

UNITY NEWSLETTER



OCTOBER 2023 Volume 47; Issue 10

Intergroup Office News

Our Office Manager will be attending the ICOAA (Intergroups/Central Offices of Alcoholics Anonymous) Seminar Oct 12-15th in Cincinnati, OH. It's a wonderful opportunity to collaborate with other office Managers, learn new ways to better serve the AA community and further unify our fellowship through information sharing! Some of the topics are what we sell, best vendors, markup, attracting IGR's, Meeting Directories and Archives. There will be a report on information learned in the next newsletter!

We talked with Rick C. from the Phoenix Group. He has been sober since Feb 8, 1988. He chairs the Group Conscience meetings at his home group. Rick has found being a service worker in the Intergroup office rewarding after retirement. "When I answer the phone at the office, I can also offer some comfort to the family members of alcoholics who are hurting. If they seem open, I encourage them to look into Al-Anon."

Rick's first experience with service was chairing meetings. "Even though I had spoken in front of groups many times before during my career, I found that I was very nervous chairing meetings at first. Sharing about myself felt so real life, not merely academic."

"It's rewarding when someone tells you years later that something you said made an impact. Helping others is also insurance for myself."

"At around 10 years sober, I was at a party, playing penny poker. My wife brought over a plate of *hors d'oeuvres*, and I popped one into my mouth. In an instant, I started calculating how many I would need to eat to get a buzz. I mentioned that to my wife, and she did a little investigating. It turned out that they had indeed been prepared with alcohol. If I had any reservations before, I knew for sure that I could never have a drink again if that's how I reacted!"

Office Service	ce Workers	<u>Hotline</u>	Intergroup	Board	Website
Robin Dave S Dave R Katie Joan Glenn Jill Pete Rick Bob Peggy	Maria Mary Charlie Gerald Beth Dennis	Jack Carol Bob Barb Emily Anna Miles Randal Emily Patrick Lee Anne	Rhonda Dave S Beth Barb Jacque H Jack F Susie Jimmy Becky Scott Sarah	Amber Ken Marian Fawn Mel Allison Amber Ken Letha Tiffany Jim	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 Subject line:
Newsletter!



Patty

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to

admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

Tenth Step Prayer

Dear God, I pray I may continue to grow in understanding and effectiveness; to take daily spot check inventories of myself; to correct mistakes when I make them; to take responsibility for my actions; to be ever aware of my negative and self-defeating attitudes and behaviors; to keep my willfulness in check; to always remember I need Your help; to keep love and tolerance of others as my code; and to continue in daily prayer how I can best serve You.



Tradition Ten (long form):

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatsoever.

Tradition Ten Checklist:

- 1. Do I still try to boss things in AA?
- 2. Do I resist formal aspects of AA because I fear them as authoritative?
- 3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
- 4. Do I exercise patience and humility in any AA job I take?
- 5. Am I aware of all those to whom I am responsible in any AA job?
- 6. Why doesn't every AA group need a constitution and bylaws?
- 7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
- 8. What has rotation to do with anonymity? With humility?

WISDOM OVERHEARD IN THE ROOMS

Isolation is the dark room where I go to develop my negatives. Guy H.(Buffalo Men's Zoom)

God has a tendency of picking up a nobody, to become a somebody, in front of everybody, without asking anybody. Greg K.

Love is like a flower very easily crushed and never perfect but always beautiful. (thanks James B.)

"Your fears will not kill you; but running away from them might" Jan L.

Anything that hurts you can teach you, and if it keeps hurting you, it's because you haven't learned. Unknown We drink to solve the problems we caused while we were drinking.

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

I am thankful to be alive. The joy of just being is enough ... to live in this world/universe of beauty, of goodness, of grandeur, of mystery, of unexplainable bliss, all Created with deep and abiding Love. - Jim H.

When we are desperate for love, there are ONLY wrong places to look. — Bill C.

I have to remind myself, on a daily basis, that I am not God...and that is a good thing!!! — Ginny A.

"If you can find a path with no obstacles, it probably doesn't lead anywhere."

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@e	etiaa.org	www.etiaa.org
Date: *First N	lame	Last Name	
Address		•Phone	
*City	*State	*ZIP	Sex
E-mail address		Alternative Pho	ne
Volunteer Service C			ittees of Interest
Check only those you are willing		Check only those Public Informat Professional Co	you are willing to serve on: ion / Cooperation with the mmunity
	Weekends	Office Worker	
Weekends	weekends	Archives	

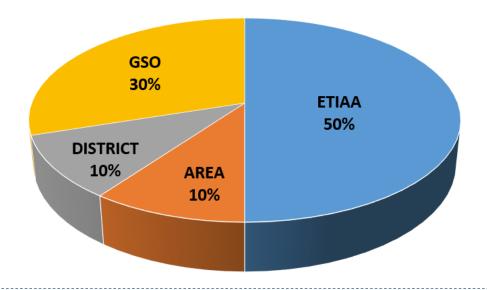
How can groups participate?

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]

7TH TRADITION SUGGESTED CONTRIBUTIONS



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

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.

NEW!

Intergroup Financial / Contributions Report

GROUPS DONATING	Aug '23	Aug '23— Jun '24	GROUPS DONATING	Aug '23	Aug '23— Jun '24
1ST THINGS 1ST KNOXVILLE	Ü	537.00	HIGH NOONERS-P40	7 to 9 _ 0	625.00
4-WAY GROUP		100.00	KEEP LEANING FORWARD	72.00	72.00
BIG BOOK RECOVERY	25.00	25.00	KODAK HWY 66	100.00	100.00
BLOUNT COUNTY GROUP		150.00	MEMORIAL RECOVERY		50.00
BREAKFAST CLUB	75.00	75.00	NORTH GATLINBURG		73.20
COLONIAL GROUP		100.00	PHOENIX GROUP		562.00
COLONIAL HEIGHTS		50.00	RISING FROM THE ASHES		200.00
CONTRIBUTION JAR	67.00	74.00	ROCKY HILL GROUP		259.00
DAILY REPRIEVE- MARYVILLE DANDRIDGE UNITY	50.00	50.00 24.00	ROGERSVILLE GROUP	271.67	
Design For Living		101.10	SEYMOUR SHARING		426.32
FOUNTAIN CITY SERENITY		150.00	SPIRITUAL PROGRESS		60.00
HAPPY HOUR		698.86	SQUARE CUSTOMER	637.82	717.82
HAPPY HOUR ZOOM	970.10	970.10	STEPPING THROUGH SOBRIETY		50.00
HIGH NOON ROGERSVILLE	133.00	133.00	TOTAL	\$2,401.59	\$6,705.07

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

September 18, 2023 Intergroup Meeting Minutes

Rhonda chaired and opened with serenity prayer at 6:30pm.

<u>Present in person and via Zoom:</u> Clara, Dave G., Dave R., David S., Jack B., Becky B., Tiffany, Suzi, Jimmy, Sarah, Bryan G., Marian, Amber, Jacque, Scott, Jack, Allison, Sandra, Fawn, Mel

<u>Groups represented:</u> 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, Group with No Name

Motion to accept previous minutes Jim F., 2nd by Clara. All in favor.

Manager's Report – Clara M.

- Will be ordering merchandise for the holidays -open to suggestions for items
- Has been following up on back-ordered literature.
- Researching different free software options for office and volunteers
- Has been working on updates for the bylaws see new business

Treasurer's Report – Dave S.

- Account balance is \$24,603.04
- Prudent reserve is \$18,308.71
- Report accepted. Bryan made motion, Fawn 2nd. All approved.
- There will be numbers posted on Remind app next month

Hotline Report - Jack F.

• No updates to review or report, all is well

Office Service Workers – Dave S.

• All is well, no shortages, volunteers always welcome

Archives - Allison

Continued progress in filing newsletters

Website - Barb S. - not present

Accessibility – open (??)

Spanish liaison – Julissa – not present

CPC/PI - Sarah

• Researching Billboard information with support from Caitlin

Treatment Report – Jacques H.

- No updates to report this month
- Clara shared information on Transformers mtg, flyer on web page

Corrections Report - Marian G.

- District 6 Zoom Meeting Oct. 5th
- Anniversary dinner for Morristown Oct. 1st

Outreach Report - Ken L.

- · Low attendance this month but better efforts will be made in the coming weeks
- · Attended Rutledge meeting

Events - Suzi & Jimmy

- Decade's party was a huge success \$789 in basket vote donations, \$1,198.55 spent on supplies, food, etc.
- 182 attendees for Speaker mtg, 200+ for meal or dropping off supplies, helping set up; Serenity Sisters won trophy for best basket
- Date for next year selected September 14, 2024 @ Trinity United Methodist

Mobile Intergroup Report - Beth C.

- Information table was provided at Decades party
- The calendar is clear and accepts any new events!

OLD BUSINESS:

- ADHOC Committee Report presented regarding utilization of funds 5 suggestions were presented (after no review or adjustments in several years):
- Monthly expenses to reflect \$4,500 (from \$3,000) Prudent Reserve should maintain \$27,000 for a 6-month operating expense reserve per guidelines from GSO & common standards with nationwide intergroups. Motion presented, discussed, and voted in favor of.
- ETIAA can enhance quality of services by increasing subcommittee funds from \$200 to \$500; additional funds will be granted within reason and as needed Motion was presented, discussed at length, and voted in favor of.
- ETIAA Intergroup Anniversary Party will be funded in full and remain at no cost to members of AA in the years to come. No 7th tradition basket has been passed for last 2 years Motion was presented, discussed, and voted in favor of.
- Evaluation of office hardware/software needed to stay current and easy-to-use. Motion presented, discussed, and voted in favor of.
- Amend Bylaws to reflect annual review of budget/use of funds; additional enhancements to be considered as they arise. Motion was made and it was agreed upon to table this suggestion.

Sept. 18 Intergroup Minutes (Continued)

NEW BUSINESS:

- Clara presented the group with amendments to Bylaws:
- Elections information inserted
- Information about voting process and rotation of subcommittees listed, December is voting month. Motion made by Clara, Jimmy 2nd, discussed nominees are required to attend at least one month in Oct/Nov to express interest. Motion carried. Clara reminded the group Bylaws are available online.
- Article 5 D amended to reflect office manager annual review by ADHOC committee. Motion made by Clara, Jack 2nd, motion carried.
- Article 5 E for meetings amended to reflect ADHOC committee will be nominated to review distribution of funds annually or in emergent circumstances. Motion made by Clara, Dave 2nd, motion carried.
- Bylaws will be edited to reflect the increase of subcommittee funds to \$500 for fiscal year allotment. Motion made by Clara, Dave S. 2nd, motion carried.

The meeting was adjourned at 8:03pm, closed with Responsibility statement.

Next meeting will be held Monday October 16th 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 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/Al-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
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

Reported AA Birthdays

Sep 5 — Jack T., Monday Night Men's Group	37 years
Sep 7 — Bill R., Monday Night Men's Group	
Sep 14 — Bill P., Monday Night Men's Group	21 years
Sep 23 — Marvin S., Monday Night Men's Group	21 years
Sep 29 — Robin Y., Roamers Group	14 years
Oct 5 — Ken L., Colonial Group	19 years

FOREWORD TO FIRST EDITION OF "ALCOHOLICS ANONYMOUS," 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."

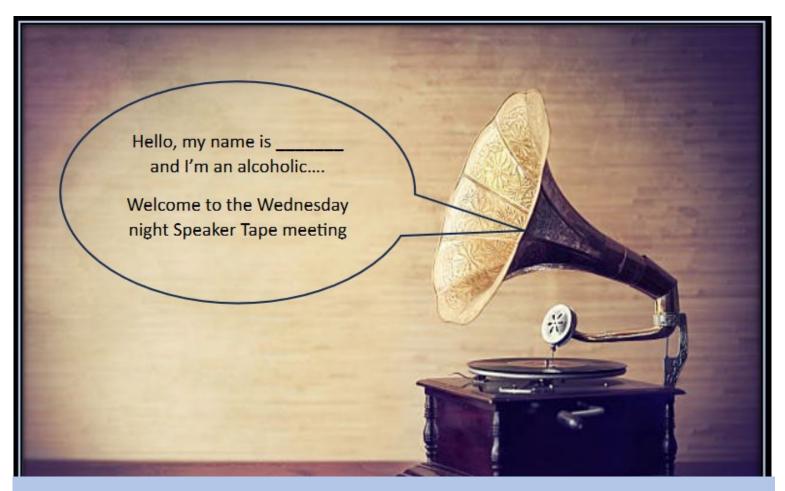
Very earnestly we ask the press also, to observe this request, for otherwise we shall be greatly handicapped.

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 form 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.



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.



An Open Meeting of Alcoholics Anonymous

Meets every Sunday at 7pm

Blount Memorial Hospital 907 E. Lamar Alexander Pkwy Maryville, TN

Meeting is in the Auditorium - ground floor of hospital

Contact Bill T with questions 865-314-1261

District 4 ual Picnic

Sunday, October 8 1 1pm to 4pm

Food, Fun, Fellowship!

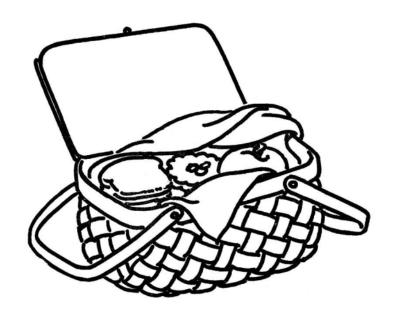
Louisville Point Park 3298 Cox Road, Louisville, TN

> 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

1st Things 1st Fellowship Picnic Brunch Family and Friends welcome! Sunday Oct 22nd 10am-2pm West Hills Park Pavilion 410 N. Winston Rd Knoxville, TN 37909



OCTOBER at the PARK 40 CLUB

9217 Park West Blvd Knoxville, TN 37923

Halloween Party

Friday Oct 27th @7pm \$5 suggested donation

Kids Welcome! Bring sharable snacks! Costume contest determined by ticket vote Winner announced @9:30pm

(\$1 per ticket) Music @9pm

Halloween Bingo

Tuesday Oct 31st 2-5pm Kid friendly prizes!

Check us out for Friday night Game nights too!

7-9pm in October!!

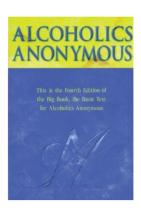
For more info contact Paula 305-560-1143

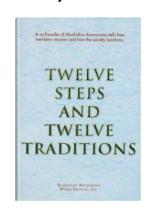
12 STEP WORKSHOP

When: October 14 2:30PM - 4:40PM

Where: Southern Baptist Ch 2827 Main St. Pikeville, TN 37367

a "Pikeville AA Group" Event Come on by and go thru the steps with us Bring your Big Book & 12x12 if you can.





AGENDA

2:00 Doors Open

2:30 Introduction

2:40 First Step Speaker

3:00 Second/Third Step Speaker

3:20 BREAK

3:30 Steps Four thru Nine

4:15 Steps 10, 11, 12

4:40 Food provided

4:40 Food (Furnished)

5:00 Pikeville AA Meeting/Discussion

For Info call Ted 423-619-3772

THE GROUP WITH NO NAME



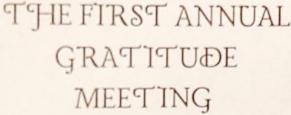


COFFEE PIE & FELLOWSHIP!



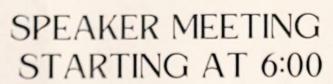
Bring a
Pie
to share!

Cordially invites you to:





WEDNESDAY NOVEMBER 22 2023 FARRAGUT CHURCH OF CHRIST 136 SMITH RD



SOBRIETY COUNTDOWN!!







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

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



Questions? Chair.ssassa7@gmail.com

SSAASA7.ORG

Bean 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.

Volunteer to help in so many ways:

- Greeter
- Registration
- Hospitality
- Presenter

Discuss and Share:

- General Service Positions
- Grapevine
- Intergroup
- Traditions (Have fun)
- Concepts (Learn)
- Just checking out the 3rd Legacy?

Register and reserve your room at ssaasa7.org, or download paper registration form and FAQ

Questions? Email chair.ssaasa7@gmail.com

Need A Scholarship? We are able to offer a scholarship for <u>Registration</u>
<u>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.

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

STEPPING INTO SERENITY women's conference FEBRUARY 23-25, 2024 CHATTANOOGA, TN



Reservation Code: SIS

Reserve by: 01/23/2024

Hotel Info: Doubletree by Hilton 407 Chestnut Street Chattanooga, TN 37402 423-756-5150

SPEAKERS



Jennifer D. Wilmington, NC Step 1 Mari G. Markham, Canada Step 2 & 3 Judith R. Bismark, ND Step 4 & 5 Amy D. Louisville, KY Step 6 & 7 Leslie S. Atlanta, GA Step 8 & 9 Jessica J. Georgetown, TX Step 10 & 11 Brenda J. Mckinney, TX Step 12 Diane A. Nashville, TN Alanon

Registration: \$30 until January 1st, 2024 At the Door: \$35 after January 1st, 2024

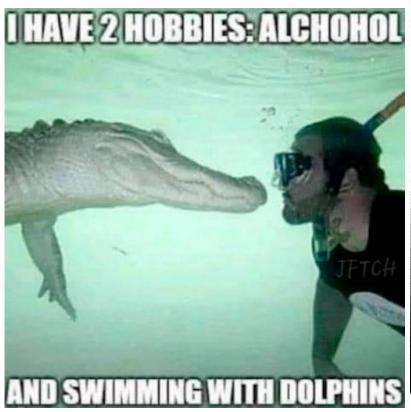
Please make check or money order to "SIS" and mail to

Stepping Into Serenity P.O. Box 21203 Chattanooga, TN 37424

Or

www.steppingintoserenity.org

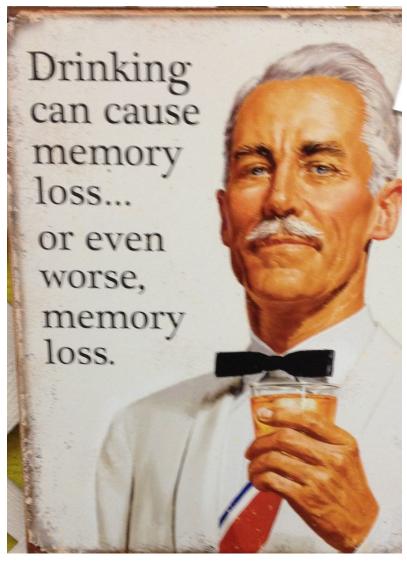
AA	Alanon	Volunteer	ASL	AA	Alanon	Volunteer	ASL
Name	:			Name:			
Addre				Addre	ss:		
City: _		Sta					ate:
Zip: _		Phone:		Zip:		Phone:	
Email				Email:			
Name	on Badge:	:					







I'm on the
Gin & Tonic
Diet
So far I have
lost 2 days



October 2023

Name	
Address	
City	
State	
Zip	