EAST TENNESSEE INTERGROUP UNITY NEWSLETTER Without unity, the heart of A.A. would cease to beat ... — Bill W.

**NOVEMBER 2023** 

#### Intergroup Office News

#### Intergroups/Central Offices of Alcoholics Anonymous (ICOAA) Seminar

The Intergroups/Central Offices of Alcoholics Anonymous (ICOAA) seminar was in Cincinnati October 12-15<sup>th</sup>. The purpose of this seminar is to foster greater unity through the exchange of ideas and procedures amongst office managers and other members involved in their Intergroup/Central Offices. It was a wonderful learning experience. As the ETIAA office manager, I don't have coworkers in the traditional sense, so it was wonderful to get to brainstorm with other's who serve AA in a similar way,

I participated in several workshops. The Newcomer's Orientation warned of information overload at the Seminar, which absolutely happened. In the Vendor's Discussion we talked about what different offices sell and what they charge. There are wide variations of what's sold at each office and how much is charged. There was great information shared about how to update meetings on the Meeting Guide App. Barb S from Upper East Tennessee who updates our schedule has got most of the problems that other offices deal with figured out already!! Thanks again Barb!

In Public Information, we talked about how to attract service workers. We all need a purpose in AA and for some, Intergroup fits that need. Making it more accessible and attractive was a big part of this discussion. We talked about the printed meeting guide schedule and how to best use the PDF generator. After sitting in the Hotline and 12 Step Calls workshop, it gave me a new appreciation for our Hotline coordinator, Jack F.

The workshop on Compensation & Benefits was very interesting. There is so much variation in sizes of Central offices and Intergroups that the only way to

Continued on p. 6

Office Servic	<u>ce Workers</u>	<u>Hotline</u>	Intergroup	<u>Board</u>	<u>Website</u>
Robin Dave S Dave R Katie Joan Glenn Jill Pete Rick Bob	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

Peggy Patty EAST TENNESSEE INTERCOVERV Volume 47; Issue 11

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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!* 

**Unity Newsletter** is a monthly publication of East Tennessee Intergroup about, by, and for members of Alcoholics Anonymous (AA). Opinions herein are not to be attributed to AA. Except when indicated, this publication does not imply endorsement by either AA or the Newsletter. Delegates to the General Service Conference on April 24, 1972 agreed that the use of full names and addresses could improve communication within the Fellowship. Consequently, we may use full names for AA service members. To ensure anonymity, it is requested that the Newsletter be kept within the Fellowship.



Step Eleven: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

PRAYER and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all.

#### **Eleventh Step Prayer**

God, as I understand You, I pray to keep my connection with You. Open and clear from me the confusion of daily life. Through my prayers and meditations I ask especially for freedom from self-will, rationalization, and wishful thinking. I pray for the guidance of correct thought and positive action. Your will, not mine, be done

<u>AA</u>

#### Tradition Eleven (long form):

Our relations with the general public should be characterized by personal anonymity. We think A.A. should avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better that our friends recommend us.

#### Tradition Eleven Checklist:

- 1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
- 2. Am I always careful to keep the confidences reposed in me as an AA member?
- 3. Am I careful about throwing AA names around—even within the Fellowship?
- 4. Am I ashamed of being a recovered, or recovering, alcoholic?

#### WISDOM OVERHEARD IN THE ROOMS

Today ... I will not drink that "First Drink." James Patrick M.

Everything after "yeah but" is a lie. (thanks Joe L.)

The Monkey's been off my back for a long time, but the circus is still in town!

'My Ego is not My Amigo.' (thanks Vince T.)

"When you feel bad, you need a meeting. When you feel good, the meeting needs you" (thanks Sandy R. Serenity Improvement Group)

"The measure of my sobriety isn't the distance between now and the last drink -- the measure of my sobriety is the distance between now and the next drink."

"I don't know if I go to too many meetings, but I am afraid of going to one too few!" — from a patient in Detox

"It's the fear of what comes after the doing that makes the doing hard to do." (thanks John G,)

Everything I think does NOT have to be shared... (thanks Karla F.)

Sobriety is never owned. It's rented and the rent is due everyday.

I kept waiting for the past to change. (Tommye C.)

Don't judge me for where I was...I don't live there anymore. ~ Shovelhead Bill (thanks Stu K)

"I couldn't lower my standards quick enough to meet my last bottom." Mario (MOT Overtime)

"When I got sober, the Gates of Heaven did not open and let me in; the gates of hell opened and let me out. I never have to go back. Thank God!"

I used to wake up in the morning and say "Oh God!" Now I wake up and say "Thank God!"

# 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: <u>https://www.etiaa.org/contact-us/</u>

Return	to: ETIAA: 92	217 Park West E	lvd #B3; Knoxville	. TN 37923
865-522-9667		Manager@		www.etiaa.or
Date:	*First Name		Last Name	
Address			*Phone	
*City		*State	*ZIP	Sex
E-mail address			Alternative Phone	e
ETIAA UNITY Newsle	tter Subscription /		n 12 <sup>th</sup> Step List cription for email issues;	\$12/year for mailed issues)
	Service Options	Renewal (Free subs	cription for email issues; <u>Commit</u>	\$12/year for mailed issues) tees of Interest ou are willing to serve on:
Volunteer	Service Options re willing to comm	Renewal (Free subs	cription for email issues; <u>Commit</u> Check only those y	tees of Interest ou are willing to serve on: on / Cooperation with the
Volunteer Check only those you a	Service Options The willing to commit	Renewal (Free subs	Check only those y Check only those y Public Informatic Professional Com Intergroup Repre	tees of Interest ou are willing to serve on: on / Cooperation with the imunity
<u>Volunteer</u> Check only those you a 12 <sup>th</sup> Step List Volunteer	Service Options The willing to comminant Phones Night	Renewal (Free subs it time to: <u>t &amp; Weekend</u>	Commit Commit Check only those y Public Informatic Professional Com	tees of Interest ou are willing to serve on: on / Cooperation with the imunity
<u>Volunteer</u> Check only those you a <u>12<sup>th</sup> Step List Volunteer</u> Weeknights	Service Options The willing to comminant Phones Night	Renewal (Free subs it time to: <u>t &amp; Weekend</u> eknights	Commit Check only those y Public Informatic Professional Com Intergroup Repre	tees of Interest ou are willing to serve on: on / Cooperation with the imunity

#### **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.

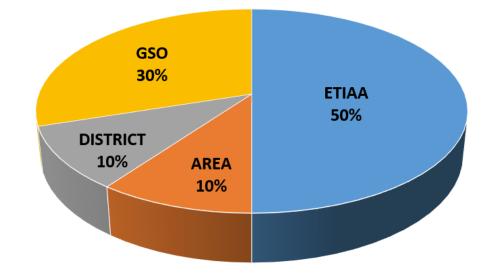
• The local district, which communicates directly with the groups, providing the district group conscience for the area assemblies and serving as a link between the area delegates and the GSRs.

• 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 Fellow-ship, 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

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

NEW

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

		Sep '23—			Sep '23—
<b>GROUPS DONATING</b>	Sep '23	Jun '24	<b>GROUPS DONATING</b>	Sep '23	Jun '24
1ST THINGS 1ST KNOXVILLE	547.00	1,084.00	KODAK HWY 66	100.00	200.00
4-WAY GROUP		100.00	LUNCH BUNCH BRISTOL	82.80	82.80
BIG BOOK RECOVERY		25.00	MEMORIAL RECOVERY		50.00
BLOUNT COUNTY GROUP		150.00	MORRISTOWN GROUP	40.00	40.00
BREAKFAST CLUB	5.00	80.00	NORRIS CLINTON GROUP	60.00	60.00
COLONIAL GROUP	0.00	100.00	NORTH GATLINBURG		73.20
COLONIAL HEIGHTS		50.00	PHOENIX GROUP		562.00
CONTRIBUTION JAR		17.00	PRIMARY PURPOSE- OAK RIDGE	400.00	400.00
COOKIE GROUP	120.00	120.00	<b>RISING FROM THE ASHES</b>		200.00
DAILY REPRIEVE- MARYVILLE	120.00	50.00	RIVERSIDE GROUP	610.84	610.84
DANDRIDGE UNITY		24.00	ROCKY HILL GROUP		259.00
DESIGN FOR LIVING		101.10	ROGERSVILLE GROUP		271.67
			SEYMOUR SHARING		426.32
FOUNTAIN CITY SERENITY		150.00	SPIRITUAL PROGRESS		60.00
HAPPY HOUR		698.86	SQUARE CUSTOMER	1,005.00	1,722.82
HAPPY HOUR ZOOM		970.10	STEADY HAND GROUP	100.00	100.00
HIGH NOON ROGERSVILLE		133.00	STEPPING THROUGH SOBRIETY		50.00
HIGH NOONERS-P40		625.00	TELLICO VILLAGE	60.00	60.00
KEEP LEANING FORWARD	13.00	85.00	TOTAL	\$3,143.64	\$9,791.71

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

#### Intergroups/Central Offices of Alcoholics Anonymous (ICOAA) Seminar (Cont.)

up this workshop is to say some offices offer full benefits with multiple employees and others have a volunteer office manager. In the Special Events/Fundraiser workshop, people shared different ways they generated money. I really liked the term "Donation Drawing" rather than Raffle.

The Online Intergroup gave a presentation. It is a fabulous resource for so many people. Before COVID, the Online Intergroup served around 600 meetings a week. Now they serve 7,300 meetings. Grapevine also gave a presentation. They have a great new App as well as Holiday shipping and 20% off coming up in November and December!

All in all, it was a great experience and I learned so much. I'm grateful for the opportunity!

Yours in service,

Clara M.

#### October 16, 2023 Intergroup Meeting Minutes

Rhonda chaired and opened with serenity prayer at 6:31pm.

<u>Present in person and via Zoom</u>: Clara, Marian, Amber, Dave S., Fawn, Ken L., Amy, Letha, Rhonda, Jim F., Beth, Jim S., Sarah, Nathan, Tiffany, Dave, Scott, Maria, Jacque, Sandra, Allison, Mel, Bryan G.

<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, West Knox Group, Design for Living, High Nooners, Sisters in Sobriety, Serenity Sisters, Roamer's group, Group w/ No Name, Marble City Group, Trudging the Road

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

#### Manager's Report – Clara M.

- Went to ICOAA Seminar great experience!
- Highlights OM's report to delegate & vice versa, be mindful of info overload, extra funds, we are blessed in our area to have Barb keeping online info current, & Jack the hotline coordinator-many areas struggle with this; compensation & benefits are provided to some OM's; yearly event ideas may include "donation drawings," there are 7,300 online meetings per week post-Covid; there is an amazing grapevine app.

#### Treasurer's Report – Dave S.

- \$3,000 transferred to savings for added subcommittee allowances & \$7,000 transferred to keep 6-month operating costs available in Prudent Reserve. Checking balance = \$6,845.27
- Report accepted. Clara made motion, Jacque 2<sup>nd</sup>. All approved.
- Please refer to Remind app/ETIAA website for statement of position & statement of activity.
- Hotline Report Jack F. not present

#### Office Service Workers – Dave S.

• All is well, no shortages, volunteers always welcome.

#### Archives – Allison

- Sent email to GSO inquiring more info about her role & wants to save what area deems relevant.
- Website Barb S. not present but report given graph form of activity created views last month were down.

#### Accessibility – open

• Spanish liaison – Julissa – not present X 3

#### CPC/PI – Sarah

- Email sent for online committee event Nov. 6<sup>th</sup> national connection.
- Billboard information obtained and shared with group see attached at end of minutes. \*

#### Treatment Report – Jacques H.

• Attended Dist. 6 mtg – they are in development phase of organizing treatment committee.

#### Corrections Report – Marian G.

- District 6 has requested a workshop.
- Dist. 4 next mtg 11/5.
- Conference coming up soon.
- Dinner for Morgan City Jail Christmas- waiting for Jail's approval tentatively Dec. 2 6 pizzas will be taken.

#### Outreach Report – Ken L.

- Cornerstone group large attendance.
- Marble City group small attendance.
- 4-way group.
- How It Works group NEEDS Support.

#### Events - Suzi & Jimmy - Mel subbed in for them.

• No report currently.

#### Mobile Intergroup Report – Beth C.

- The calendar is clear and accepts any new events!
- Dec. 2<sup>nd</sup> Christmas party.

#### Continued on p. 8

#### October 16, 2023 Intergroup Meeting Minutes (cont.)

#### **NEW BUSINESS:**

- Dave S. attended ICOAA to obtain general info. From meetings Clara did not attend asked the group for reimbursement of basic expenses; Clara made motion, Letha 2nd. All approved.
- Nominations information and Bylaws reviewed; Elections are coming up! Info needs to be taken to groups for interested members. Nominations accepted in Oct./Nov.

Chairperson Nominees \_\_\_\_\_

Spanish-speaking Liaison - Maria will do, Clara nominated.

Treasurer – Dave S. willing to do again.

Office Staff Nominee \_\_\_\_\_

Website Nominee \_\_\_\_\_

CPC-CPI – Sarah willing to do again.

Corrections Nominee\_\_\_\_\_

Mobile Intergroup Nominee\_\_\_\_\_

- Intergroup will still meet week of Thanksgiving.
- Bryan G. let the group know several online meeting bombers have found their way on Zoom.

#### The meeting was adjourned at 7:23pm, closed with Responsibility statement.

#### Next meeting will be held Monday November 20<sup>th</sup> at 6:30pm in person and via Zoom.

#### \* Billboard information below:

Below is a sample map/location list of the poster product we have around Knoxville. These are all about 10' x 23' in size, and placed on most of the major arteries in the market. When we worked with you in the past, we priced these at \$250 apiece for production/installation, and donated the space. This could be your most costeffective approach, and would allow you to be very targeted in your placement. If you tell me you need to be in "X" area, I will do my best to make it happen. The total number you purchase is up to you, and in terms of posting, we can install them all at once during the same week, or spread out the posting. Each billboard should be up approx. 4 weeks.



Billboards in Knoxville

#### **New Meetings:**

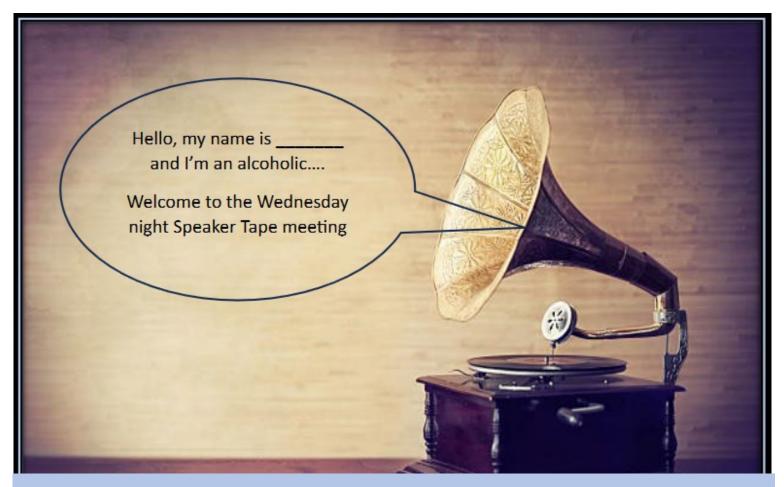
When we support each other, we all grow! Tradition One states: *Our common welfare should come first; personal recovery depends upon AA unity.* What better way to practice this than to support new meetings in our area?

NEW MEETING NAME	DAY/TIME	LOCATION
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/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
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
Stone Cold Sober	Tuesdays @6pm	Cornerstone Christian Church 1411 Lantana Ln NW., Knoxville, TN 37912

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 <u>manager@etiaa.org</u>

#### **Reported AA Birthdays**

Oct 1 — Ted F., Monday Night Men's Group......11 years Oct 20 — Joe S., Monday Night Men's Group......41years



## **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



Area 64 4th Quarter Voting Assembly

### We Stood at the Turning Point...

Marriott Chattanooga Downtown

Two Carter Plaza Chattanooga, TN 37402 November 11<sup>th</sup> to 13th



Reservations:

<u>Group Code:</u> Area 64 Cut off: October 20, 2023 1(800) 228-9290 (423) 756-0002 \$129.00/Night +Tax \$10 per Night/Vehicle Parking Hosted by: Districts 7, 81, 83, 84

# GE ጺ WHITE



6:30pm: Chili Tasting & watch the game! 7:30pm: Chili Winner & Cake Raffle 8:00pm: Speaker Deb A. from the Tennessee Group

## **Church of the Savior UCC**

934 N Weisgarber Rd, Knoxville

Knoxville will the hosting the 2024 2nd Quarter Assembly Meeting. Help raise funds for this event by entering your home group into the "Orange & White" Chili Cookoff and Cake Raffle. Volunteers, cake bakers & chili makers needed. Contact John Buss at 619-577-2120

THE GROUP WITH NO NAME



Cordially invites you to :

THE FIRST ANNUAL GRATITUÐE MEETING



WEDNESDAY

COFFEE PIE & FELLOWSHIP!



Bring a Pie to share ! SPEAKER MEETING STARTING AT 6:00

SOBRIETY COUNTDOWN!!





NOVEMBER 22 2023 FARRAGUT CHURCH OF CHRIST 136 SMITH RD



#### 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	Discuss and Share:			
ways:	<ul> <li>General Service Positions</li> </ul>			
• Greeter	<ul> <li>Grapevine</li> </ul>			
<ul> <li>Registration</li> </ul>	<ul> <li>Intergroup</li> </ul>			
<ul> <li>Hospitality</li> </ul>	<ul> <li>Traditions (Have fun)</li> </ul>			
<ul> <li>Presenter</li> </ul>	<ul> <li>Concepts (Learn)</li> </ul>			
	<ul> <li>Just checking out the 3<sup>rd</sup></li> </ul>			
	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>				
Only. 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



Room Rates: \$121.00 Reservation Code: SIS Reserve by: 01/23/2024

<u>Hotel Info:</u> 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 1<sup>st</sup>, 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
Name: \_\_\_\_\_\_
Address: \_\_\_\_\_\_
City: \_\_\_\_\_State: \_\_\_\_\_
Zip: \_\_\_\_\_Phone: \_\_\_\_\_
Email: \_\_\_\_\_
Name on Badge: \_\_\_\_\_

AA	Alanon	volunte	er	ASL	
Name:					
Addres	s:				
City:			Stat	te:	
Zip:		Phone:			
Email:					
Name o	on Badge:				

#### On the Lighter Side

When alcohol performs miracles



Whoever told me to leave my car at the pub and take the bus home, turns out I was in no fit state to drive that either.



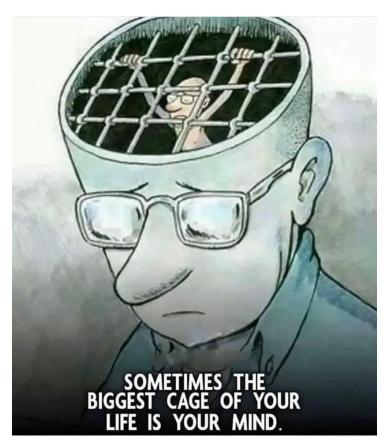
The older I get, the more I understand why roosters just scream to start their day.



Try to remember, the greener grass across the fence may be due to a septic tank issue.

#### **Ponder this!**





#### Secrets to a long happy marriage



A old woman was sipping on a glass of wine, while sitting on the patio with her husband, and she says, "I love you so much, I don't know how I could ever live without you"... Her husband asks, "Is that you, or the wine talking?"... She replies, "It's me... talking to the wine."

November 2023

S	
Name	
Address	
City	
i State	
Zip	