



EAST TENNESSEE INTERGROUP UNITY NEWSLETTER



JULY 2023

Volume 47; Issue 7

Intergroup Office News

We will be raising our prices on July 10th. AAWS increased their prices on literature at the beginning of April. We have been selling literature below cost for the last three months. We do not make a profit from any literature sales. Providing easy access to literature is one of the many services we offer to the groups within our area. Group contributions are what keep the website going, the phone ringing, the lights on and all the other services we provide. Please encourage your group to contribute to ETIAA!

This month we interviewed Barb Sapp from the Colonial Heights Group in Kingsport, TN. Her sobriety date is 9/18/90. Barb's first experience with service work was getting a meeting going in Eagle, ID (where she had just moved to). That was in 1993.

"I've been involved in Service work ever since!"

Currently she is the GSR for her group (2nd or 3rd time). She is also the Treasurer for District 1, and does the meeting updates on the website for Intergroup.

"Service work for me is extremely important. I tend to do more of my service work in these types of roles versus a lot of sponsoring. I do it for many reasons. The obvious is it helps keep me sober but it's also how I learned what makes AA work. I feel it's important that each group has representation at the District and State level."

Barb also helps with the website and is generally willing to jump into any role when asked. We are so grateful to have her as a part of ETIAA!

Our neighbors at the Park 40 Club are looking for some part time employees. The requirements are 1 year sober, reliable transportation, a valid, unrestricted drivers license, able to preform cleaning duties and reliability. Contact park40club@gmail.com or 865-693-1317.

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Office Service Workers

Robin Patty
 Dave S Maria
 Dave R Mary
 Katie Charlie
 Joan Gerald
 Glenn Beth
 Jill Dennis
 Pete
 Rick
 Bob
 Peggy

Hotline

Jack
 Carol
 Bob
 Barb
 Emily
 Anna
 Miles
 Randal
 Emily
 Patrick
 Lee Anne

Intergroup Board

Rhonda Amber
 Dave S Ken
 Beth Marian
 Barb Fawn
 Jacque H Mel
 Jack F Allison
 Susie Amber
 Jimmy Ken
 Becky Letha
 Scott Tiffany
 Sarah Jim

Website

Barb
 Sterling
 Eammon
 SuZanne

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 Subject line: **Newsletter!**



Step Seven: Humbly ask Him to remove our shortcomings.

SINCE this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us.

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

Seventh Step Prayer

My Creator, I am now willing that You have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do Your bidding



Tradition Seven (long form):

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous whether by groups, clubs, hospitals, or other outside agencies, that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise.

Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

Tradition Seven Checklist:

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

WISDOM OVERHEARD IN THE ROOMS

"The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing, if we try hard and work at it continually." ~ Bill W., June 1958

It's too coincidental to be coincidental. ~ Jim H., Little Rock

"Serenity is not the absence of chaos in your life ... it's the ability to deal with it." Men Who Trudge
7:30am Zoom Meeting

"When an alcoholic gets in a rut he/she decorates it." -- Men Who Trudge 7:30am Zoom

"Believe the person who seeks the truth; be wary of those who say they have found the truth."
— Richard C.

'If I don't change, my sobriety date will.' -- on wall of The Club in Tampa, FL

"This program may not have given me the keys to Heaven but it certainly took me out of hell." (thanks Tim R.)

"Don't count the days; but, make the days count" - Preacher Bob

"It's hard to be an atheist when you hate God". Wesley Chapel Group, FL

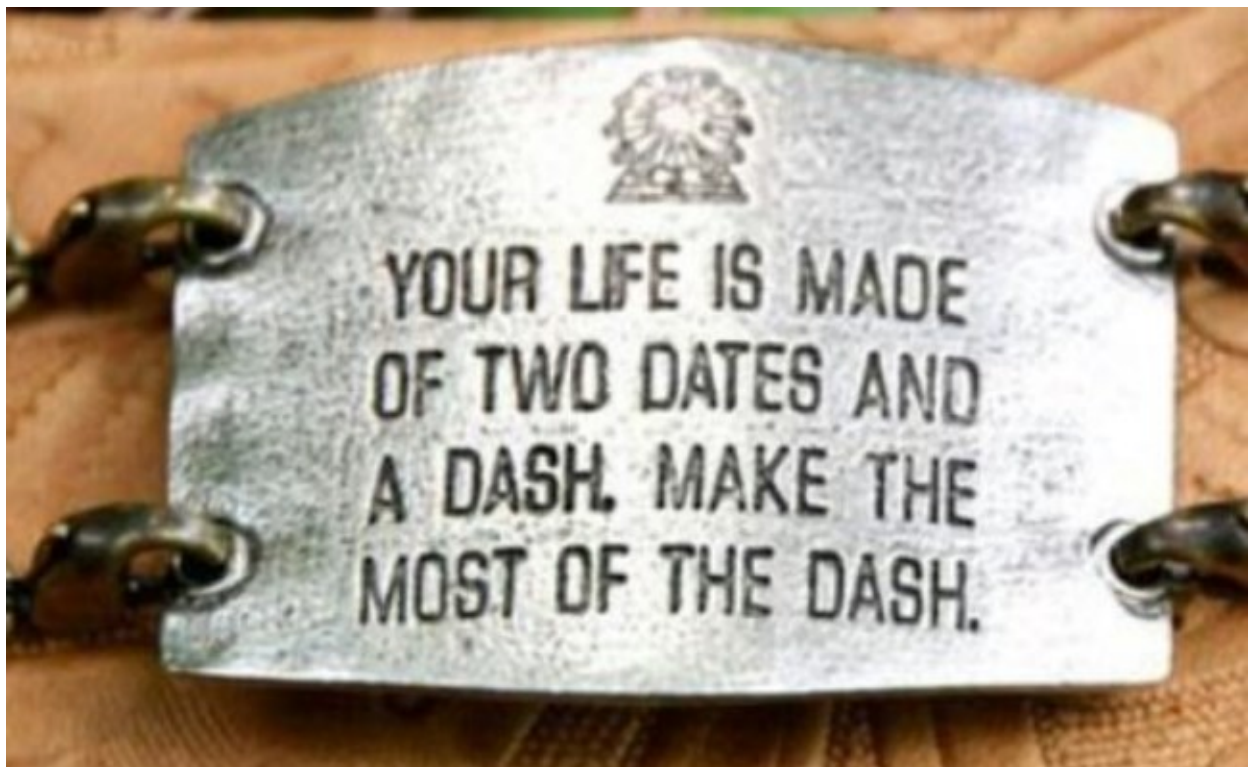
"Don't bleed before you get a wound." -- Unknown

"The elevator to sobriety is broken. Take the steps. "

"Trying to pray IS praying"

I don't know how many meetings I need but I am afraid of going to one too few!

You don't have to be well to help someone, but you have to help someone to be well. Keith G.



DISTRICT MEETINGS

District 1 Typically meets the first Saturday of even months @11am at the Renaissance Center. Please contact District 1DCM through ETIAA for most accurate information.

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

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

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

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

District 6 meets the first Thursday of the month @8:30pm on Zoom Meeting ID: 821 3520 6316 Password: AA.

Intergroup Committee meets the third Monday of the month at the Intergroup Office and on Zoom. Meeting ID: 190817 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

www.etiaa.org

Date: _____ *First Name _____ Last Name _____

Address _____ *Phone _____

*City _____ *State _____ *ZIP _____ Sex _____

E-mail address _____ Alternative Phone _____

* Required for listing in 12th Step List

ETIAA UNITY Newsletter Subscription / Renewal (Free subscription for email issues; \$12/year for mailed issues)

Volunteer Service Options

Check only those you are willing to commit time to:

12th Step List Volunteer

Weeknights

Weekends

Weekdays

Phones Night & Weekend

Weeknights

Weekends

Committees of Interest

Check only those you are willing to serve on:

Public Information / Cooperation with the Professional Community

Intergroup Representative

Office Worker

Archives

Outreach

Spanish Liaison

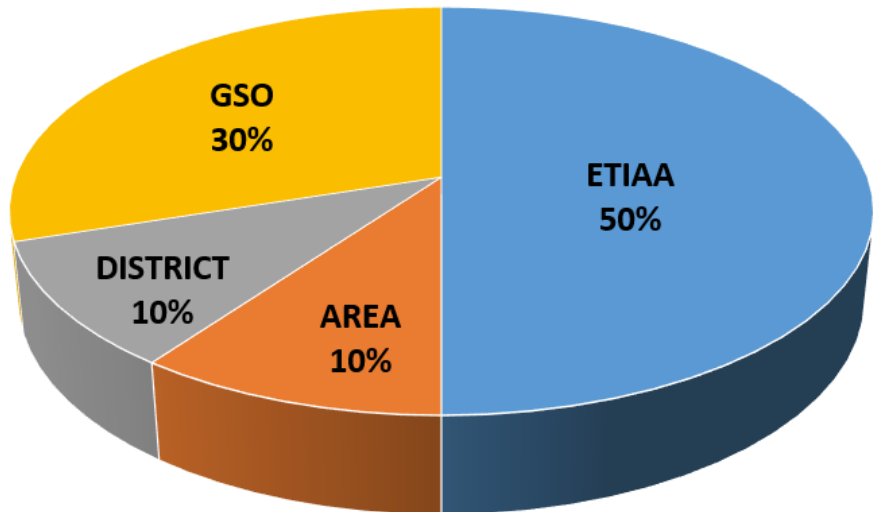
7TH TRADITION SUGGESTED CONTRIBUTIONS

How can groups participate?

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

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

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



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

Contribution Addresses

ETIAA East Tennessee Intergroup of AA
 9217 Park West Blvd #B3
 Knoxville, TN 37923
 865-522-9667 www.etiaa.org

New ways to contribute:

Paypal Manager@etiaa.org or
 865-320-8649
 Zelle Manager@etiaa.org or
 865-320-8649
 Venmo @ETIAA

NEW!

General Service Office
 P.O. Box 2407
 James A. Farley Station
 New York, NY 10116-2407
www.aa.org
 The GSO prefers online contributions

Area 64 Assembly
 2500 Murfreesboro Pike
 Suite 105 Box 235
 Nashville, TN 37217
www.area64assembly.org

District 1 Treasurer
 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	May '22	Jul '22— May '23	GROUPS DONATING	May '23	Jul '22— May '23
1ST THINGS 1ST KNOXVILLE	1,281.00	4,444.79	MORRISTOWN GROUP	50.00	150.00
4-WAY GROUP		200.00	NEW BEGINNING- LOUDON		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		520.69
BIG BOOK RECOVERY		45.00	NORTHSHORE		700.00
BLOUNT COUNTY GROUP		325.00	Nueva Esperanza		150.00
BREAKFAST CLUB		178.90	ONLINE LUNCH BUNCH		50.50
BROAD HIGHWAY		300.00	Paula A		1,000.00
COLONIAL GROUP		400.00	PHOENIX GROUP		1,282.00
COLONIAL HEIGHTS		175.00	PRIMARY PURPOSE- OAK RIDGE		600.00
CONCORD GROUP		90.00	RISING FROM THE ASHES		634.52
CONTRIBUTION JAR	6.00	63.56	RIVERSIDE GROUP		1,513.92
COOKIE GROUP		360.00	Roamers		303.36
DAILY REPRIEVE- MARYVILLE		10.00	ROANE COUNTY UNITY		1,041.00
DANDRIDGE UNITY		46.00	SATURDAY MORN'G BB STUDY		2,533.62
DISTRICT 50/51		360.00	SEEKERS JONESBOROUGH		75.00
DOWN ON THE RIVER		400.00	SERENITY IMPROVEMENT		400.00
FOUNTAIN CITY SERENITY		600.00	SERENITY SISTERS		3,628.00
FREE AT LAST		126.00	SEYMOUR SHARING		1,090.88
FRIDAY NIGHT MEETING		100.00	SOBRIETY SOCIETY- SO-SO		271.92
HAPPY DESTINY	150.00	550.00	SPIRITUAL PROGRESS		60.00
HAPPY HOUR		2,850.23	Square Customer	657.99	2,319.77
HIGH NOON ROGERSVILLE		100.00	Stepping Through Sobriety		175.00
HIGH NOONERS-P40		1,500.00	STEPS FORWARD	100.00	155.00
Johnson City Women's Group		75.00	TELLICO VILLAGE		240.00
KX'VILLE PRIMARY PURPOSE		270.00	TENNESSEE GROUP		1,721.50
KODAK HWY 66	100.00	200.00	The Jaywalkers		500.00
LAFOLLETTE-THERE IS HOPE		120.00	TRI-STATE GROUP-HARROGATE		600.00
Lordy Lordy Event		1,059.19	TRUDGING THE ROAD		378.80
LUNCH BUNCH BRISTOL		95.22	TUESDAY NIGHT LOUDON		250.00
LUNCH BUNCH- GREENEVILLE		646.76	TURNIP PATCH	207.57	336.34
MEMORIAL RECOVERY		100.00	WEARS VALLEY GROUP	43.25	222.75
METRO GROUP		450.00	WEST KNOXVILLE GROUP		578.00
MONDAY NIGHT MEN'S		923.00	TOTAL	\$2,595.81	\$42,037.94

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

June 19, 2023 Intergroup Meeting Minutes

Clara opened with serenity prayer at 6:30pm.

Present in person and via Zoom: Amber, Clara, Dave G., Dave R., David S., Jack B., Fawn, Melanie, Letha, Julissa, Becky B., Tiffany, Barb, Jimmy, Sarah, Dave, Bryan G., Ken, Beth, Marian, Linda

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, High Nooners, Sisters in Sobriety, Serenity Sisters, Roamer's group, Rising from the Ashes, Lenoir City group

Motion to accept previous minutes Dave S., 2nd by Fawn. All in favor.

Manager's Report – Clara M.

- New chairs were purchased – quantity 3
- AA World Services has pamphlets on back order
- 300 AA little big books received and available for purchase

Treasurer's Report – Dave S.

- Account balance is \$20,749
- Prudent reserve is \$18,287
- Cost to run office \$3,117
- Contributions down last month, \$1,008
- Announcement in newsletter to be made for price increase to new level as of July 10th
- Report accepted. Tiffany made motion, Jack B. 2nd. All approved

Hotline Report – Jack F.

- No updates to review or report

Office Service Workers – Dave S.

- Shifts are all covered now in the office
- Office will be closed July 4th holiday

Archives – Allison

- Still playing catch-up and getting newsletters in chronological order

Website – Barb S.

- Meeting updates are current
- May views 5,637, meeting views 1,800, Intergroup information views 1,500
- **Accessibilities – Kelly** – not present

Spanish liaison – Julissa assisted the hotline and is agreeable to take this position

CPC/PI – Sarah

- Treatment committee presence requested for Bridging the Gap and District 4
- **Treatment Report – Jacques H. – not present**

Corrections Report – Marian G.

- District 6 - women's side needs to adjust for singleness of purpose not social services
- District 4 - Jacques offered workshop to educate as they have no corrections or treatment chair
- District 5051 meeting July 3rd?
- Corrections Conference in November this year

Outreach Report – Ken L.

- Attended Cookie group, Lenoir City, Rocky Hill group, Spiritual retreat group (mtg was dark), Rebos Club Central
- Implemented an ETIAA card and flyer to distribute

Events – Jimmy

- September 9th new date for Intergroup birthday party
- Discussion of funds

Mobile Intergroup Report – Beth C.

- District 3 picnic May 21st and Bristol Lunch Bunch June 9th had great turn outs
- Beth will step down after this year – replacement should have 1 year sobriety

OLD BUSINESS:

- District 1 discrepancy in meeting time on website and newsletter – “Call before you come”
- District 6 meeting edited for Zoom

NEW BUSINESS:

- Julissa willing to take Spanish Liaison chair. Dave made motion, Dave 2nd. All in favor
- Marian would like to travel to Oklahoma for the corrections conference - treasurer said yes and made motion for \$1,000. Brian amended this to have no cap. All approved.
- Dave S. has standing committee funds divided into 10 envelopes of \$200 for use as needed; Marian's conference is excluded from this as it is for a special event.

Motion to close meeting Brian., 2nd by Dave. All in favor. **Meeting was adjourned at 7:22pm, closed with Responsibility Statement. Next meeting will be held Monday June 19th at 6:30pm in person and via Zoom.**

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?

NEW MEETING NAME	DAY/TIME	LOCATION
Conscious Contact Fireside 11 th Step Meditation Meeting	Fridays @ 7pm	Church of the Ascension 800 S. Northshore Dr; Knoxville, TN 37919
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
KNOXYPAA	Sundays @ 11am	The Gateway 530 W Fifth Ave.; Knoxville, TN
The Solution	Wednesdays @7:30pm	Polly Bales Building 4726 Airport Hwy.; Louisville, TN 37777
The Next Step	Thursdays @7:30pm	405 Roy Martin Rd #104 Johnson City, TN 37615
12 Step Family Meeting of AA AA/AI-non	Saturdays @7pm	Covenant Presbyterian Church 603 Sunset Rd.; Johnson City, TN 37604
Still Waters	Thursdays @8pm	Carter Co Drug Prevention South Hills Office 210 South Hills Dr.; Elizabethton, TN 37643
Open Doors	Mondays @7pm	Blue Springs Baptist Church 956 Highway 92; Rutledge, TN 37861
The Bird House Women's Meeting Childcare available & kid friendly	Tuesdays @5:30pm	Birdhouse Neighborhood Center 800 4 th Ave.; Knoxville, TN 37917
Spiritual Retreat Group	Mondays-Thursdays @6:30pm	9217 Oak Ridge Hwy Oak Ridge TN. 37830 or Knoxville, TN 37931 In Solway

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

Reported AA Anniversaries

- July 12** — Marian G., TN Group.....**36 years**
- June 26** — Paul P., Monday Night Men's Group.....**17 years**
- June 26** — Zach S., Monday Night Men's Group.....**17 years**
- June 26** — Paul B., Monday Night Men's Group.....**26 years**
- June 22** — Terry K., Monday Night Men's Group.....**36 years**

The rule of HALT is a reminder that can help us all along the road to recovery - The Essence of AA

AA Grapevine February 1971

AS ADJUNCTS to AA's spiritual program and meetings, there are clichés, systems, gimmicks, and a myriad of other tricks that have been used by AA members down through the years to maintain sobriety. I, for one, strongly uphold the application of the foremost of these, the "Rule of HALT," not only for the new member, but for the old-timer as well. Further, I sincerely feel this simple rule to be too often ignored or passed over lightly.

In the beginning, new members, as we all know, are usually confused and completely without direction. Some are sincere to the very bottom of their souls, while others are only lukewarm in their desire to "put the plug in the jug." Both sorts look to us for answers explaining how, and all too often they are disappointed. (This is understandable, for how many of us know how AA works?)

We have precious little to give our "babies" save encouragement, fellowship, and living proof that the program works--at least for us. Why not, then, pass on whatever practical information and instruction we can to each newcomer, to make his beginning more palatable and to enhance his chances of success should he choose to follow these instructions?

We are certain that most members of AA are aware of the "Rule of HALT," but to what degree we cannot be certain. To scrutinize the rule briefly may be helpful to the reader and will certainly be so to the writer, who has proved in reality that violation of it in part or in toto can, and often does, lead to relapse. Here, then, is the meat of the rule:

H

Don't get too Hungry. For a reason we cannot explain, there seems to be in the alcoholic, a peculiar psychophysiological relationship between hunger and the urge to drink.

On some occasions, we would eat a big dinner and then find that it had literally destroyed our desire to drink afterwards. Conversely, and eventually more often, we avoided eating because we knew it would interfere with our drinking.

Years ago, my sponsor told me that if I had a physical urge to take a drink, I should go out of my way to drink a milk shake. If this didn't work, he said, I should drink another. And another. I can testify that if you can drink liquor on top of two or three milk shakes, you aren't an alcoholic. You're nuts!

And so, when you are hungry, eat. Simple and important. (This writer eats little at one time, but may eat something as many as five times daily.)

A

Don't get too Angry. Wow! Of all things to tell an alcoholic! But we don't have to be on the program very long to realize that anger, righteous or not, is better left to those who can handle it.

Borrowing from Father John Doe: "Let the other guy get mad! If somebody calls me an SOB, either I am or I ain't. If I am, so what? And if I ain't, why should I make myself one by getting mad about it?"

We can't afford to get angry--especially at people. Kick the wall or the TV if you will, but "Let the other guy get mad!" We know too well where anger leads: to resentment. And brother, do we know what resentment brings! Rule of thumb? Well, as the young folks say in this age, "Cool it, baby. Cool it."

L

Don't get too Lonely. Nonalcoholic members of the psychiatric profession tend to equate loneliness with boredom, and we are inclined to agree. If there is any one thing that must be included in the alcoholic's life before he can once again become a whole man, it is worthwhile activity. This may be Twelfth Step work, his vocation, his avocation, or anything else. But we feel such activity must be present in order to fulfill his existence and eliminate loneliness.

...Continued next page...

The rule of HALT ...continued

We must also consider the loneliness brought about because the newcomer lives alone. But this is easily rectified. It takes only a phone call or a visit to an AA-oriented social club. Or, for the AA Loner, far from other members, the Big Book or a letter to an AA pen pal may suffice.

Under any conditions, loneliness is the mother of self-pity, and the ultimate end is resentment and drinking. The rule of thumb? Do something!

T
Don't get too Tired. In its effect, the last ingredient or direction in our rule is not too different from the first. Physical fatigue will affect both our bodies and our minds adversely and will thereby lower our defenses against the urge to drink if there is any possibility at all of such a desire being present, consciously or sub-consciously.

And here the rule of thumb is: "When you get tired, put the body down!" (How many times have we read and said Easy Does It?)

So there it is: **HALT--Hungry, Angry, Lonely, Tired.** This rule, when coupled with meetings and living our day-by-day lives according to AA principles, will make things much easier, not only for the newcomer, but for the old-timer as well. Once we recognize that these four conditions are dangerous if succumbed to, we should avoid them as carefully as we would that first drink, for any one of them could be the first step to a drunk.

Dr. John
San Diego, California

Contributions by T.O.S.



Area 64

Third Quarter Assembly

Paris Convention Center

1510 E. Wood St., Paris, TN

July 21, 22, and 23, 2023

Hosted by Districts 16, 17, 19, & 28

“OBVIOUSLY”

(Big Book, Page 46)

Quality Inn

1510 E. Wood St., Paris, TN

731-642-2838

Room Rate: \$104.88 Room Code: A64



SERENITY IMPROVEMENT'S WELCOME HOME DINNER

Saturday

August 12, 2023

Elizabeth BL-Louisville, Ky

bring your own side dish,
dessert

Dinner @ 6:00

Speaker @ 7:30

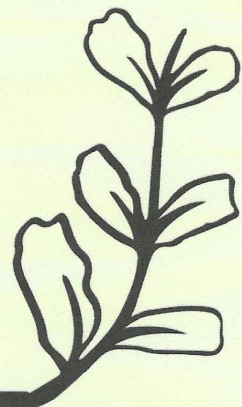
First Broad St.

United Methodist Church

100 East Church Circle

Kingsport, Tn 37660

Entrance is around the back



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



*Create the fellowship
you crave...*

SMA[⊙]CC

Southern Motorcyclists in Alcoholics Anonymous Camping Convention, IX

WHEN: Aug. 24-27, 2023

WHERE: Fall Creek Falls TN State Park,
Newton Ford Bunk House.

REGISTRATION: \$50, after Jul. 31st – \$60.
The registration fee will cover meals & lodging.

TO PRE-REGISTER WITH CASHAPP: Use \$Sokygoose.

SPEAKERS: John E. (TN) – Fri PM, James Lee (FL) – Sat PM,
Jane Lee (FL) - Sun AM.

CONTACT: Don G. 270-576-8035 or Don R. 931-239-1523

Name _____	AA _____
Address _____	Al-Anon _____
City, State, Zip _____	Others _____
Email _____	Sobriety Date _____
Would you like to volunteer? _____ Yes _____ No	If yes, phone number _____
Please, let us know about any special needs _____	
Pr-registration: \$50 _____ After July 31st, \$60 _____ Donation: _____ Total: _____	

Mail to: SMAAC, 370 South Lowe Ave., BOX 242, Suite A, Cookeville, TN 38501

Serenity in the Scenic City

August 25-27, 2023

DoubleTree by Hilton

407 Chestnut Street
Chattanooga, TN
37402
423-756-5150

Room Rate : \$121.00
Reservation Code: SIC
Reserve by: 07/06/2022

Speakers

Matthew M. / Santa Paula, CA
Jennifer H. / Plano, TX
Joe C. / Palm Coast, FL
Holly D. / Jacksonville, FL
Tarek K. / Birmingham AL

Pre-registration: \$30.00
At the Door: \$35.00

For additional information or questions, please email or call:

Hostcommittee@yahoo.com or (423) 888-2122 or (423) 508-5139

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

Serenity in the Scenic City
P.O. Box 22602
Chattanooga, TN 37422
Or

You can register at www.Serenityinthesceniccity.org

Mastercard, Visa, Discover and American Express accepted on Square

Please complete and send bottom with registration payment

AA Alanon Volunteer Scholarship
Name: _____
Address: _____
City: _____ State: _____
Zip: _____ Phone: _____

Email address: _____
Name on Badge: _____

AA Alanon Volunteer Scholarship
Name: _____
Address: _____
City: _____ State: _____
Zip: _____ Phone: _____

Email address: _____
Name on Badge: _____

Committee use only (Paid via): Check Square Cash Scholarship

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

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 T5C

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

District 4 Annual Picnic

Sunday, October 8 1pm to 4pm

Food, Fun, Fellowship!

*Louisville Point Park
3298 Cox Road, Louisville, TN*

1:00 - 2:30 Food & Fellowship
2:30 Sobriety Countdown
2:30 - 3:30 Speaker

**Fried chicken, soda, coffee and water will be provided.
Please bring a side dish or dessert to share.**

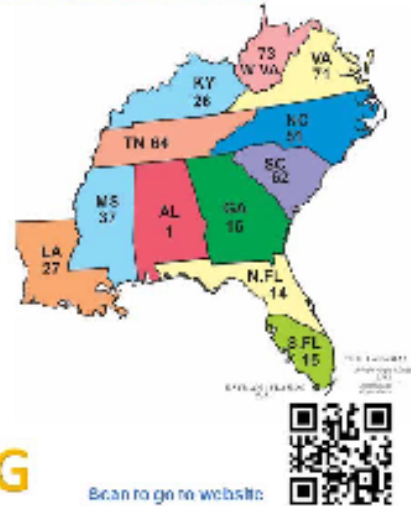
7th Tradition basket to benefit District 4

Inspire and Attract! SSAASA7

South East Region Service Assembly
Meet your peers around the South East Region
Hosted by Area 14, North Florida

- ✓ Panel Discussions
- ✓ Service Workshops
- ✓ Share Your Service Experience
- ✓ Learn and Discover
- ✓ Volunteer Opportunities

**Southern States
A. A.
Service Assembly
Orlando Florida
Sheraton Orlando North
November 17-19, 2023**



SSAASA7.ORG

Questions? Chair.ssaasa7@gmail.com

Scan to go to website

Service Workshops * Panel Discussions * Service Experience

YOU Are Invited!

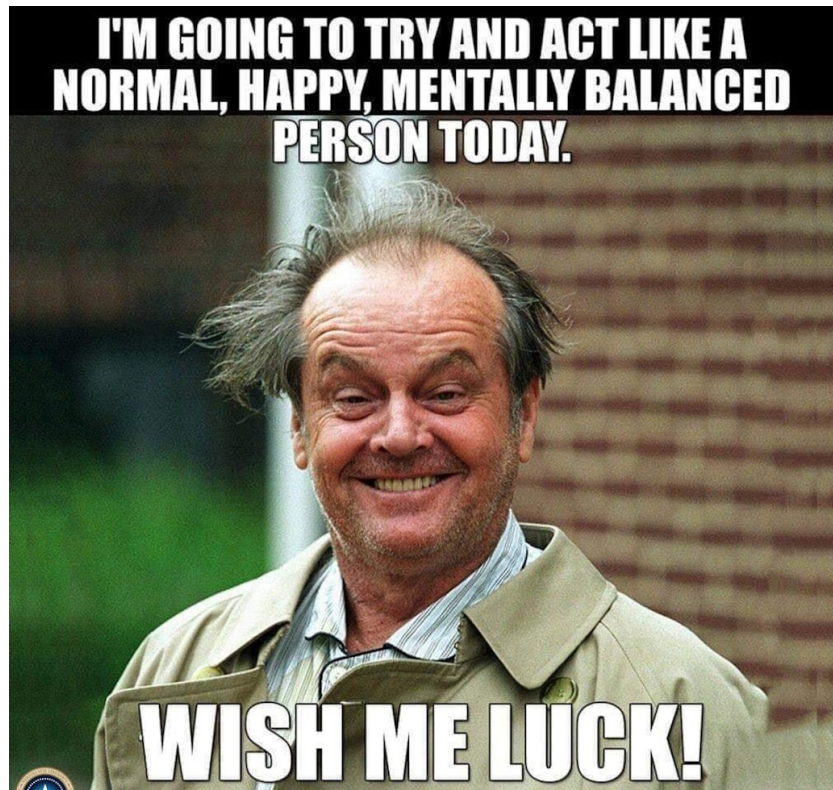
Inquiring minds and trusted servants from all over the South East Region will come together to discuss all things service. Come to Discover, Learn and Share. See old friends, and make new ones.

<p>Volunteer to help in so many ways:</p> <ul style="list-style-type: none"> • Greeter • Registration • Hospitality • Presenter 	<p>Discuss and Share:</p> <ul style="list-style-type: none"> • General Service Positions • Grapevine • Intergroup • Traditions (Have fun) • Concepts (Learn) • Just checking out the 3rd Legacy?
<p>Register and reserve your room at ssaasa7.org, or download paper registration form and FAQ Questions? Email chair.ssaasa7@gmail.com</p>	
<p>Need A Scholarship? We are able to offer a scholarship for <u>Registration Only</u>. Email chair.ssaasa7@gmail.com for an application. Be sure to allow time to reserve your hotel room if one will be needed.</p>	

Still got Questions? Email chair.ssaasa7@gmail.com

On the Lighter Side

I'm so sick and tired of my friends who can not handle their alcohol. Last night they dropped me 3 times while carrying me to the car.



Only Willie Nelson could look perfectly normal in this situation . . .



-Good Morning. Is This The Helpline for Alcoholics?

-Yes.

-How Do You Make A Mojito?



July 2023



Name _____

Address _____

City _____

State _____

Zip _____