



# EAST TENNESSEE INTERGROUP UNITY NEWSLETTER



APRIL 2023

Volume 47; Issue 4

## Intergroup Office News

**The Appalachian Regional Roundup was** a huge success. We were able to bring several groups in the upper East Tennessee literature before the price increase. We even sold out of all AA Service Manuals!

Our service workers made the whole thing possible. From pricing and inventorying all the products beforehand, loading up the cars, setting up the tables once we arrived, hustling all weekend, breaking down on Sunday, unloading back at the office to taking inventory of what came back the service workers at ETIAA truly stepped up.

A lot of these service workers are in the office alone so they don't interact with their counterparts. This gave many of our office workers the chance to get to know each other and form new connections. We all had a wonderful time, continued to build relationships with upper East Tennessee and made some money for East Tennessee Intergroup of Alcoholics Anonymous.

**This month we talked with Dana B** from the Bristol Group. Her sobriety date is January 6, 2019. Dana showed up to a business meeting at around 4 months sober with another newer member. Some of the old timers mentioned that they needed help. The question was asked something like this "We need someone for coffee and someone for Literature. Which one are you going to do?"

Just like that Dana oversaw keeping the Literature closet organized. No one asked if she was interested in service, they just gave her a job!

A little while later Dana was told that she had volunteered for the Alternate GSR position. (She doesn't actually remember volunteering.) Somewhere along she had gotten the message that you don't say no to AA. During COVID the groups' GSR moved to be closer to her family, making Dana the new GSR half way through the term. He was reelected to serve for 2022-23.

Dana keeps coming back because she enjoys sharing information and decisions that happen at Area 64 assembly with her group. The most rewarding parts are watching the light come on in a newcomer's eyes, seeing them ask questions and participate in service.

**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	Patty	Carole	Rhonda	Sterling
Robin Y	Marie	Bob	Dave	Eammon
Dave S	Mary	Jack	Beth	SuZanne
Katie	Charlie	Luke	Barb	
Joan	Jacqueline	Barb (& website)	Jacque H	
Glenn	Gerald	Emily	Jack F	
Jill	Bruce	Anna	Susie M	
Pete	Beth	Miles	Jimmy M	
Rick	Eddie	Randal	Allison	
Dennis	Dave R	Emily	Amber	
Bob		Patrick	Ken	
		Austin	Marian	



## Step Four: “Made a searching and moral inventory of ourselves.”

CREATION gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives.

### Fourth Step Prayer

Dear God, it is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine and I will begin a searching and fearless moral inventory. I will write down my wrongs. But I will also include that which is good. I pray for the strength to complete this task.



### Tradition Four (long form):

With respect to its own affairs, each A.A. group should be responsible to no other authority other than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

### Tradition Four Checklist:

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

## **WISDOM OVERHEARD IN THE ROOMS**

If you don't go within..... You will go without. (thanks Stu K)

I might as well accept God's Will because I am going to get it anyway.

Sobriety is God's gift to us. What we do with it is our gift to Him!

Be where your feet are. (thanks Joe C.)

Measure of my recovery is not if I get off the path. It's how quickly I get back on it.

— Scott L. (Appalachian Regional Roundup 2022)

If you think you're different you're in the right place

God loves you no matter what and there's nothing you can do about it ~Father Hilary

Don't forget to put some "Come Back Sauce" on every one you meet at a meeting. Unknown

By repeated humiliations we become humble. Mari G

"When life takes you to your knees, You're in the perfect position for praying" — Street Bob

The mind is somewhat like a vacuum cleaner - it works better when you empty the crap.

— Phil B.

The only thing that can keep GOD'S will out of my life.....is my will.

"I missed out in kindergarten when they taught you how to play in the sandbox." — Lindsey

Alcohol Gave us the Wings to Fly, Then Took Away the Sky. — Unknown

The 12 Steps of Alcoholics Anonymous perform supernatural surgery upon all who live them.  
(thanks Maddi - Sober Voices Group)

## **Tools For Life**

### *Grapevine January 2006*

There's one for every problem that comes along

I grew up without tools that showed me how to live. When I was a teenager, I started getting drunk. This gave me immense relief from a lot of bad feelings and made me feel I needed only one tool: alcohol. Alcohol solved all my problems.

My friends, many of them, went on to college or into various businesses, married, and had families. Grew up. Learned how to deal with the real world. I stayed focused on drinking, which I did as often as possible, and my world got smaller and smaller. After a while, all I thought about was the next drink and where it was coming from. My relationships with other people deteriorated and disappeared. People and their reactions to my drinking were inconvenient and unpleasant anyway.

I stopped showing up for work on a daily basis and came close to losing my apartment. Drinking in a bar became too expensive and entailed talking to people, so I drank out of pint bottles of scotch while sitting in public bathroom stalls, sitting on a toilet reading the graffiti scratched onto the back of the stall door.

I felt there were two ways to solve my problems. One, kill myself. Two, somehow, magically, be rescued by kind people who would take me in and take care of me.

As it happened, I was rescued and directed to Alcoholics Anonymous. I immediately experienced the "love that has no price tag" that Bill W. talks about in the Twelfth Step essay in the "Twelve and Twelve." It wasn't what I expected or even wanted.

These AA people kept harping on the theme of not drinking. Nobody offered me money or a place to live. They talked about "tools of sobriety" and incessantly prescribed actions I could take, like getting a home group, asking someone to be my sponsor, or asking somebody else how they were feeling that day. I didn't feel like doing anything, and no one seemed to realize that. I took very few suggestions and nothing changed. I continued to drink periodically and think about suicide.

About a year later, I attempted suicide by overdosing on some pills I'd been hoarding. I went into a coma, had convulsions, and finally came to on my mattress seventy-two hours later. I felt awful, but there was nothing unusual about waking up feeling awful. I was relieved I hadn't died and couldn't blame anyone for what I had done to myself.

I realized something else: I didn't know how to live without alcohol. I realized that I should go back and ask those AA people how they did it.

That began my real AA journey. One by one, AAs offered me tools I learned to use, tools that solved every problem that came along.

The first tool I acquired was "act as if." It didn't matter how I felt as long as I did something. I had it backwards all along, thinking that I had to feel like doing something before I actually did it. I started, tentatively at first, to "act my way into right thinking."

"Stay in the now," someone suggested, "in the moment, on the twenty-four hour plan. One day at a time." Whenever I am gripped by fear of an unknown future and all my projections are negative, I do what my sponsor directed me to do. I wriggle my toes and come back into the safety of the moment.

Writing down all the things I'm grateful for has been a helpful suggestion. Drinking is no longer a problem, but my thinking sure is. Writing a gratitude list puts the brakes on negative thoughts, turns me back toward the light, and helps me to see the beauty in everyday life.

Try to help somebody else, my fellow AAs suggested. So-and-so is homesick, why don't you send him a card? Turn to the person next to you at a meeting and ask how they are. Call a member of your home group and see how their job interview went. I discovered that when I stopped thinking about myself all the time, I felt better.

*(Continued next page)*

However, being told to find a power greater than my own thinking and greater than alcohol, a power that could solve all my problems, was the best suggestion I've received. This is the purpose of the Twelve Steps, and I was fortunate to find a sponsor who took me through the process outlined in the Big Book.

I asked how to begin and was told, "Get down on your knees in the morning when you get out of bed and say, 'Please.' Before you get into bed at night, get down on your knees again and say, 'Thank you.' Turn toward that power and ask for help whenever you feel disturbed, or afraid, the way a plant turns toward the light." I did these things and found that life could be faced, day-by-day, without a drink and with the sure knowledge that my Higher Power is here to help me through everything.

I've been fired in sobriety and offered a job I really wanted. I've fallen in love, had a good marriage, and buried my dear husband. Once I became ill, received an abundance of help, and now am completely well. Precious friends have moved away; new friends have come along. Every day I discover ways to be useful and things to be grateful for. I'm a long way from the person who thought the only solution was to destroy my life. My toolkit is full today and my cup runneth over.

-- Anonymous  
New York, New York

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**FOREWORD TO FIRST EDITION**  
**This is the Foreword as it appeared in the**  
**first printing of the first edition in 1939.**

WE, OF Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book. For them, we hope these pages will prove so convincing that no further authentication will be necessary. We think this account of our experiences will help everyone to better understand the alcoholic. Many do not comprehend that the alcoholic is a very sick person. And besides, we are sure that our way of living has its advantages for all.

It is important that we remain anonymous because we are too few, at present to handle the overwhelming number of personal appeals which may result from this publication. Being mostly business or professional folk, we could not well carry on our occupations in such an event. We would like it understood that our alcoholic work is an avocation.

When writing or speaking publicly about alcoholism, we urge each of our Fellowship to omit his personal name, designating himself instead as "a member of Alcoholics Anonymous."

Very earnestly we ask the press also, to observe this request, for otherwise we shall be greatly handicapped.

We are not an organization in the conventional sense of the word. There are no fees or dues whatsoever. The only requirement for membership is an honest desire to stop drinking. We are not allied with any particular faith, sect or denomination, nor do we oppose anyone. We simply wish to be helpful to those who are afflicted.

We shall be interested to hear from those who are getting results from this book, particularly from those who have commenced work with other alcoholics. We should like to be helpful to such cases.

Inquiry by scientific, medical, and religious societies will be welcomed.

*ALCOHOLICS ANONYMOUS.*

## 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

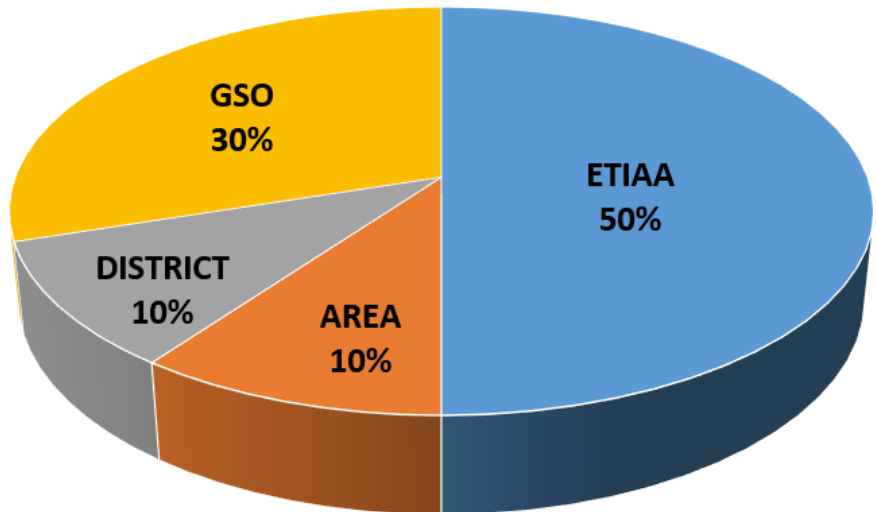
## 7TH TRADITION SUGGESTED CONTRIBUTIONS

### 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—	
	Feb'22	Feb '23		Feb '23	Feb '23
1ST THINGS 1ST KNOXVILLE		1,976.29	MORRISTOWN GROUP		100.00
4-WAY GROUP		100.00	NEW BEGINNING- LOUDON	35.00	35.00
4TH DIMENSION		600.00	NEW BEGINNINGS KNOXVILLE		556.72
AREA 64 HOST COMMITTEE		90.00	NORRIS CLINTON GROUP		60.00
BACK TO BASICS- OAK RIDGE		50.00	NORTH GATLINBURG	211.00	520.69
BIG BOOK RECOVERY		45.00	NORTHSHORE		700.00
BLOUNT COUNTY GROUP		275.00	ONLINE LUNCH BUNCH		50.50
BREAKFAST CLUB		178.90	Paula A		1,000.00
BROAD HIGHWAY	300.00	300.00	PHOENIX GROUP		1,282.00
COLONIAL GROUP		300.00	PRIMARY PURPOSE- OAK RIDGE		400.00
COLONIAL HEIGHTS		125.00	RISING FROM THE ASHES		444.09
CONCORD GROUP		90.00	RIVERSIDE GROUP		1,513.92
CONTRIBUTION JAR	14.04	57.56	Roamers		303.36
COOKIE GROUP		240.00	ROANE COUNTY UNITY		671.00
DAILY REPRIEVE- MARYVILLE	10.00	10.00	SAT. MORN'G BIG BOOK STUDY		1,212.25
DANDRIDGE UNITY		22.00	SERENITY IMPROVEMENT	400.00	400.00
DISTRICT 50/51		360.00	SERENITY SISTERS		3,628.00
DOWN ON THE RIVER		400.00	SEYMOUR SHARING		857.03
FOUNTAIN CITY SERENITY		450.00	SOBRIETY SOCIETY- SO-SO		271.92
FREE AT LAST		126.00	SPIRITUAL PROGRESS		60.00
FRIDAY NIGHT MEETING		100.00	Square Customer	35.23	1,633.40
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		180.00
HIGH NOONERS-P40	500.00	1,500.00	TENNESSEE GROUP		997.88
K'XVILLE PRIMARY PURPOSE		270.00	The Jaywalkers	250.00	500.00
KODAK HWY 66		100.00	TRI-STATE GRP-HARROGATE		300.00
LAFOLLETTE-THERE IS HOPE		120.00	TRUDGING THE ROAD		378.80
Lordy Lordy Event		1,059.19	TUESDAY NIGHT LOUDON	100.00	250.00
LUNCH BUNCH- GREENEVILLE		646.76	TURNIP PATCH		128.77
MEMORIAL RECOVERY		50.00	WEARS VALLEY GROUP		179.50
METRO GROUP		450.00	WEST KNOXVILLE GROUP		358.00
MONDAY NIGHT MEN'S		923.00	<b>TOTAL</b>	<b>\$1,855.27</b>	<b>\$32,276.76</b>

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





## March 2023 Intergroup Meeting Minutes

Opened with serenity prayer and third tradition at 6:33pm.

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

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, Sisters in Sobriety, Serenity Sisters.

Motion to accept previous minutes Bob, 2<sup>nd</sup> by Fawn. All in favor.

### **Manager's Report – Clara M.**

- Appalachian round-up was successful , profitable with merchandise
- Price increase in literature coming April 3
- World Services announced AA Convention July 2025 in Vancouver, BC
- Remind App – Clara will add members to list

### **Treasurer's Report – Dave S.**

- Account balance is\$25,438.30,
- Contributions normal
- 12 Service manuals sold at Roundup!
- Profit from roundup will be seen next month

### **Hotline Report – Jack F.**

- Staffed

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

- Jacqueline stepped down; potential candidate to train
- Coverage is good, a few shift changes communicated to Clara

**Archives – Allison** – not present

**Website – Barb S.** – not present, Clara stated google analytics to be discussed Monday 3/27/23

**Accessibilities – open**

**Spanish liaison – open**

**CPC/PI – open**

### **Treatment Report – Jacques H.**

- Attended District 6 committee mtg, provided information & support

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

- Attended NC Corrections Conference
- April 2<sup>nd</sup> will be Quarter Assembly
- May 7 District 4 business meeting

### **Outreach Report – Ken L.** – not present but sent notes

- Further contacts have been made
- Unity group struggling with attendance but aware of need for intergroup rep
- Bristol lunch bunch excited for round-up, aware of need for intergroup rep
- Unusual suspects invited to appoint intergroup rep
- Mobile intergroup requested for June 9 Founder's Day event

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

### **Mobile Intergroup Report – Beth C.**

- Kudos for Round up
- Clara to attend Assembly

**OLD BUSINESS - none**

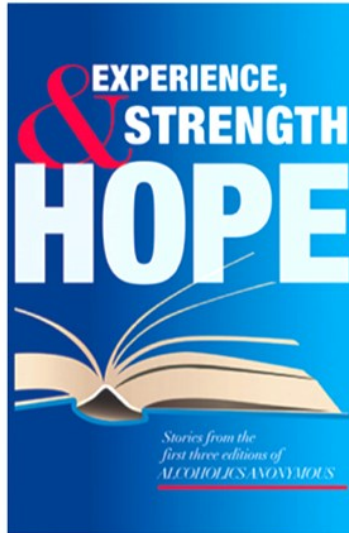
### **NEW BUSINESS:**

- By-laws discussion: Fawn submitted for minor corrections and descriptions. Motion to accept by-laws Clara, 2<sup>nd</sup> by Mike T. All in favor.
- Jack reminded the group of 2/3 vote needed. Better than 2/3 accepted.
- Jack stated in lieu of text capabilities for hotline, there is possibility for email hotlink; he will review details and bring to discussion next month
- Dave S. made formal THANK YOU to Clara for her service
- Clara asked the group to consider not raising the price of literature right away due to surplus of funds from round-up. Discussion continued about splitting costs by Fawn, Dave S. - Suggestion to sell what we have in inventory, then make increase-good to have prudent reserve for operations. Motion made by Clara, 2<sup>nd</sup> from Mel to delay literature increase until next intergroup meeting April 17th

**Meeting adjourned at 7:23pm, closed with Lord's Prayer.**

**Next meeting will be held Monday April 17th at 6:30pm in person and via Zoom.**

**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 that 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	Saturdays @ 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
KNOXYPAA	Sundays @ 11am	The Gateway 530 W Fifth Ave; Knoxville, TN
<a href="#">The Solution</a>	Wednesdays @7:30pm	Polly Bales Building 4726 Airport Hwy Louisville, TN 37777

**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

- Mar 22** -- Joe C, Monday Night Men's Group.....**35 years**
- Mar 9** — Taylor V.; Tennessee Group.....**2 years**
- Apr. 7** — Melissa R., Tennessee Group.....**12 years**
- April** — Don C., Dandridge Group.....**5 years**
- April** — Bob W., Dandridge Group .....**32 years**
- April** — John F., Dandridge Group .....**28 years**
- April** — Doug V. Kodak Group .....**40 years**
- April** — Mike C., Kodak Group .....**37 years**
- April** — Monty L., Kodak Group .....**37 years**

Contributed by Teresa S from Oak Ridge

# Read the AA Literature



# Read the Literature





# 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**

**[GSMRCcamp@gmail.com](mailto:GSMRCcamp@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*

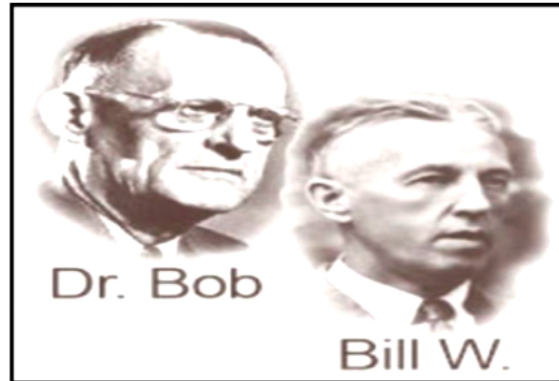
*Dinner at 6:00 pm*

*(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

# 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





On the lighter side....

# 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

*On the Lighter Side*



**Never buy a border collie when you're drunk.**



**April 2023**



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_