which approach is the beginner bringing to his new life in AA? His choice will make all the difference in how much or how little he gets out of AA above and beyond physical sobriety. The positive attitude in any endeavor is the one that gets results. The negative attitude never gets off the ground--nor, sometimes, does the alcoholic who persists in "viewing with alarm."

The negative approach says, "Poor me. Why me? So I'm sober, but I don't have to like it." The negative type, to be sure, does look around him, but not at the living good examples in an AA meeting. He looks back over his shoulder, out yonder, and thinks: "Joe Bloke can drink and! can't. I'm as good a man as Joe Bloke ever was. It's a damned shame I can't drink like Joe Bloke can. . . . Who says I can't? I'll show them!" And he sure does.

The positive approach to AA might go something like this. . . .

Admitted: I have a problem with drinking.

There is a place where I can get help for my problem. That place is AA. I'm a lucky guy (or gal) that there is an AA.

AA teaches me that I cannot safely drink, since I am an alcoholic. There are lots of things worse than being an alcoholic. There are many diseases I definitely would not exchange my alcoholism for. Not all of them can be arrested; mine can. I'm lucky I'm only an alcoholic. For me there is hope. I accept.

I realize I'm giving up nothing that's doing me any good; I'm getting rid of something I can no longer live with, and these people tell me I can very well live without. They will even tell me how to do it.

I have a lot to learn, so I'd better listen good.

I see around me in AA people who are apparently very well adjusted to getting along without drinking. Most of them even seem to prefer it this way. They look fine; they're cheerful, lively, busy, happy. I want some of that, too, along with just merely keeping out of trouble.

I'll stand on my head at high noon every day, if they tell me that's what they did to get this thing. . . .

What else can our beginner do now to help along the quality as well as the quantity of his sobriety?

## What Do I Do Next to Stay Sober? Continued

You can "stick with the winners," whose sobriety is the kind you want. Stay away as much as possible--perhaps altogether, for a while, until you're on more solid ground--from old drinking pals who can't be expected to take your present effort as seriously as you do, and whose drinking can set up a resentment in you against your "lot." Resentments can set anyone off again. They're one luxury alcoholics absolutely cannot afford.

Don't push your luck. Meals can be found in coffee shops, telephones in drugstores. There's no valid need to go on patronizing your neighborhood bar for commodities such as these. And don't be afraid you'll miss seeing the "kindred souls" in that bar. They may be our beginners of tomorrow! We who are here tonight are the alumni of many bars; we're your kindred spirits, too. You may even get to like us better this way than as the kind of barroom companions we used to be.

Do you like to read? We have a magazine, the Grapevine, that's delightful. We have books you'll get to love. There is also the "little black book," 24 Hours a Day; spend five minutes with it every morning--it will start your day out right.

Get busy around the group of your choice. First, of course, join a group. Put down roots, so that you'll become known and will be around and available where the activity is. It's true there are no formal "musts" in AA, but you'll find there are any number of "You'll be better off if you do's," and this is one of them.

Count your blessings often. There are more of them than you perhaps realize, already, and they'll increase with every twenty-four hours of sobriety. Count them especially if you should feel a little self-pity or depression creeping in; force yourself to; see how long your self-pity lasts under that treatment. Counting your blessings will help you stay grateful, and gratitude will help you stay sober.

Never say "Never" to anything that comes along in AA. Say "Not today," if you must, but don't set up blocks in your mind that can later become roadblocks in the path to the kind of sobriety you want. At the same time, keep your expectations simple, and watch your natural impatience. Not all of your problems will clear up overnight; they didn't accumulate overnight. Nor is AA going to solve all your problems. It can and will take care of your Number One problem, drinking. And indirectly, through your own sobriety, it will help you solve the others. But this will take a little time; just remember that, in adding one day's sobriety to another, you're gaining on your other objectives.

As for the horrible past and the remorse that sometimes threatens to swamp you--don't be too hard on yourself. You have been a very sick person; you're just beginning to recover. The Twelve Steps will enable you, when you're ready to tackle them, to do all that needs to be done about that past, so that "you can finally let it go; until you are strong enough and ready to deal with it, it will keep. Meantime, this is today, and this is the time in your life that counts--right now.

Bob N., Scarsdale, New York  
AA Grapevine September 1968

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### If Life is a Game, These are the Rules

The Simple Approach to the 12 Steps!

1. There's a power that will kill me.
2. There's a power that wants me to live.
3. Which do I want? (If you want to die, stop here. If you want to live, go on.)
4. Using examples from your own life, understand that selfishness, dishonesty, resentment, and fear control your actions.
5. Tell all your private, embarrassing secrets to another person.
6. Decide whether or not you want to live that way any more.
7. If you want your life to change, ask a power greater than yourself to change it for you. (If you could have changed it yourself, you would have long ago.)
8. Figure out how to make right all the things you did wrong.
9. Fix what you can without causing more trouble in the process.
10. Understand that making mistakes is part of being human (When you make a mistake, fix it, immediately if you can.)
11. Ask for help to treat yourself and others the way you want your higher power to treat you.
12. Don't stop doing 1 through 11, and Pass It On!!

--Author Unknown

## 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

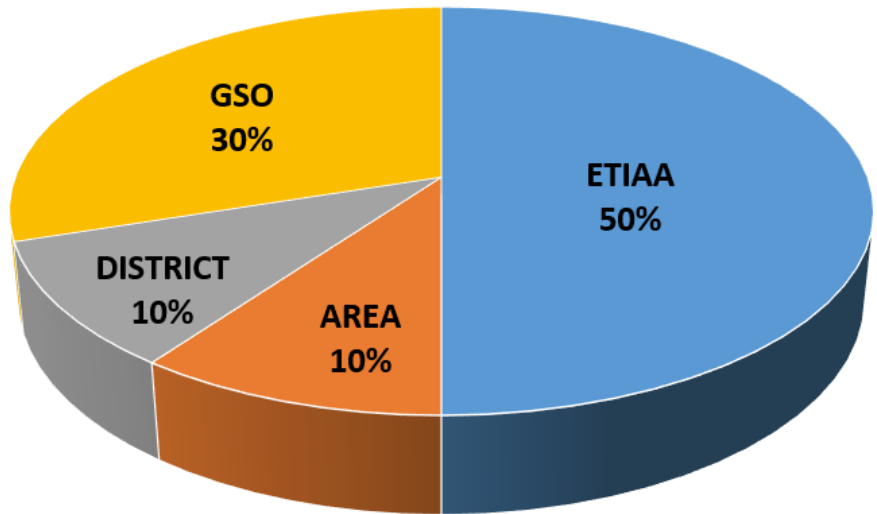
## 7TH TRADITION SUGGESTED CONTRIBUTIONS

### 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

**NEW!**

**General Service Office**  
 P.O. Box 2407  
 James A. Farley Station  
 New York, NY 10116-2407  
[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 Drive  
 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.

## Intergroup Financial / Contributions Report

GROUPS DONATING	Jul '22—		GROUPS DONATING	Jul '22—	
	Jan'22	Jan '23		Jan '23	Jan '23
1ST THINGS 1ST KNOXVILLE		1,976.29	MORRISTOWN GROUP	50.00	100.00
4-WAY GROUP		100.00	NEW BEGINNINGS KNOXVILLE		556.72
4TH DIMENSION		600.00	NORRIS CLINTON GROUP	20.00	60.00
AREA 64 HOST COMMITTEE		90.00	NORTH GATLINBURG		309.69
BACK TO BASICS- OAK RIDGE		50.00	NORTHSHORE	200.00	700.00
BIG BOOK RECOVERY		45.00	ONLINE LUNCH BUNCH		50.50
BLOUNT COUNTY GROUP		275.00	Paula A		1,000.00
BREAKFAST CLUB		178.90	PHOENIX GROUP	692.00	1,282.00
COLONIAL GROUP	100.00	300.00	PRIMARY PURPOSE- OAK RIDGE	200.00	400.00
COLONIAL HEIGHTS	40.00	125.00	RISING FROM THE ASHES	176.09	444.09
CONCORD GROUP	50.00	90.00	RIVERSIDE GROUP	284.84	1,513.92
CONTRIBUTION JAR	2.00	43.52	Roamers		303.36
COOKIE GROUP		240.00	ROANE COUNTY UNITY		671.00
DANDRIDGE UNITY		22.00	SAT. MORNING BIG BOOK STDY		1,212.25
DISTRICT 50/51		360.00	SERENITY SISTERS	3,628.00	3,628.00
DOWN ON THE RIVER	400.00	400.00	SEYMOUR SHARING	330.25	857.03
FOUNTAIN CITY SERENITY	150.00	450.00	SOBRIETY SOCIETY- SO-SO	271.92	271.92
FREE AT LAST		126.00	SPIRITUAL PROGRESS		60.00
FRIDAY NIGHT MEETING	100.00	100.00	Square Customer	59.27	1,598.17
HAPPY DESTINY		400.00	Stepping Through Sobriety		175.00
HAPPY HOUR		1,559.23	STEPS FORWARD		55.00
HIGH NOON ROGERSVILLE		100.00	TELLICO VILLAGE	60.00	180.00
HIGH NOONERS-P40		1,000.00	TENNESSEE GROUP	997.88	997.88
K'XVILLE PRIMARY PURPOSE		270.00	The Jaywalkers		250.00
KODAK HWY 66		100.00	TRI-STATE GROUP-HARROGATE		300.00
LAFOLLETTE-THERE IS HOPE		120.00	TRUDGING THE ROAD	240.00	378.80
Lordy Lordy Event		1,059.19	TUESDAY NIGHT LOUDON		150.00
LUNCH BUNCH- GREENEVILLE	324.86	646.76	TURNIP PATCH		128.77
MEMORIAL RECOVERY	50.00	50.00	WEARS VALLEY GROUP	96.25	179.50
METRO GROUP	450.00	450.00	WEST KNOXVILLE GROUP		358.00
MONDAY NIGHT MEN'S	923.00	923.00	<b>TOTAL</b>	<b>\$ 9,896.36</b>	<b>\$30,421.49</b>

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





## February 2023 Intergroup Meeting Minutes

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

Present in person and via Zoom: Tiffany, Scott, David S, Jack, David G., Dave R, Clara, Amber, Marian G. Ken L, Jim F, Matt D, Jacque H., Allison, Mike J., Eric, Dennis P., Brian G, Fawn, Letha, Bryan G, Mel

Groups represented: Primary Purpose, TN Group, So-So Group, Friday Night Group, Colonial Heights Group, Happy Hour Group, First Things First Group, Happy Destiny Group, Rockford Group, West Knox Group, Design for Living, Blount County, High Nooners

Motion to accept previous minutes Clara M., 2<sup>nd</sup> by Jim F. All in favor.

### **Manager's Report – Clara M.**

- Newsletter includes interview with service person, volunteers from outlying areas needed
- Appalachian round-up approaching
- Price increase in literature coming April 3, buy now
- Office Manager Conference in Ohio October of 2023

### **Treasurer's Report – Dave S.**

- Checkbook is balanced at \$16,956.51, QuickBooks shows \$16,476.06; Prudent reserve is \$18,287.63
- Statement of activity distributed – we are ahead! Donations are 2<sup>nd</sup> highest ever given

### **Hotline Report – Jack F.**

- Contact list is almost ready and will be ready by March

### **Office Service Workers – Dave S.**

- All positions are filled, hours are unchanged

### **Archives – Allison**

- Updating files and organizing paperwork after being out sick

### **Website – Barb S. – not present**

### **Accessibilities – open**

### **Spanish liaison – open**

### **CPC/PI – open**

### **Treatment Report – Jacques H.**

- Attended District 3 committee mtg and provided information

### **Corrections Report – Marian G.**

- District 3 business mtg attended w/ Clinton Hale –there are no Cocke county meetings
- Training is being done in Jefferson City
- Our district picnic will be May 21 this year

### **Outreach Report – Ken L.**

- Further contacts have been made

### **Events – Susie and Jim – not present**

### **Mobile Intergroup Report – Beth C. – not present**

- 2<sup>nd</sup> quarter assembly in Gatlinburg will be attended by Jack for intergroup presence

### **OLD BUSINESS:**

- Revised by-laws have been approved and posted to the website; In March we will vote on approval to the by-laws, all asked to read
- Vice-chair needed for Intergroup, Jacques H. volunteered, Clara motioned, Jack 2<sup>nd</sup>, all in favor
- New General Service Board address: **PO Box 2407; James A Farley Station; New York, NY 10116-2407**

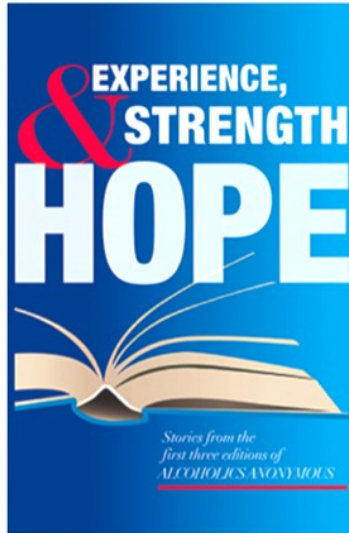
### **NEW BUSINESS:**

- Clara asked group if she may attend OM Conference, Mel motioned, Dave 2<sup>nd</sup>, all in favor

**Meeting adjourned at 7:20pm.**

**Next meeting will be held Monday March 20<sup>th</sup> at 6:30pm in person and via**

**The Lunch Bunch in Bristol  
is beginning a new literature study  
on the 3<sup>rd</sup> Tuesday of each month.  
Join us as we read the stories of  
Experience, Strength, and Hope together.**



**The Lunch Bunch meets at  
134 Commerce Court, Bristol, VA  
At Noon on weekdays and 11:00 on Saturdays**

**1<sup>st</sup> Tuesday of each month~STEP  
3<sup>rd</sup> Tuesday of each month~Experience,  
Strength & Hope  
Last Tuesday of each month~TRADITION**

**(By group conscience, we may have a first step meeting if we have a newcomer,  
or discussion if it is needed on any designated literature day.)**

# New Meetings:

When we support each other, we all grow! Tradition One states: *Our common welfare should come first; personal recovery depends upon AA unity.* What better way to practice this than to support new meetings in our area?

MEETING NAME	DAY/TIME	LOCATION
The Lunch Bunch-Bristol Experience, Strength and Hope	3 <sup>rd</sup> Tue of the Month @12pm	134 Commerce Court Bristol, VA 24202
Alphabet Soup LGBTQIA+ all are welcome	Tuesdays @ 7pm	Appalachian OUTreach 519 W Lamar Alexander Pkwy Maryville, TN 37801
Tuesday Titans	Tuesdays @ 7pm	Sunbright 1 <sup>st</sup> Baptist Church 7895 Morgan County Highway Sunbright, TN 37872
Conscious Contact Fireside 11 <sup>th</sup> Step Meditation Meeting	Fridays @ 7pm	Church of the Ascension 800 S. Northshore Dr Knoxville, TN 37919
Booz Gravity AA Women only	Tuesday @ 5pm Wednesday @ 5pm	The Meeting House 1034 E Woodlawn Ave Knoxville, TN 37917
A New Freedom	Sundays @ 10am	Fairview United Methodist Church 2508 Old Niles Ferry Rd. Maryville, TN
Woman's Big Book Study	Sundays @ 5:30pm	Concord United Methodist Church 11020 Roane Dr. Knoxville, TN Enter using 4 West door
Maryville 12 Step Meeting	Sundays @ 7pm	Blount Memorial Hospital 907 E Lamar Alexander Pkwy Maryville, TN Meets in Auditorium; Ground Floor Entrance 1 <sup>st</sup> door on left
KNOXPAA	Sundays @ 11am	The Boocherie 2920 Sutherland Ave Knoxville, TN

**Please advise Intergroup if you know of new meetings in the east Tennessee area. Send the name of the group, meeting details — place, time, type of group, etc. — to [manager@etiaa.org](mailto:manager@etiaa.org)**

### Reported AA Anniversaries

**Feb 22** — Scott B, Monday Night Men's Group.....**21 years**  
**Feb 2** — John L, Monday Night Men's Group.....**29 years**  
**Mar 9** — Taylor V.; Tennessee Group.....**2 years**

**ALPHABET**  
**SOUP**



# **New Meeting in Blount County!**

**ALPHABET SOUP** is  
an **OPEN MEETING** of  
**Alcoholics Anonymous**  
for members of the  
**LGBTQIA+ Community**  
and **ALL ARE WELCOME.**

The only requirement  
for membership is a  
desire to stop drinking.

**WHEN:**

**Tuesdays at 7pm**

**WHERE:**

**Appalachian OUTreach**  
**519 W Lamar Alexander Pkwy**  
**Maryville, TN 37801**

For more information, call or text  
Thomas L at 865-282-4556

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](#):





# Area 64 Assembly 2nd Quarter 2023 March 31st - April 2nd

## 25 Additional Hotel Rooms Just Added!



## Gatlinburg Inn

755 Parkway, Gatlinburg, TN 37738

Hotel Rate \$125 per night (plus tax)

Call (865) 436-5133 for reservations

Group Code: Area 64

Group hotel rate expires Thursday, March 17, 2023

For more information: Mike T (865) 712-8417 or John B (865) 681-2413



# 72th Great Smoky Mountain Recovery Campout

Triple Creek Campground  
141 Lower Bogard Road  
Newport, Tn 37821  
423-465-3060

Please call for reservations & Let them know you're  
with Great Smoky Mountain Recovery Campout

**Great Smoky Mountain Recovery Campout**  
**June 1-4, 2023.**

**Open AA Meetings & Al-Anon Meetings**

**Saturday June 3rd, 2023**

**Speaker Toby W**

**Pot Luck lunch**

**For more information contact**

**Tiffanie E 865-356-7728**

**[GSMRCamp@gmail.com](mailto:GSMRCamp@gmail.com)**

**GSMRC Facebook page**

No Day campers.

No pets in Meetings

Save the date: Fall Campout Sept 15th-17th, 2023

# The Tennessee Group

## 5TH ANNIVERSARY EAT AND SPEAK

*April 15<sup>th</sup>, 2023*

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

*Dinner at 6:00 pm*

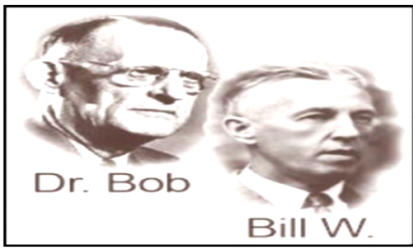
*(Main dish and drinks included. Please bring side dish or dessert.)*

*Speaker at 7:30 pm*

*Guest Speaker  
Matthew M. from Santa Paula, CA*



**Save the Date!**



# Founders' Day Dinner

Hosted by

**The Lunch Bunch and TSDD, Bristol  
Friday evening**

# June 9, 2023

**650 Valley Drive, Bristol, VA**

**Dinner at 6:00 pm**

**Speaker at 7:30 pm**

More details to follow

**Pre-Conference  
Discussion  
with  
Area 64 Alt-Delegate  
Jimmy W.**

**Express your group's voice on the  
Agenda Items to be voted on at the  
73<sup>rd</sup> General Service Conference.**

(Districts 3,4,6,50&51)

**Sunday, March 12<sup>th</sup>, 2023  
1:00 – 4:00PM  
Ebenezer United Methodist Church  
1001 Ebenezer Road  
Knoxville TN 37923**



# 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: \_\_\_\_\_

Scholarship Contribution: \$ \_\_\_\_\_

(Lend A Hand To Those Unable To  
Pay The Registration Fee)

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

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

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

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

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

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

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

# Colonial Heights Group

**ANNUAL GRATITUDE DINNER - 43 YEARS**

Join us for an evening of Food, Fellowship, & Fun!!

**13<sup>TH</sup>  
April**

**Colonial Heights Presbyterian Church (Gym)**

213 Colonial Heights Road  
Kingsport TN 37663

**Dinner 6:30pm - Speaker 8:00pm**

***Speaker - Jeff N. Kingsport, TN***

Meat & beverages will be provided but please bring  
your favorite side dish or dessert to share



# 27TH ANNUAL SOUTHEAST WOMAN TO WOMAN CONFERENCE



## "SECRETS WOMEN DON'T SHARE"

A Conference for Sober Alcoholic Women with Al-Anon Participation.  
No Children Allowed at Conference Events!



## BECOMING A BETTER YOU

LOW COUNTRY CONFERENCE CENTER

405 SIGMA DRIVE

SUMMERVILLE, SC

**AUGUST 18-20, 2023**

Hotel Reservations: Hilton Garden Inn - 406 Sigma Drive Summerville, SC 29483  
843-832-1304 Code: SEW King \$159 2 Queens \$169 + tax per night (Cut off rate 7/19/2023)

Contacts:

Chair: Annette M. 843-810-5327 Co Chair: Darleen M. 803-218-8330 Registrar: Pat B. 803-270-7922

Email: annettemacon@gmail.com Website: www.sewomantowoman.org

Conference Registration: Early Bird \$55.00 (Until Feb 28, 2023) \$60.00 (Mar 1 - Aug 17) \$65.00 (At the door)

Banquet: "Ladies in Red" \$65.00 Southern Buffet

Clip and Mail Registration: SEWTW 2023 P.O. Box 61 Ladson, SC 29456

Please make Checks/M.O. payable to SEWTW

Registration Form (Please print clearly)

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

Name on Badge: \_\_\_\_\_ Are you willing to Volunteer? \_\_\_\_\_ Special Needs: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Registration Fee: \$ \_\_\_\_\_ Scholarship: \$ \_\_\_\_\_ Banquet: \$65.00 \_\_\_\_\_ AA \_\_\_\_\_ Al-Anon \_\_\_\_\_

Souvenirs: Mugs \$18.00 \_\_\_\_\_ T-Shirt: \$20.00/Hoodie: \$27.00 S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_ 3XL \_\_\_\_\_ Other \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

NO REFUNDS

# Tennessee State Convention 2023

- Area 64 -

*...Do you know Bill W. ?*

*Hosted by District 11 & District 12*

September 29,30 Oct 1st 2023

*Advance registration and Information*

[www.tnaaconvention2023.com](http://www.tnaaconvention2023.com)

*AA Speakers*

*Craig W. CT, Peter M. FL, Ralph W. CA  
Kevin H. AL, Jennifer D. NC, Amy D. KY*

*Al-Anon speakers - Bud S. NH and Sue P. VA*

*\$35.00 Pre-Registration*

*Registration \$40.00 per person after July 31, 2023*

*Workshops and Events*

*Manchester Hotels -*

Scan to go to  
registration  
page



**Holiday Inn Express**

111 Hospitality Blvd  
Rate \$108 / code TSC  
Phone 931-728-9383



**Comfort Inn**

152 Hospitality Blvd  
Rate \$105 / code AA  
Phone 931-228-8393



**LX Hotel (3miles)**

201 Murfreesboro Hwy  
Rate \$99 / code TNCon23  
Phone 931-954-0946

My emotional support dog after spending a day with me:



The lottery gives you a  
1 in 200 million chance  
you won't go to work  
tomorrow.

Alcohol gives  
you 1 in 5.



The years have  
been good to me



It's the weekends  
that have done the damage

I WENT LINE DANCING  
LAST NIGHT.  
WELL, IT WAS  
A ROADSIDE  
SOBRIETY TEST...  
SAME THING.

A hangover is just  
your body reminding  
you that you're an idiot.

**March 2023**



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_