



# EAST TENNESSEE INTERGROUP UNITY NEWSLETTER

*Without unity, the heart of A.A. would cease to beat . . . — Bill W.*



EAST TENNESSEE INTERGROUP

DECEMBER 2023

Volume 47; Issue 12

## Intergroup Office News

There are plenty of opportunities for service work here at East Tennessee Intergroup of Alcoholics Anonymous. We are looking for sober alcoholics to answer the hotline when the office is closed. We can also use some help with service workers in the office on a regular basis. These are both rewarding opportunities.

We are holding ETIAA board elections December 20<sup>th</sup> at our regularly scheduled Intergroup Representative's meeting. We'll be voting on the following positions: Chairperson, Treasurer, Office Service Worker Coordinator, Website Chair, CPC/PI Chair, Spanish Speaking Liaison, Corrections Chair and Mobile Intergroup Coordinator. We have nominations for some of these positions but if there's something you are interested in, we can make room! Service is more fun with others. A brief description of the duties is below. The most important thing is willingness!

**Chairperson:** Chair business meeting on the 3<sup>rd</sup> Monday of the month. Be a signee on the bank account.

**Treasurer:** Work closely with the office manager to discuss purchases, be present for reconciling the bank account monthly, be a signee on the bank account and give monthly report a ETIAA Rep meeting.

**Office Service Worker Coordinator:** Help train the office volunteers, keep the office staffed and coordinate the calendar with them.

**Website Chair:** Communicate with the Service workers who update the Meeting Schedule, Events, and general Website stuff.

**CPC/PI Chair:** Cooperate with the Professional Community and assist with Public Information.

**Spanish Speaking Liaison:** Be on hand to help communicate with the Spanish speaking AA community.

**Corrections Chair:** Communicate with members who take meetings into jails / prisons. Mobile intergroup Coordinator: Coordinate volunteers to set up an Intergroup table at local events for information sharing and retail.

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Interview with Jack F., Hotline Coordinator and Service Worker...

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## Submissions

Is your group celebrating Birthdays/Anniversaries? Are you? Do you have AA-related questions or myths that East Tennessee Intergroup of Alcoholics Anonymous (ETIAA) can answer for you? Is there an "In Memory" group member to be recognized? We encourage all appropriate submissions by sending them to [manager@etiaa.org](mailto:manager@etiaa.org) Subject line: **Newsletter!**

### Office Service Workers

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

### 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



## **Step Twelve: “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.”**

THE joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.

Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs. “What do you mean when you talk about a 'spiritual awakening'?” they ask.

### **Twelfth Step Prayer**

Dear God, my spiritual awakening continues to unfold. With the help I have received I shall have the opportunity to grow. I am grateful. I pray most humbly to continue walking day by day, practice the principles of this way of life in all I do and say. I need You, my friends, and the program every hour of every day. This is a better way to live.



### **Tradition Twelve (long form):**

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

### **Tradition Twelve Checklist:**

1. Why is it good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs?

## **WISDOM OVERHEARD IN THE ROOMS**

I have problems in areas where I used to not have areas. (thanks Brad B.)

It is not our fault that we had to go to sleep spiritually. It is our fault however, if we do not awaken, and stay awake spiritually. (thanks Stu K.)

" As long as I can get my resentments out of the way God will teach me something new today. "

"Would I want to be married to me?" *Buffalo Men's Zoom*

"If you don't put it in your hand you can't put it in your body." John M., Serenity Improvement Group

I have problems in areas where I used to not have areas. (thanks Bred B.)

You take the rum out of a fruitcake you still got a fruitcake.

If you have a problem and you can fix it, don't worry about it. If you have a problem and you can't fix it, don't worry about it.

"Happiness is not a station we arrive at; it's a way of traveling." *May 1953, "Short Takes", AA Grapevine*

I not only get dressed on the outside each day; but prayer and meditation allow me to get dressed from the inside. (thanks Will W)

# 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

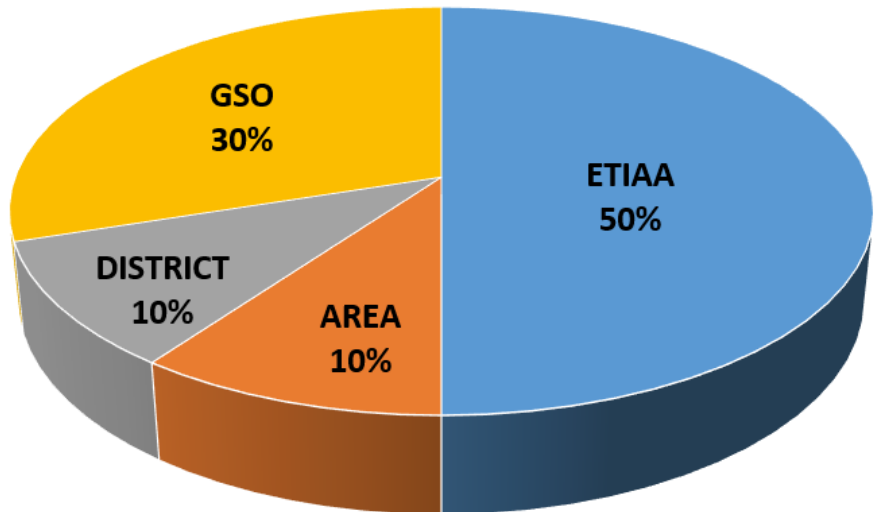
## 7TH TRADITION SUGGESTED CONTRIBUTIONS

### 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 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](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	Oct '23	Oct '23— Jun '24	GROUPS DONATING	Oct '23	Oct '23— Jun '24
1ST THINGS 1ST KNOXVILLE		1,084.00	LUNCH BUNCH BRISTOL		82.80
4-WAY GROUP		100.00	MEMORIAL RECOVERY	50.00	100.00
BIG BOOK RECOVERY		25.00	MORRISTOWN GROUP		40.00
BLOUNT COUNTY GROUP		150.00	NORRIS CLINTON GROUP		60.00
BREAKFAST CLUB		80.00	NORTH GATLINBURG		73.20
COLONIAL GROUP	100.00	200.00	PHOENIX GROUP		562.00
COLONIAL HEIGHTS	50.00	100.00	PRIMARY PURPOSE- OAK RIDGE		400.00
CONTRIBUTION JAR		17.00	RISING FROM THE ASHES	260.00	460.00
COOKIE GROUP		120.00	RIVERSIDE GROUP		610.84
DAILY REPRIEVE- MARYVILLE		50.00	ROANE COUNTY UNITY	450.00	450.00
DANDRIDGE UNITY		24.00	ROCKY HILL GROUP		259.00
DESIGN FOR LIVING		101.10	ROGERSVILLE GROUP		271.67
FOUNTAIN CITY SERENITY		150.00	SEYMOUR SHARING	348.50	774.82
GROUP WITH NO NAME	250.00	250.00	SPIRITUAL PROGRESS		60.00
HAPPY HOUR		698.86	SQUARE CUSTOMER	3.91	1,726.73
HAPPY HOUR ZOOM		970.10	STEADY HAND GROUP		100.00
HIGH NOON ROGERSVILLE		133.00	STEPPING THROUGH SOBRIETY		50.00
HIGH NOONERS-P40		625.00	TELLICO VILLAGE		60.00
KEEP LEANING FORWARD	57.00	142.00	TUESDAY NIGHT LOUDON	100.00	100.00
KODAK HWY 66		200.00	TURNIP PATCH	78.68	78.68
LAFOLLETTE AA GROUP	242.52	242.52	WEARS VALLEY GROUP	34.00	34.00
			<b>TOTAL</b>	<b>\$2,024.61</b>	<b>\$11,816.32</b>

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



# November 20, 2023 Intergroup Meeting Minutes

Jacque chaired and opened with serenity prayer and Monthly tradition Tradition 11 “ Our public relations policy is based on attraction rather than promotion: we need always maintain personal anonymity at the level of press radio and films.”

**Present in person:** Clara- Intergroup office manager Jacque- acting chairperson & Treatment , Brian- Happy hour , Nathan- Marble City , Sandra- Roamers , David, Allison-Archives & Serenity sisters , Maria- the group with no name, Tiffany-Design for Living, Dennis-Treatment facilities chair & Friday Night group, Talia-Rocky Hill group, Beth- INtergroup mobile rep & TNgroup Louie- ALkathon **and via Zoom:** Lisa- Blount County, Becky-Sisters in Sobriety, Loudon, Jack-Hotline Coordinador, Marian-TNgroup & Corrections Chair , Jim-4way & Trudging the road, Sarah-CPCI, Jimmy and Suzie-Events.

**Groups represented:**listed above

Review previous minutes and approve Amber was absent Maria took minutes Motion to accept previous minutes ? 2nd by ? . All in favor.

**Manager’s Report – Clara M.**

**Treasurer’s Report – Dave S.** - absent, Clara gave highlights of budget , We are financially sound” not approved as treasurer absent

**Hotline Report – Jack F.** - Hotline is doing well. There are two positions open Every other Tuesday from 4pm to 9 am Wednesday and Sundays once a month- 12:01 am to 11:00 am Monday. Must have one year of sobriety and work the steps with a sponsor. The email for hotline is etiaahotline@gmail.com

**Office Service Workers – Dave S.:** All is well, no shortages, volunteers always welcome

**Archives – Allison:** • No news right now

**Website – Barb S.** – no news right now

**Accessibility – open**

**Spanish liaison – Julissa – Clara** spoke with her. She is willing to stay in the position but also willing to let go if someone else wants to serve. There isn’t a lot going on right now, but there is an event in February. Maria said she would get her number from Clara to follow up on the event.

**CPC/PI – Sarah** estimates for billboards were submitted- waiting on approval. Dvid and Sarah will communicate further on billboards and bring back the December meeting.

**Treatment Report – Jacques H.:** Will attend District 1 & 4, David mentioned need for case of books to VA Jacque will assist with that

**Corrections Report – Marian G.**

Marian gave a report on the National Corrections Conference . Tennessee won the 2025 bid, it will be held in Nashville. Intergroup will host a Christmas party for Morgan County volunteer appreciation. Christmas dinner approved will occur 12/5, it has been re-named as graduation party, 15 will attend. Marian and Jacque will attend the District 1 (Kingsport) and District 4( Blount ) meetings to offer service regards Treatment & Corrections

**Outreach Report – Ken L.** None this month

**Events – Suzi & Jimmy** – no news

**Mobile Intergroup Report – Beth C.**

- No events since last month. Beth will be stepping down from the position.
- Dec. 2nd Christmas party there will be an intergroup table set up, speaker is Hunter H.
- There are documents and lists of volunteers to help support the position

**Old Business** Nominations were talked about in October and listed in the agenda

**NEW BUSINESS:**

- Louie spoke about Alkathon and we passed around the sign up sheet. It will be held at 6:45 pm at Park 40. Starts Christmas eve at 6:45 with a speaker meeting, and lasts 24 hours.
- There will be the regularly scheduled meetings and additional meetings hosted by various AA groups.
- Nominations were gone over, and information was given on what the open spots entail.
- Elections will be held at the December inter-group meeting. Information needs to be taken to groups for interested members.

Chairperson Nominees \_\_\_\_\_Jacque/Tiffany alternate\_\_\_\_\_

Spanish-speaking Liaison – Maria will do, Clara nominated

Treasurer – Dave S. willing to do again

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

Website Nominee \_\_\_\_\_(Barb does meeting guide app)

CPC-CPI – Sarah willing to do again

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

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

**The meeting was adjourned at 7:40 pm, closed with we version of the serenity prayer**

**Next meeting will be held Monday December 18th at 6:30pm in person and via Zoom.**

## Intergroup Office News (Continued)

### Interview with Jack F., Hotline Coordinator and Service Worker

We talked with Jack F. from the Friday Night Group. His last drink was on June 28, 2013. Jack learned within the first few weeks of coming back into the program that the happiest and most content members of AA were all involved in service. It was about that time when he decided he wanted what they had and needed to do what they did.

Jack started setting up chairs at his home group the first week he came back to AA. The second week, he went to an in-patient detox unit at a hospital with two or three other men.

“These guys said that the service they were doing was the oldest service in AA, one alcoholic speaking to another about the way out. They told me what they were doing, that they did it once a month and the guys that helped them get sober did it too. The AA members went to let those men in detox know that there was a way out. A solution to their problem and they did not have to keep living the way they were living. These men showed me how to get sober, they didn't *tell* me how to get sober. My sponsor and these men would become my sober network. I can only say that I went with them, I was not allowed to speak.”

Jack still takes a meeting into treatment once a month, is the ETIAA Hotline Coordinator, GSR for his home group, is a committee member for the Easy Does It Men's Retreat, and is group leader for an addiction ministry. The most rewarding part of service for Jack is having someone tell him that he helped them understand that there's a way out. Sometimes Jack doesn't remember meeting that person, but they remember him. Watching men who are sponsees become sponsors is also rewarding.

Jack shared a story about the Hotline with us:

“I'm originally from New York and I have that NY accent! I got a middle-of-the-night call on the Hotline from a guy that was clearly drinking. We started talking and I convinced him to go to a meeting in the morning, but he just couldn't believe that he was talking to someone in Knoxville. He thought I was in the NY office. I tried to convince him and prove to him I was really in Knoxville, but just like any good ole drunk in the middle of the night, the argument started, and he became very angry and hung up on me. I don't know how his night went but I went back to bed and slept like a baby.”

If you are interested in being a part of the Hotline, contact Jack. [etiaahotline@gmail.com](mailto:etiaahotline@gmail.com)



## 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
<u>The Solution</u>	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
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 [manager@etiaa.org](mailto:manager@etiaa.org)**

### Reported AA Birthdays

**Nov 8** — Mark G, Monday Night Men's Group ..... **18 years**  
**Nov 9** — Troy D., Monday Night Men's Group..... **4 years**  
**Nov 12** — Douglas P.N., Monday Night Men's Group..... **20 years**

## ***The Next Frontier: Emotional Sobriety***

*by Bill Wilson*

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years back - ed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer..."It's better to comfort than to be the comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence - almost absolute dependence - on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

## ***The Next Frontier: Emotional Sobriety (cont.)***

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute demand" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.


Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

<http://silkworth.net/aahistory/emotionalsobriety.html>

*Copyright © AA Grapevine, Inc. January 1958*

*(also see: A Letter From Bill W. on Depression, from the memoirs of Tom Pike, an early California AA member, which is strikingly similar to this AA Grapevine Article, "The Next Frontier: Emotional Sobriety.")*



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.**

# Maryville



## 12 Step Group

*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**



# CHRISTMAS PARTY

*Hosted by District 50/51*

Saturday, December 2  
Trinity United Methodist Church  
5613 Western Ave. Knoxville TN 37921

Dinner @ 6:00pm  
Guest Speaker Hunter H @ 7:30pm  
Basket Raffle to follow Speaker

*All proceeds to benefit District 50/51*

**PLEASE BRING A SIDE DISH OR DESSERT**

This is a family friendly  
celebration!  
We will also have a special visit  
from SANTA

# **Holiday Season Eat -n- Speak**

**Tuesday Dec. 19<sup>th</sup>**

**Food at 6 pm**

**Speaker at 7 pm**

**Hosted by 'The Wears Valley Group'**

**Located at:**

**Wears Valley United Methodist Church**

**3110 Wears Valley Road, Sevierville, TN 37862**

**(Approximately 7 miles S of Pigeon Forge and  
8 miles NE of Townsend on Hwy 321)**

**Just bring yourself and**

**Come celebrate sobriety!**

PLEASE JOIN US FOR THE



8th Annual East  
Tennessee

# Holiday Alkathon

24TH OF DECEMBER | 6:45PM  
TO  
25TH OF DECEMBER | 8:00PM

FOOD, FESTIVITIES, FELLOWSHIP!  
ALL ARE WELCOME  
PARK40  
KNOXVILLE, TN





GSMO  
Great Smoky Mountain OSAT  
OUTDOOR RECOVERY GROUP  
FACEBOOK /EMAIL/CALENDAR



# GSMO New Year's Eve Celebration

Sunday December 31, 2023

# 2024

St. John's Episcopal Cathedral 413 Cumberland Ave,  
Knoxville, TN 37902

Meeting in undercroft, enter off Walnut

Covered Dish 6:30-7:45 pm

Meeting 8:00-9:00

Games and Snacks 9:00-11:30 pm

Fireworks at Worlds Fair Park 12:00 pm

# HAPPY NEW YEAR

Please bring covered dish, drink or dessert

For more info, check FB, email [gsmosat@gmail.com](mailto:gsmosat@gmail.com)

or text Ray @ 865-271-7152



GSMO  
Great Smoky Mountain OSAT  
OUTDOOR RECOVERY GROUP  
FACEBOOK /EMAIL/CALENDAR



# GSMO New Year's Day Hike

Monday, January 1, 2024

Where: The Pinnacles above Cove Lake State Park

We will meet at the Ingles on Cedar Lane off I-75

215 Cedar Ln, Knoxville, TN 37912

When: Meet @ 10 am and then head out to Cove  
Lake at 10:30 am.

This is a fun hike to start the year. It is moderate but  
the view is with it!

For more info, check FB, email [gsmosat@gmail.com](mailto:gsmosat@gmail.com)

or text Ray @ 865-271-7152



KNOXYPAA  
ONE YEAR  
ANNIVERSARY  
*party*

BRUNCH AT 10:30  
MEETING AT 11:15

December 31st

530 West 5th Ave

The Gateway

*see you there!*

Finger foods appreciated



**STEPPING INTO SERENITY  
WOMEN'S CONFERENCE  
FEBRUARY 23-25, 2024  
CHATTANOOGA, TN**



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

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



**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 1<sup>st</sup>, 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](http://www.steppingintoserenity.org)

AA Alanon Volunteer ASL  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Name on Badge: \_\_\_\_\_

AA Alanon Volunteer ASL  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Name on Badge: \_\_\_\_\_

Not all heroes wear capes...

I've often wondered what people have against the horse I rode in on



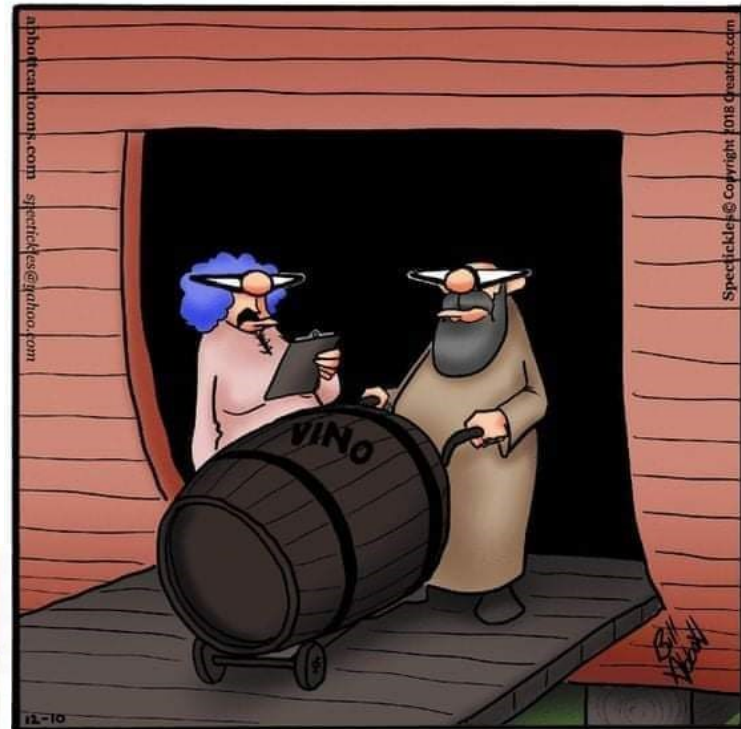
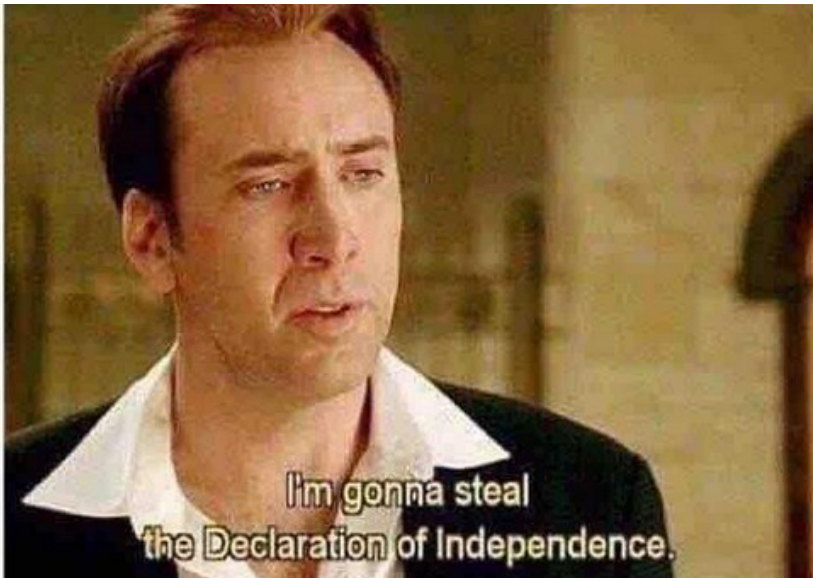
Wisconsin Man Throws Beer Bottle At Bartender When She Changes Black Sabbath To Christmas Music

When the uber driver is sketchy but everybody's too drunk to care



"I don't really like tequila, but one shot won't hurt."

3 hours later:



"It's either another barrel of wine or the unicorns, Noah. There isn't enough room for both, so choose wisely."

*Ponder this!*

YOU WILL  
**NEVER**  
INFLUENCE  
THE  
**WORLD**  
BY  
TRYING  
**TO BE**  
LIKE IT

I may not be,  
who I ought to be.  
I know I'm not all,  
that I want to be.  
But I've come a long way,  
from who I used to be.  
And I won't give up  
on becoming, what  
I know I can be!



EVERY TIME  
THING TAKES  
TAKES EVERY  
TIME THING

“Life’s  
disappointments are  
harder to take  
when you don’t know  
any swear words.”  
*Calvin and Hobbes*  
janeyyy.tumblr.com

**December 2023**



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_