



EAST TENNESSEE INTERGROUP UNITY NEWSLETTER



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

FEBRUARY 2024

Volume 48; Issue 2

Intergroup Office News

East Tennessee Intergroup is gearing up for the Appalachian Regional Roundup in March. (See the flyer for this event in the back pages of this newsletter.) It's an exciting and busy time for the office. We'll be ordering merchandise that we only receive for this event. If you've seen something recovery-related that you wish we carried, let us know. We'll be ordering from different vendors and getting some items on consignment.

We also need volunteers to help run the Intergroup table. If you are planning to attend and are willing to be of service, please reach out to

manager@etiaa.org.

We sell the most merchandise in between the workshops so you don't have to miss too much of the event!

We are happy to announce that six Public Information billboards with our hotline number will be going up around Knoxville over the next 12 months. Keep an eye out for them and if you happen to see one, let us know so we can check it out! Again, we are not promoting Alcoholics Anonymous but we do want people who need us to be able to find us.

As you may know, AAWS has been working on a plain language translation of the book *Alcoholics Anonymous*. The South Eastern Region will be hosting a information session on Feb 25th from 2-4 pm EST on Zoom. The Intergroup office will be open and logged on for anyone who has an interest in getting more information about the Plain Language Big Book.

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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!**

Office Service Workers

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

Hotline

Jack
 Carol
 Bob
 Emily
 Anna
 Miles
 Randal
 Patrick
 Lee Anne
 Austin
 Luke

Intergroup Board

Dave S Amber
 Barb Marian
 Jacque H Fawn
 Jack F Fawn
 Susie Mel
 Jimmy Allison
 Becky Amber
 Scott Ken
 Sarah Letha
 Tiffany Jim
 Brian Nathan
 Dennis Talia

Website

Barb
 Sterling
 Eammon
 SuZanne



WISDOM OVERHEARD IN THE ROOMS

"And finally the pain of hanging on was greater than the pain of letting go." — Laurie-Anne L.

"You can choose your choices but you can't choose your consequences." — Heard at Bristol's Lunch Bunch meeting.

"A lighthouse has a lot more value in a rainstorm than on a sunny day." (thanks Jeffrey A. - Buffalo)

"AA taught me how to be teachable." — (thanks Leslie - Men Who Trudge zoom)

"God doesn't need my permission to change my life; but he does need my cooperation."

"I admit I am powerless, but that does not mean helpless or hopeless." (Tim R.)

"I can't get drunk on yesterday's booze, and I can't stay sober on yesterday's sobriety." — Gary M.

"Alcoholism is the only disease that is entirely capable of fighting back, of taking care of itself, and of emerging in new places and new forms when it isn't properly treated. That's because of the spiritual malady." — Ted R., Gainesville FL

"I was chasing the feeling of not feeling." Buffalo Men's Early Morning Zoom

"Give up, clean up, make up, and keep up." Al F., Men Who Trudge

"Don't be a SAM = Sober And Miserable." — Diane, Negril Sunset Group

"When I don't accept my present reality I get angry." — MOT

"Let's all go from Self Destruction to Reconstruction." (Stu K.)



A Manual for Alcoholics Anonymous

THE AKRON MANUAL (1940)

"Barefoot Bob says that this little booklet was written and being distributed within one year of the publication of the Big Book, which would date it back to 1940. On the basis of a number of statements made within the text, it certainly could not have been produced much later than that.

Read the rest here:

<https://silkworth.net/alcoholics-anonymous/a-manual-for-alcoholics-anonymous-the-akron-manual/>

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 **ODD** months @2:00pm at Happy Destiny.

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

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

Intergroup Committee meets the third Monday of the month at the Intergroup Office and on Zoom. Meeting ID: 190817 792 Password: 076583.

Want to do Service Work for Intergroup?

Use the form below, OR sign up online here:

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

East Tennessee Intergroup of Alcoholics Anonymous – Gratitude With Service form

Return to: ETIAA; 9217 Park West Blvd #B3; Knoxville, TN 37923

865-522-9667

Manager@etiaa.org

www.etiaa.org

Date: _____ *First Name _____ Last Name _____

Address _____ *Phone _____

*City _____ *State _____ *ZIP _____ Sex _____

E-mail address _____ Alternative Phone _____

* Required for listing in 12th Step List

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

Volunteer Service Options

Check only those you are willing to commit time to:

12th Step List Volunteer

Weeknights

Weekends

Weekdays

Phones Night & Weekend

Weeknights

Weekends

Committees of Interest

Check only those you are willing to serve on:

Public Information / Cooperation with the Professional Community

Intergroup Representative

Office Worker

Archives

Outreach

Spanish Liaison

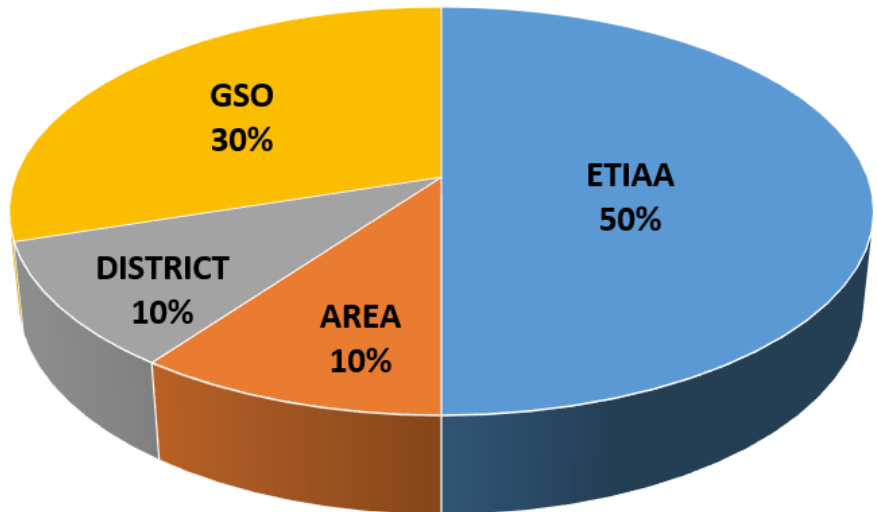
7TH TRADITION SUGGESTED CONTRIBUTIONS

How can groups participate?

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

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

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



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

Contribution Addresses

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

New ways to contribute:

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

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

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

District 1 Treasurer
Barb Sapp
4137 Skyland Dr,
Kingsport, TN 37664
District 2 Treasurer
PO BOX 1872
Johnson City, TN 37605

District 3 Treasurer
John H.
1466 Darbee Dr.
Morristown, TN 37814

District 4 Treasurer
P.O. Box 6642
Maryville, TN 37802

District 6 Treasurer
Richard B.
105 Mariner Point Drive
Clinton, TN 37716

NEW ADDRESSES
AA District 50/51 Treasurer
9217 Park West Blvd
Suite B-3 (ETIAA)
Knoxville, TN 37923

Please mail all District 50/51 contributions to the Intergroup Office. Specify on the check AND on the outside of the envelope that it is for district 50/51.

Intergroup Financial / Contributions Report

GROUPS DONATING	Dec '23	Dec '23— Jun '24	GROUPS DONATING	Dec '23	Dec '23— Jun '24
1ST THINGS 1ST KNOXVILLE		1,356.00	MEMORIAL RECOVERY		100.00
4-WAY GROUP		200.00	MONDAY NIGHT MEN'S	812.95	812.95
BIG BOOK RECOVERY		25.00	MORRISTOWN GROUP		40.00
BLOUNT COUNTY GROUP	250.00	400.00	NEW BEGINNINGS KNOXVILLE	290.00	290.00
BREAKFAST CLUB	170.00	250.00	NORRIS CLINTON GROUP		60.00
COLONIAL GROUP		200.00	NORTH GATLINBURG		191.10
COLONIAL HEIGHTS		100.00	PHOENIX GROUP		682.00
CONTRIBUTION JAR		25.00	PRIMARY PURPOSE OAK RIDGE		400.00
COOKIE GROUP		120.00	RISING FROM THE ASHES		460.00
DAILY REPRIEVE- MARYVILLE		50.00	RIVERSIDE GROUP		610.84
DANDRIDGE UNITY		24.00	ROANE COUNTY UNITY		450.00
DANIEL ELLIS	75.00	75.00	ROCKY HILL GROUP	46.00	305.00
DESIGN FOR LIVING		101.10	ROGERSVILLE GROUP		271.67
DISTRICT 50/51	360.00	360.00	SEYMOUR SHARING		774.82
FOUNTAIN CITY SERENITY		300.00	SISTERS IN SOBRIETY	80.00	80.00
FRIDAY NIGHT OUT	40.00	40.00	SPIRITUAL PROGRESS		60.00
GROUP WITH NO NAME		250.00	SQUARE CUSTOMER	692.09	2,528.91
HAPPY DESTINY		150.00	STEADY HAND GROUP		100.00
HAPPY HOUR		1,183.91	STEPPING THROUGH SOBRIETY		50.00
HAPPY HOUR ZOOM	50.00	1,020.10	TELLICO VILLAGE		60.00
HIGH NOON ROGERSVILLE	190.00	323.00	TENNESSEE GROUP		354.00
HIGH NOONERS-P40		625.00	TRUDGING THE ROAD		320.00
KEEP LEANING FORWARD	36.00	178.00	TUESDAY NIGHT LOUDON		100.00
KODAK HWY 66		300.00	TURNIP PATCH		78.68
LAFOLLETTE AA GROUP	242.52	485.04	WEARS VALLEY GROUP		34.00
LUNCH BUNCH BRISTOL	1,554.42	1,637.22	WEST KNOXVILLE GROUP		192.75
LUNCH BUNCH- GREENEVILLE	300.00	300.00	TOTAL	\$5,188.98	\$19,485.09

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



Daily Reflections

GETTING INVOLVED

There is action and more action. "Faith without works is dead." ... To be helpful is our only aim.
ALCOHOLICS ANONYMOUS, pp. 88-89

I understand that service is a vital part of recovery but I often wonder, "What I can do?" Simply start with what I have today! I look around to see where there is a need. Are the ashtrays full? Suddenly I'm involved! The best speaker may make the worst coffee, the member who's best with the newcomers may be unable to read; the one willing to clean up may make a mess of the bank account --- yet every one of these people and jobs is essential to an active group. The miracle of service is this: when I use what I have, I find there is more available to me than I realized before.

From the book Daily Reflections

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January 2024 Intergroup Meeting Minutes

Jacque H. opened with prayer and tradition One at 6:30 pm.

Zoom only meeting. In attendance were Rob C., So-So; Jacque H., Chair and treatment chair; Clara M., Office manager; Dave S., Treasurer and Service worker coordinator; Dave West .Knox Group; Bob, Seymour Sharing; Letha, Blount Co; Steve, Saturday Big Book Meeting; Marian, TN Group Corrections chair; Jordan, Happy Destiny; Tiffinay, Design for Living; Jack, Friday Night Meeting & Hotline Coordinator; Becky, Sisters in Sobriety Loudon; Jimmy, Events; Ken L., Outreach; Fred, Nathan ,Marble City; Sandra, Roamers; and Allison, Archives.

Manager's report- we are looking for volunteers for roundup.

Treasurer report – Dave S. Checking balance \$11,863.75 Savings balance \$29,750.92.

Corrections – Marian will be attending District 6 on February 1.

Hotline – Jack F., Hotline running smoothly.

Office Service Workers Dave S. Saturdays are now covered.

Archive – Allison workbook for archives has arrived.

Website – Barb S. running smoothly.

Spanish Speaking Liaison – Maria not present but will be attending Rockford Spanish anniversary.

CPC/PI – Sarah S. not present but billboards are a go.

Treatment – Jacque went to District 4, Renee is treatment chair. Taking the message into Cornerstone, English Mountain, Landmark, and Pasadena Villa. Bridging the Gap (a program to connect people coming out of treatment to AA members) is getting active.

Outreach – Ken L. went to Breakfast Club zoom, Bristol woman's group and Spiritual Progress. Encouraged all to elect IGR.

Events – Jimmy on track for Intergroup birthday bash.

Mobile Intergroup Coordinator- **OPEN**

Old Business

None

New Business

Dave suggested doing away with online shipping. There was discussion about other ways to give back to our community. Asked IGRs to talk to their groups.

Next Meeting – Monday, February 19, @ 6:30 pm (Presidents Day).

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
Maryville 12 Step Meeting	Sundays @ 7pm	Blount Memorial Hospital 907 E Lamar Alexander Pkwy Maryville, TN Meets in Auditorium
KNOXYPAA	Sundays @ 11am	The Gateway 530 W Fifth Ave.; Knoxville, TN
The Solution	Wednesdays @7:30pm	Polly Bales Building 4726 Airport Hwy.; Louisville, TN 37777
The Next Step	Thursdays @7:30pm	405 Roy Martin Rd #104 Johnson City, TN 37615
12 Step Family Meeting of AA AA/AI-non	Saturdays @7pm	Covenant Presbyterian Church 603 Sunset Rd.; Johnson City, TN 37604
Still Waters	Thursdays @8pm	Carter Co Drug Prevention South Hills Off. 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
Stone Cold Sober	Tuesdays @6pm	Cornerstone Christian Church 1411 Lantana Ln NW; Knoxville, TN 37912
Lafollette AA Group	Fridays @ Noon	300 Beech St Lafollette, TN 37766 Back side of building, corner classroom
The Promises Group Closed Big Book Study	Thursdays @ 2pm	The Gateway 530 W Fifth Ave Knoxville TN 37917

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

Jan 11 — Danny N., Primary Purpose Group.....**3 years**
Jan 29 — Jen J Happy Destiny..... **6 years**
Feb 1 — Talia N Rocky Hill Group..... **10 years**
Feb 3 — Brent E Dandridge Unity..... **10 years**
Feb 6 — Shawn P 4-Way Group..... **14 years**
Feb 7 — Tiffanie E Happy Destiny..... **18 years**
Feb 9 — Pete L 1st Things 1st **32 years**
Feb 9 — Fawn L 1st Things 1st **32 years**
Feb 14 — Frankie R Seymour Sharing..... **14 years**
Feb 17 Rebekah R Seymour Sharing..... **14 years**



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

Alphabet Soup

NEW LOCATION

ALERT!

ALPHABET SOUP is an OPEN MEETING of Alcoholics Anonymous for members of the LGBTQIA+ Community and **ALL ARE WELCOME**. Allies too!

Beginning TUESDAY, FEBRUARY 6th,
Alphabet Soup will be meeting at a
NEW LOCATION @ 7:00pm

**ST. ANDREW'S
EPISCOPAL CHURCH**

**314 W Broadway Ave,
Maryville, TN 37801**

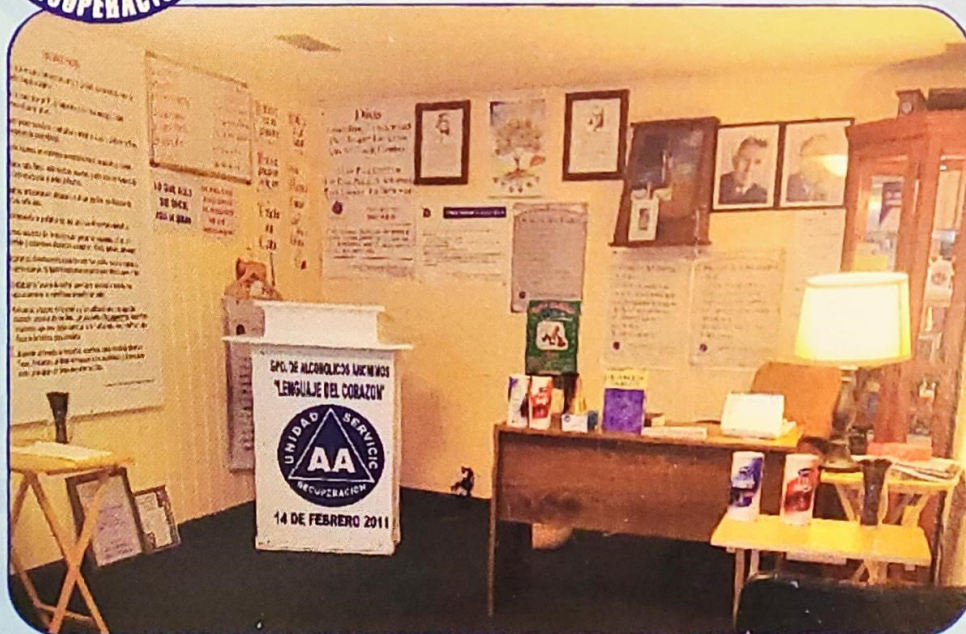


Grupo Lenguaje del Corazon



13°
Aniversario

2
0
1
1



2
0
2
4

**El domingo 18 de Febrero del 2024 a las
10:00 AM se llevara acabo.**

La reunion de información al público.

3722 Old Knoxville Hwy., Rockford, TN 37853

Para más información llamar al:

Carlos: (301) 936-5121 • Arturo: (865) 203-2033

Omar: (865) 324-4506 • Mauricio: (865) 963-8581

Matilde: (865) 755-1657

Plain Language Big Book Information Session

February 25th
2:00 pm – 4:00 pm EST

Zoom ID: 867 2200 6265

Passcode: 924686

Special Guest:
The Chair of the TABB Subcommittee
(Tools for Accessing the Big Book)

A Subcommittee of the Trustees' Literature Committee

Presented
by the
South East
Regional
Delegates



Spanish Language Interpretation Provided
1000 Participant Limit

Ponder this!

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

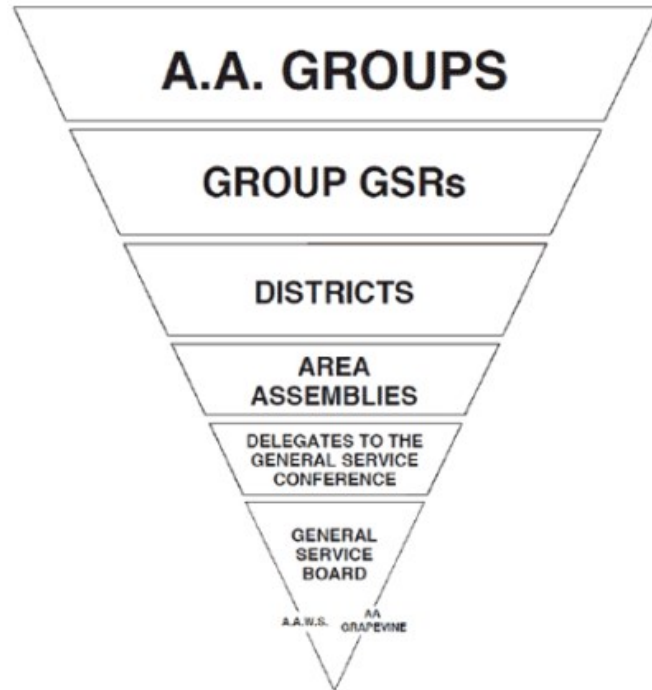


Registration: \$30 until January 1st, 2024
At the Door: \$35 after January 1st, 2024
Please make check or money order to "SIS" and mail to
Stepping Into Serenity
P.O. Box 21203
Chattanooga, TN 37424
Or
www.steppingintoserenity.org

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

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

STRUCTURE OF THE CONFERENCE
(U.S. and Canada)



**Districts 4, 50, 51 Pre-Conference Discussion
With Area 64 Delegate Jimmy Welch
Saturday March 9th 1:00PM – 5:00PM Eastern Time**

***Ebenezer United Methodist Church
1001 Ebenezer Road, Knoxville, TN 37923***

***Come and make sure your group has a voice on
important issues facing A.A. today.***

All AAs Welcome!!!



Appalachian Regional Roundup

"We are not saints."

MARCH 15-17 2024

KINGSPORT, TN

Speakers

CLIF G - OKLAHOMA CITY, OK
 PAUL MC - ROCKAWAY BEACH, NY
 CHRIS R - INGRAM, TX
 BILL C - TORRANCE, CA
 MATTHEW M - LONG BEACH, CA
 PETER M - BOCA RATON, FL
 TAMI P - CLOVERDALE, CA
 TARA R - STUART, FL
 THERESA F - NORTH HILLS, CA
 LORI G (AFG) - OKLAHOMA CITY, OK

MEADOWVIEW CONFERENCE RESORT
 & CONVENTION CENTER
 1901 MEADOWVIEW PARKWAY
 KINGSPORT, TN 37660

ROOM RATE \$130.00
 CALL OR VISIT OUR WEBSITE TO BOOK
 423-578-6600

MAKE CHECK OR MONEY ORDER
 PAYABLE TO APPALACHIAN REGIONAL
 ROUNDUP & MAIL TO:
 P.O BOX 7494
 1001 N. EASTMAN RD
 KINGSPORT, TN 37664

FOR MORE INFORMATION:
 CALL TABITHA E 423-491-2420
 OR VISIT OUR WEBSITE AT
 WWW.APPALACHIANREGIONALROUNDUP.COM

PRE-REGISTRATION IS \$30 BEFORE MARCH 11, 2024 &
 REGISTRATION IS \$35 AT THE
 DOOR. ONLINE REGISTRATION IS
 AVAILABLE AT WWW.APPALACHIANREGIONALROUNDUP.COM

Fifth Annual Appalachian Regional Roundup

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone: _____
 Email: _____

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone: _____
 Email: _____

Scholarship Contribution: \$ _____
 (Lend A Hand To Those Unable To
 Pay The Registration Fee)

Number Of Registrations: _____ Total: \$ _____

TCYPAA 2024

HOW DARK IT IS
BEFORE THE DAWN

SCAN HERE TO REGISTER



WWW.TCYPAA2024.COM

FEB. 23rd TO THE 25th

CLARION HOTEL JACKSON NORTHWEST

541 CARRIAGE HOUSE DR, JACKSON, TN 38305

(731) 668-6000 CODE: "TCYPAA"

\$89/NIGHT



77th Annual South Carolina State Convention
Spiritual Awakening

March 22 - 24, 2024 | Upstate

"Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom." BB How it Works, p. 62

Speakers | Workshops | Ice Cream Social | Golf | Dance

Embassy Suites by Hilton
Greenville Golf Resort &
Conference Center
670 Verdae Blvd
Greenville, SC 29607
864.676.9090

Use code "SCC" when booking

Speakers:

Jennifer D. - Wilmington, NC

Billy N. - Palm Beach Gardens, FL

Mike H. - Kennesaw GA

Al-Anon - Sarah S. Virginia
Beach, VA

Please email 2024conventionsc@gmail.com with any questions or concerns

Registration: \$35 in advance / \$40 at the door | Register Online: www.area62.org

Name: _____

Address: _____

City, State Zip: _____

Email: _____

Phone: _____

Name on Badge: _____

Home Group or City: _____

I have accessibility needs: Yes / No

Past or Current Delegate: _____

Panel: _____ Area: _____

Registration Amount: \$ _____

Scholarship Donation: \$ _____

Total enclosed: \$ _____

Make checks payable to:
SC 77th Annual State Convention
PO Box 1365
Greer, SC 29652



I would like to volunteer: Yes / No

Seymour Sharing Hosts

2024

**CHAIRPERSON
WORKSHOP
WITH
CAITLIN M.**



24

MAR

5:30PM

HOW TO INCORPORATE
CHAPTER 7 INTO YOUR
MEETING

ST PAUL'S EPISCOPAL
1028 BOYD'S CREEK HWY
SEYMOUR, TN 37865

Dinner served before regular discussion
7pm meeting. Bring a dish if you like.



AA Convention with Al-Anon Participation



16th ANNUAL SPRING FLING CONVENTION

“Easy Does It”

April 19 - 21, 2024



Friday 6:00 p.m. BBQ & Washers

Friday 8:00 p.m. AA Speaker

Jennifer K. – Plano, TX

Friday 10:-00 p.m. YP Speaker

Saturday 8:30 a.m. Al-Anon Meeting

Saturday 10:00 a.m.

Workshop

Saturday 12:00 p.m. Al-Anon Lunch

Saturday 1:00 p.m. Al-Anon Speaker

Catherine T. – Dallas, TX

Saturday 3:00 p.m. Speaker Panel

Saturday 4:30 p.m. Al-Anon Meeting

Saturday 6:30 p.m. BANQUET

Saturday 8:00 p.m.

Jason J. – Oregon City, OR

Sunday 9:00 a.m. Breakfast

Sunday 10:00 a.m.

Deb H. – Akron, OH

ACTIVITIES

FRIDAY

BBQ & Washer Games
Young People's Meeting
Ice Cream Social
Games w/prizes

SATURDAY

Banquet
Table Trivia
Speaker Panel
Games w/prizes
DJ & Dancing

Hilton St. Louis Airport

Special Room Rate \$97

Mention Spring Fling code **SPR**

Reserve before 3/20/24 for reduced room rate

10330 Natural Bridge Rd

St. Louis, MO 63134

314-426-5500

www.springflingstl.com

Spring Fling Chair – Susan B. 314-583-5296

Registration Chair – Liz C. 314-479-3560

springflingconvention@yahoo.com

Merchandising &
Marathon Meetings &
Activities Room Open
All weekend long



FREE PARKING

PLEASE REGISTER EARLY!!!

To register, get information or sign up for Service: www.springflingstl.com

CONVENTION REGISTRATION FORM

- Please complete and mail to Spring Fling Convention, PO Box 22002, St. Louis, MO 63126
- Complete a separate form for each additional registration, which is REQUIRED FOR ADMITTANCE.
- Make checks/money orders payable to Spring Fling Convention
- To sit together, please submit together – 10 people per table

Name: _____
Phone: _____ AA Al-Anon

Entering information below gives permission to receive mailings and/or newsletters from the Spring Fling Only.

Email: _____
Address: _____

City _____ State _____ Zip _____

Pre-Registration	\$20	_____
Door Registration	\$25	_____
Friday Night BBQ	\$15	_____
Friday Night Ice Cream Social	\$7	_____
Al-Anon Luncheon Saturday	\$25	_____
Banquet Saturday Night	\$40	_____
Sunday Breakfast Buffet	\$15	_____
Hospitality / Scholarship Donation		_____
Total Amount to be Paid		_____

Please list any special needs here: _____

Flyer revised 10-27-23

Cut-off for mail-in registration is April 12, 2024

May 10 – 12th, 2024
Fall Creek Falls State Park
[Newton Ford Bunk]
Spencer TN



2nd Annual 3 LEGACIES WEEKEND

Speakers On: Recovery/Steps | Unity/Traditions | Service/Concepts
Dick C. . Jamie H. . Heather L.

Includes 5 meals and lodging with showers and a kitchen. Bring chairs, bedding, and/or sleeping bag and pillow. Join us for hiking, kayaking, and campfire meetings.

Price is \$70 prior to April 20th and \$75 after. Check, Cash, or Cash App accepted.

Check In 3:00-5:00 PM Friday.

For reservations, more information, or to mail the fee:

Ted S. (423) 619-3772

Make check or Money Order out to (3 Legacies Weekend)

28563 SR30, Pikeville, TN 37367

**Scan for
Cash App**



Name/s _____

Address _____

Phone _____ Email _____

Amt Included _____ Like to Volunteer? _____



SAVE THE DATE

Founder's Day Picnic

District 50/51

Sunday, June 9 from 4-8 pm



Tyson Park

2351 Kingston Pike

Knoxville, TN 37919

Speaker

Food and Fellowship



Bring a Side Dish or Dessert

Basket Raffle

**FUN FOR THE WHOLE
FAMILY!**

We know it's far away but...

We'd like you to save the day!

East Tennessee Intergroup's

Annual Decades themed Birthday Bash

will be held the evening of

September 14th

at Trinity United Methodist Church

5613 Western Ave Knoxville, TN 37921

Encourage your Home group and Friends to dress up like the Decade of your choice!!

The basket contest is how we determine the most spirited group!

We ask groups to put together a themed basket.

The basket that receives the most tickets determines the winner of the Birthday Bash.

Dinner, Speaker and lots of Fun!!

On the Lighter Side

Me: "I'm not going to get drunk and do stupid things."
Me later that day:



D.U.I. CHECKPOINT AHEAD



You had me at "dancing sandwiches!"



February 2024



Name _____

Address _____

City _____

State _____

Zip _____