



# EAST TENNESSEE INTERGROUP UNITY NEWSLETTER



**AUGUST 2023**

**Volume 47; Issue 8**

## Intergroup Office News

*There is nothing noteworthy to report* from ETIAA this month. Instead, we are presenting, in full, an interview with one of our volunteers, Ken L., who has quite a story to tell about doing service work and how it keeps him sober.

**Ken L. is from the Colonial Group** which meets on Tuesdays at 7 p.m. at the Lake Forest Presbyterian Church in Knoxville. Ken shared about his experience with service:

The first time I got sober was in 1990 and I initially did service work. I was working the steps with a sponsor. Service kept me involved with the fellowship and I was staying sober. It gave me a commitment to show up at least once a week to help support and be part of the meeting and group. Unfortunately, I suffered from two “geographic relapses”, the second one in 1997.

I continued to add to my story until 2005. At the end of my stay at Hope Valley in November 2005 I was worried about going home and having to face society again because “John Barleycorn was out there waiting for me”. From my previous experience with service work, I knew it would help me stay connected to the AA fellowship and the AA program. I looked for a job right away and have done different service work since 2005.

Early in my sobriety where I “grew up” in AA, some groups would have greeters at the door, and I would do that. Some groups had raffles where AA books, bumper stickers and other things were given away. I manned the table and sold the tickets. One job that I never had was as a “bookie,” but I did get “booked.” “Bookies” got speakers for their home group speaker meeting by going to other meetings. Speaker meetings usually had 2-3 speakers and I volunteered to speak at many. I think they may have been 90-minute meetings with an intermission. That’s when the raffle took place. During my second tour of sobriety and shortly after leaving Hope Valley I was somehow entrusted with the keys to an AA club house where there were several meetings.

*Continued on p. 10*

### 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

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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!**



**Step Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.**

**While the purpose** of making restitution to others is paramount, it is equally necessary that we extricate from an examination of our personal relations every bit of information about ourselves and our fundamental difficulties that we can. Since defective relations with other human beings have nearly always been the immediate cause of our woes, including our alcoholism, no field of investigation could yield more satisfying and valuable rewards than this one. Calm, thoughtful reflection upon personal relations can deepen our insight. We can go far beyond those things which were superficially wrong with us, to see those flaws which were basic, flaws which sometimes were responsible for the whole pattern of our lives. Thoroughness, we have found, will pay—and pay handsomely.

### **Eighth Step Prayer**

Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be forgiving to others, as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.



### **Tradition Eight (long form)**

Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services recompensed. But our usual A.A. Twelfth Step work is never to be paid for.

### **Tradition Eight Checklist:**

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition—How It Developed?

## WISDOM OVERHEARD IN THE ROOMS

I have two companies in my head... one produces B.S. and the other one buys it. Scott B. "Slow Alcoholic"

AA'ers personal mission statement: Come and see. Learn and rejoice. Go and tell. *Jim H. Little Rock*

"Change is scary, even if it promises a better life." — *"As Long As I Stay Willing," Watsonville, California, June 2009, Step By Step*

The object of all growth and all achievement is not to be better than others but to be better able to serve others (thanks Nancy O'B.)

'It's OK to look back at the past - just don't stare at it. (*anonymous*)

"I'm not here to change AA; AA is here to change me." — *"Ten Minutes of Oneness," San Mateo, California, December 1995*

"At some point in each today, we recovering alcoholics need to pay ourselves a friendly visit." — *"Savoring Our Sobriety," North Hollywood, California, August 1982, Emotional Sobriety*

Problems are not the problem: Coping is the problem. thanks Gene H.

"When the pain behind me got stronger then the fear in front of me, only then was I willing to do something."

Mercy is when we don't get what we deserve. Grace is when we get what we don't deserve. *Dr. Ishee*

When your life is degrading faster than you can lower your standards, you are ready for recovery. — Unknown

"Some people see the glass half empty, some people see the glass half full, and on my days of struggle I just try to be thankful I still have a glass." -- unknown

# Unity Group

At the Flat Iron V

710 Maryville Pike, Knoxville TN 37920

Meets Sunday-Friday @5:30 pm

# Needs Support!

Morning meeting Space also available at this location

Contact Julie O. 865-396-0296

## 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](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

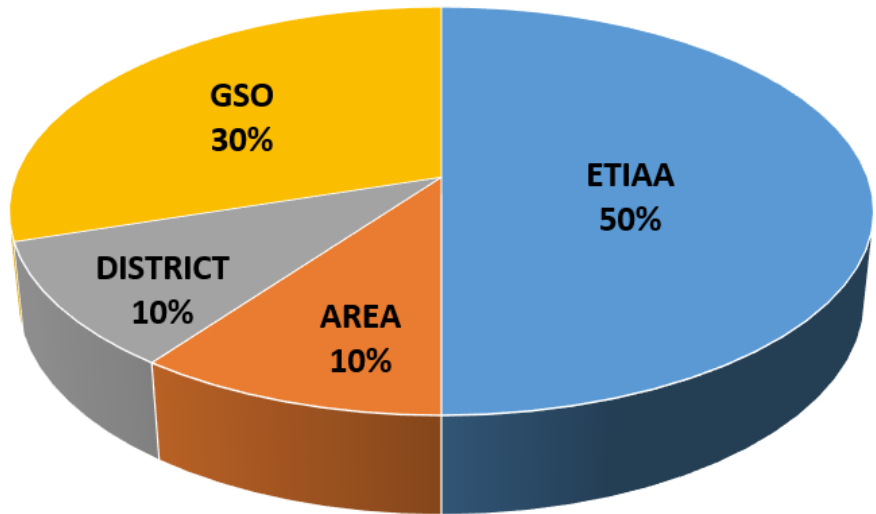
## 7TH TRADITION SUGGESTED CONTRIBUTIONS

### 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—	
	Jun '22	Jun '23		Jun '23	Jun '23
1ST THINGS 1ST KNOXVILLE		4,444.79	MONDAY NIGHT MEN'S		923.00
4-WAY GROUP	100.00	300.00	MORRISTOWN GROUP		150.00
4TH DIMENSION		600.00	NEW BEGINNING- LOUDON		35.00
AREA 64 HOST COMMITTEE		90.00	NEW BEGINNINGS KNOXVILLE		556.72
BACK TO BASICS- OAK RIDGE		50.00	NORRIS CLINTON GROUP		60.00
BIG BOOK RECOVERY		45.00	NORTH GATLINBURG		520.69
BLOUNT COUNTY GROUP	150.00	475.00	NORTHSHORE		700.00
BREAKFAST CLUB	50.00	228.90	Nueva Esperanza		150.00
BROAD HIGHWAY		300.00	ONLINE LUNCH BUNCH		50.50
COLONIAL GROUP		400.00	Paula A		1,000.00
COLONIAL HEIGHTS		175.00	PHOENIX GROUP		1,282.00
CONCORD GROUP		90.00	PRIMARY PURPOSE- OAK RIDGE	200.00	800.00
CONTRIBUTION JAR	6.00	69.56	RISING FROM THE ASHES		634.52
COOKIE GROUP	120.00	480.00	RIVERSIDE GROUP		1,513.92
DAILY REPRIEVE- MARYVILLE		10.00	Roamers	186.40	489.76
DANDRIDGE UNITY		46.00	ROANE COUNTY UNITY		1,041.00
DISTRICT 50/51		360.00	SATURDAY MORNING BIG		
DOWN ON THE RIVER		400.00	BOOK STUDY		2,533.62
FOUNTAIN CITY SERENITY		600.00	SEEKERS JONESBOROUGH		75.00
FREE AT LAST		126.00	SERENITY IMPROVEMENT		400.00
FRIDAY NIGHT MEETING	300.00	400.00	SERENITY SISTERS	376.13	4,004.13
HAPPY DESTINY	150.00	700.00	SEYMOUR SHARING		1,090.88
HAPPY HOUR		2,850.23	SOBRIETY SOCIETY- SO-SO		271.92
HIGH NOON ROGERSVILLE		100.00	SPIRITUAL PROGRESS		60.00
HIGH NOONERS-P40		1,500.00	Square Customer	74.93	2,394.70
Johnson City Women's Group		75.00	Stepping Through Sobriety		175.00
KEEP LEANING FORWARD	30.00	30.00	STEPS FORWARD		155.00
K'VILLE PRIMARY PURPOSE		270.00	TELLICO VILLAGE	60.00	300.00
KODAK HWY 66		200.00	TENNESSEE GROUP	753.71	2,475.21
LAFOLLETTE-THERE IS HOPE	200.00	320.00	The Jaywalkers		500.00
Lordy Lordy Event		1,059.19	TRI-STATE GROUP-HARROGATE		600.00
LUNCH BUNCH BRISTOL		95.22	TRUDGING THE ROAD		378.80
LUNCH BUNCH- GREENEVILLE		646.76	TUESDAY NIGHT LOUDON	100.00	350.00
MEMORIAL RECOVERY		100.00	TURNIP PATCH		336.34
METRO GROUP		450.00	WEARS VALLEY GROUP		222.75
			WEST KNOXVILLE GROUP		578.00
			<b>TOTAL</b>	<b>\$2,857.17</b>	<b>\$44,895.11</b>

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

# July 17, 2023 Intergroup Meeting Minutes

Rhonda opened with serenity prayer at 6:34pm.

**Present in person and via Zoom:** Amy, Clara, Dave G., Dave R., Jim F., David S., Jack B., Fawn, Melanie, Letha, Becky B., Tiffany, Barb, Jimmy, Sarah, David, Bryan G., Ken, Beth, Marian, Linda, Amber, Rhonda, Sandra, Jackson, Jacque, Mel, Scott

**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, Knoxypaa Friends of Bill

Jack acknowledged the date error for this month's meeting in the bottom of the notes. Dave S. made motion to accept minutes corrected, 2<sup>nd</sup> by Jim F. All in favor (Updated June minutes submitted 7/21/23).

## **Manager's Report – Clara M.**

- Welcome to Jackson and Amy
- Price increase from April took effect last Monday
- Price tags have been updated in the office except for pamphlets to follow

## **Treasurer's Report – Dave S.**

- Account balance is \$20,080
- Prudent reserve is \$17,816.64
- Envelope division and tracking discussed
- Report accepted. Jacque made motion, Scott 2<sup>nd</sup>. All approved.

## **Hotline Report – Jack F.**

- No updates to review or report

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

- Someone is needed to work one Saturday a month from 8am to 12pm.

## **Archives – Allison**

- Working on chronological orders for paperwork and eliminating duplicates

## **Website – Barb S.**

- May views 6,280 web views – great interest

**Accessibilities – Kelly – not present**

**Spanish liaison – Julissa – not present**

**CPC/PI – Sarah – not present**

## **Treatment Report – Jacques H.**

- Treatment workshop attended last Saturday went well; lots of information was given regarding bridging the gap
- Other districts were present – kudos to District 4

## **Corrections Report – Marian G.**

- District 5051 meeting was attended
- District 3 will meet August 6th
- Corrections Conference in November this year has been booked

## **Outreach Report – Ken L. (not present but report given to manager)**

- Joe and Charlie Roamers meeting was attended
- Strangely Insane traditions meeting was attended

## **Events – Jimmy-not present, Mel subbed in**

- September 9<sup>th</sup> date for Intergroup birthday party Norwood United Methodist
- Awaiting final confirmation from church for this date then flyer will be made & posting for the newsletter

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

- August serenity improvement dinner in Kingsport needs volunteers
- 100 Black Men – Sarah will be attending (CPC/PI)

## **OLD BUSINESS:**

- Envelopes for committees are at the office and to be used to carry the message

## **NEW BUSINESS:**

- Mel proposed a budget for birthday party of \$1,000. Allison made motion, Dave S. agreed and 2<sup>nd</sup>. All approved.
- As per Dave G., Solway Spiritual Retreat group meeting is NA not AA, needs to be correction on meeting guide, Clara will follow up with this
- Dave G. made a formal thank you to Clara for her efforts and hard work.

**The meeting was adjourned at 7:15pm, closed with Responsibility Statement.**

**Next meeting will be held Monday August 21st 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 <sup>th</sup> 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
KNOXPAA	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
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 <sup>th</sup> Ave Knoxville, TN 37917
Girls Gone Sober	Wednesdays @6:30pm	Prospect Center 1426 E Center St Kingsport, TN 37664

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

## Reported AA Birthdays

**June 27** — Brad C., Monday Night Men's Group..... **4 years**  
**June 28** — Dan L., Monday Night Men's Group.....**3 years**  
**July 2** — Jeff McC., Monday Night Men's Group.....**5 years**  
**July 12** — Marian G., TN Group.....**36 years**  
**July 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**  
**July 31** — Bill M., Monday Night Men's Group.....**13 years**  
**Aug 6** — Susie MaC Serenity Sisters ..... **21 years**  
**Aug 24** — Jimmy MaC Friday Night Group .....**34 years**  
**Aug 13** — Caitlin M Sobriety Society .....**23 years**  
**Aug 19** — Sonja L GSMRC ..... **26 years**



# A.A. Oldtimers...On the Eighth Step

*A.A. Grapevine, June 1945, Vol. 2 No. 1*

*“Made a list of all persons we had harmed, and became willing to make amends to them all.*

It was characteristic of many of us as alcoholics to at least attempt to perform in the grandiose manner. And in harming others we usually succeeded magnificently. So, to say that the first phase of the Eighth Step is a large order is to indulge in understatement which matches our bombastic style.

And yet, however extended be the list of those we have harmed, the fulfillment of this step's admonition need not be a tedious nor a burdensome undertaking. In the first place, let's examine the meaning of the verb: Amend.

Webster's New International Dictionary defines it thus –“To make better, especially in character; to repair, restore; to free from faults, put right, correct, rectify. . .”

There is the credo to which we of A.A. subscribe; the goal we hope to achieve through sobriety. It is both the manifestation of our adherence to the other 11 Steps and our performance of the Eighth itself.

The definition continues:

“. . . to change or modify in any way for the better; to recover from illness.”

It was written for us!

We have often heard that our sobriety should be founded on “unselfish selfishness”, that we should strive to avoid a lapse into drinking for the benefits we, personally, derive from abstinence. It's not sound, we have been told, to try to stay dry for the sake of a wife or a sweetheart or someone else dear to us.

When we first heard that plan of action outlined, we revolted mildly because it didn't seem to meet the specifications of true altruism. Many of us, as we entered A.A., still yearned for that mystic power to “handle” alcohol and it seemed then that the step we were taking was at least in part –a gesture of devotion to some loved one. Without altruism there didn't seem to be much motive to propel us.

Of course, we soon discovered that “unselfish selfishness” was the firmest foundation for our recovery. We found, in the same way, that we try to help others, not solely through altruistic impulse, but so that we may gain strength.

The principle of “unselfish selfishness” is applicable again in the Eighth Step. We seek to identify all those we have harmed and we assume a willingness to make amends so that –recalling the definition of the word –we may “change . . . for the better” and “recover from illness.”

The alternative is retrogression. If we fail to “repair”, we can only impair.

**L. J.**

## Interview with Ken L. (Continued from p. 1)

I got there early, set up tables and chairs, made the coffee, cleaned up afterwards and then locked the door. Smoking was still allowed back then so emptying ashtrays was part of cleanup. Later I was given the keys for a church basement meeting and did the same.

I've done service work from the beginning. Following a military rehab in 1990 I started service work shortly after returning to my home base. Then I left the Army and moved to a new state. I wasn't doing any service work. I wasn't using a sponsor. I stopped praying. I stopped working the program altogether. Then I relapsed. So, for me doing service work is directly related to whether there is another drink in my future. After my 2<sup>nd</sup> rehab in 2005, I started service work right away. I moved to Knoxville in 2010 and soon started doing work with intergroup and have done it on and off over the years.

Currently I am the Outreach chair for Intergroup. It's cool because I get to go to meetings I might never have gone to. I get to meet and hear people I have never heard before. So, it makes learning how to stay sober a continuous process. Because, for me, staying sober IS a continuous learning process. In addition to my home group, I try to get to at least one other meeting during the week.

What keeps me coming back is that Ken's plan for sobriety doesn't work. AA does. Service work makes me stay connected to the plan that does. I also think of all those people that came before me whose service work makes it possible for the fellowship to exist today as we know it. The steps are a personal program but without the fellowship, for me, there is no program. I think of all the people who need AA now or will need it in the future. I want to pay it forward. I want the hand of AA to always be there.

Generally, I am an introverted person. Doing service work won't make me an extroverted person but sometimes it is nice to be able to talk to other drunks at different meetings. It helps me get out of myself and be part of the fellowship. That's the selfish answer. The selfless answer is that it just feels good, just like it feels good to hold open a door for an elderly citizen to pass through. When I was drinking, I didn't feel good. I was miserable along with several other adjectives which are the direct opposite of 'good'. I feel like I am doing something important and that is making sure AA stays around for someone who needs it.

A special memory of doing service was making a twelfth step call with my sponsor. It was just us and a guy whose sister called for him. The man we were seeing was bedridden at the time. I felt like it was a gathering of Bill W, Dr. Bob and Bill D all over again. At one point the man said, "I wish I could get to a meeting". My sponsor answered with something I thought was awesome. He said, "We're having one."



Hello, my name is \_\_\_\_\_  
and I'm an alcoholic....

Welcome to the Wednesday  
night Speaker Tape meeting

## AA Speaker Tape Meeting

Back to Basics

301 Oak Ridge Turnpike

Every Wednesday at 7pm

**Come listen to a good AA speaker and the discussion to follow.**

**Area 64**  
**Second Quarter Assembly**  
**PLANNING WORKSHOP**  
**&**  
**PIZZA PARTY**

**WHEN:** Friday August 11, 2023 from 7PM-8PM

**WHERE:** Intergroup Office 9217 Park West Blvd b3, Knoxville, TN

**WHY:** Service will keep you sober. It's the key to staying connected.

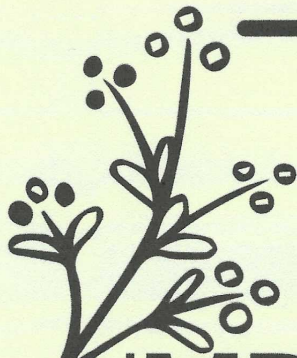
**We Are Not Saints**

Big Book, Page 60

Enjoy food and fellowship as we learn together  
about **WHAT** an Area Assembly is,  
**WHY** it's important to your sobriety, and how  
**YOU** can be of service!

We have many service opportunities available!





# 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

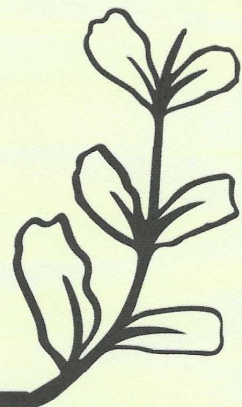
First Broad St.

United Methodist Church

100 East Church Circle

Kingsport, Tn 37660

Entrance is around the back



# COME GET A SLICE OF TCYPAA ACTION!



**BID COMMITTEE**  
**ELECTIONS**  
**PIZZA &**  
**FELLOWSHIP**

**TENNESSEE CONFERENCE OF YOUNG PEOPLE IN AA**

**AUGUST 13TH 6:30PM**

**TYSON PARK 2351 KINGSTON PIKE**

**THE PARK 40 CLUB BOARD OF DIRECTORS  
ARE PLEASED TO ANNOUNCE**

The Park 40 Club will be hosting its 43<sup>rd</sup> Anniversary Celebration and Membership Drive with an Eat and Speak event on August 19<sup>th</sup>. Everyone is welcome. The speaker meeting will begin at 5:30 PM and we will begin serving food at 6:30 PM. The Club will provide hamburgers, hot dogs, buns, condiments, and iced tea. We are asking attendees to bring a side item or dessert if you can.

Our speaker this year will be Douglas P. Nanny. We look forward to seeing many of you in at the event. A Zoom link for the speaker meeting is provided below for those who are unable to attend in person.

Topic: P-40 Club Anniversary Celebration Speaker Meeting

Time: Aug 19, 2023 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82396919561?pwd=dVhSSDJWb3ZWUldLcEFvT2MrZG1HZz09>

Meeting ID: 823 9691 9561

Passcode: 105919

To join by phone

- +1 305 224 1968 US

Meeting ID: 823 9691 9561

Passcode: 105919

# 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

# PLAIN LANGUAGE TRANSLATION

**Spanish  
Interpretation  
upon request**

**ASL  
Interpretation  
upon request**

**A Tool for Accessing  
The Big Book of Alcoholics Anonymous**

***Sunday***

***August 20, 2023***

***@ 3 P.M. EDT***

***ID: 841 2499 3206***

***PW: 326186***

***Accessibilities@MarylandAA.org***





*Create the fellowship  
you crave...*

# SMA<sup>⊙</sup>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

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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](mailto: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](http://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

A decorative background featuring several balloons of various shades of gray and white, some with patterns. A banner with triangular flags is strung across the middle. The text is centered over this background.

**East Tennessee Intergroup's  
Annual DECADES Themed  
Birthday Bash**

**September 9<sup>th</sup> 6pm-9:30pm**

**@ Norwood United Methodist Church  
2110 Merchant Dr, Knoxville, TN 37912**

**Get your friends and Home Group  
to choose a DECADE to dress up as!!**

# 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 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.**

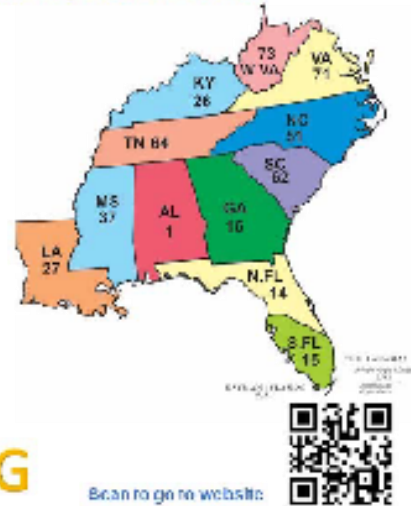
*7th Tradition basket to benefit District 4*

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

**Still got Questions? Email [chair.ssaasa7@gmail.com](mailto:chair.ssaasa7@gmail.com)**

On the Lighter Side



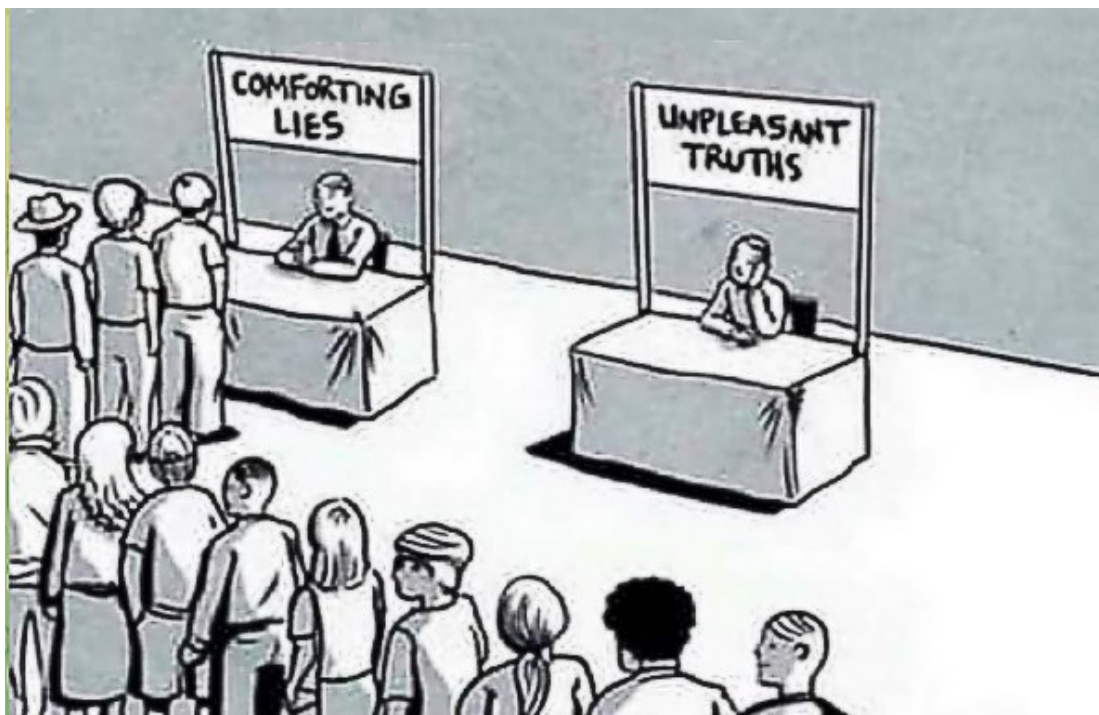
I wrote a lil song about my spiritual awakening...  
It goes, "AHHHHHHHHHHHHHHHHHHHHH!!!"



When women find out I'm single



When women find out why I'm single



**August 2023**



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_