



EAST TENNESSEE INTERGROUP UNITY NEWSLETTER

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



MARCH 2026

Volume 50; Issue 3

Intergroup News for February

Happy Spring! Warmer weather is on the way.

Mobile Intergroup is restaffed and has an open schedule! If you would like to have a table of information at an event email manager@etiaa.org with details. Please include a phone number so that we can call you.

Have you ever wanted to know more about the 12 concepts?

In the following “animated short,” based on the illustrated pamphlet, we see our Twelve Concepts brought to life. We follow along as we see how wide participation in the “inverted triangle” of the A.A. Fellowship enables us all to work together to carry the message of hope and recovery.

https://players.brightcove.net/6416005702001/experience_6903ca33aa96e6ec945ec48f/share.html

— Dawn W.

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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 Stephany
Dave S Cathy
Dave R Bob
Joan Peggy
Amy Mary
Glenn Sara
Jill Beth
Pete Ulrich
Bruce Angie
Gerald

Hotline

Bryan
Anna
Austin
Bob
Bill
Caroline
Emily
Lee Anne
Miles
Rebekah
Johnnie
Chris
Javon

Intergroup Board

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

Website

Amy
Sterling
Eammon

Spanish Liaison

Open Position



Wisdom From The Rooms

Alcohol gives you infinite patience for stupidity. -- Sammy Davis, Jr.

When we receive God's grace, we should never question the reasons why. Simply accept it and say thank you.

I know God got me sober because he's the only one I asked! -- Jimmy L. Boca Raton (Men on Track)

There has never been any people who were too stupid to get the program, however, there have been people who were too intelligent. — Stu K.

If you want to talk about the spiritual part of the program you may as well talk about the wet part of the ocean. — Diana F. Auckland, New Zealand

For me, fear is sometimes the realization that I am gripping the steering wheel too hard - **and I'm not even supposed to be in the driver's seat.** — Chris C.



If Life is a Game, These are the Rules

The Simple Approach to the 12 Steps!

1. There's a power that will kill me.
2. There's a power that wants me to live.
3. Which do I want? (If you want to die, stop here. If you want to live, go on.)
4. Using examples from your own life, understand that selfishness, dishonesty, resentment, and fear control your actions.
5. Tell all your private, embarrassing secrets to another person.
6. Decide whether or not you want to live that way any more.
7. If you want your life to change, ask a power greater than yourself to change it for you. (If you could have changed it yourself, you would have long ago.)
8. Figure out how to make right all the things you did wrong.
9. Fix what you can without causing more trouble in the process.
10. Understand that making mistakes is part of being human (When you make a mistake, fix it, immediately if you can.)
11. Ask for help to treat yourself and others the way you want your higher power to treat you.
12. Don't stop doing 1 through 11, and Pass It On!!

--Author Unknown

DISTRICT MEETINGS

District 1 Typically meets the first Saturday of odd months @11am at the Renaissance Center. Please contact District 1DCM through ETIAA for most accurate information. **(Note change.)**

District 2 meets the fourth Sunday of the month @2:00pm at the REBOS Building, 213 E. Maple St., Johnson City 37601.

District 3 meets the third Sunday of the Month @2:00pm at Fairmont.

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 at 6:30pm, 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

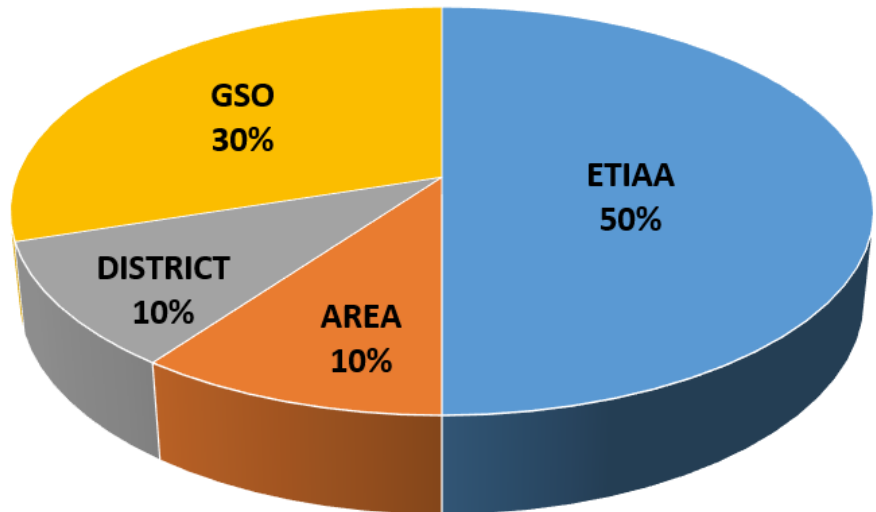
7TH TRADITION SUGGESTED CONTRIBUTIONS

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

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
 Mike Johncox
 3121 Three Springs Rd
 Whitesburg TN 37891

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

District 6 Treasurer
 Sara L.
 173 Keller Road
 Harriman, TN 37748

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	Jan '25	Jul '25— Jun '26	GROUPS DONATING	Jan '25	Jul '25— Jun '26
1ST THINGS 1ST KNOXVILLE		1,382.24	MONDAY NIGHT MEN'S		1,081.50
4-WAY GROUP	100.00	225.00	NEW BEGINNINGS KNOXVILLE		900.00
A FRESH START		25.00	NORRIS CLINTON GROUP		210.00
ALPHABET SOUP GROUP		35.00	NORRIS GROUP		30.34
BLOUNT COUNTY GROUP		362.50	NORTH GATLINBURG		404.75
BREAKFAST CLUB		198.50	PHOENIX GROUP		1,287.72
CARING AND SHARING		100.00	PRIMARY PURPOSE- OAK RIDGE	250.00	526.00
COLONIAL GROUP	50.00	1,150.00	RISING FROM THE ASHES		206.14
COLONIAL HEIGHTS	50.00	143.65	RIVERSIDE GROUP		256.62
CONCORD GROUP		69.95	ROANE COUNTY UNITY		1,000.00
CONTRIBUTION JAR	6.00	64.00	Rocky Hill Group		75.00
COOKIE GROUP		240.00	SAT. MORNING BIG BK STUDY		378.00
DANDRIDGE UNITY	10.00	50.00	SATURDAY MORNING SERENITY	396.00	701.00
Design For Living		212.08	SEE THE GOOD GROUP		27.90
DOWN ON THE RIVER	350.00	480.00	SERENITY IMPROVEMENT		400.00
FOUNTAIN CITY SERENITY		400.33	SEYMOUR SHARING	217.50	751.50
FRIENDS OF BILL W - LENOIR CITY		200.00	SISTERS IN SOBRIETY		65.00
GROUP WITH NO NAME	205.00	305.00	SOBRIETY SOCIETY- SO-SO		260.00
HAPPY DESTINY		375.00	Square Customer	532.36	907.20
HAPPY HOUR		983.00	Stepping Through Sobriety		90.00
HIGH NOONERS-P40		250.00	STEPS FORWARD MAYNARDVILLE		300.00
Johnson City Women's Group		150.00	TELLICO VILLAGE		275.00
KEEP LEANING FORWARD	39.00	222.00	TENNESSEE GROUP	282.58	282.58
KNOXVILLE PRIMARY PURPOSE		350.00	The Jaywalkers		300.00
KODAK HWY 66		100.00	TRUDGING THE ROAD		251.78
LUNCH BUNCH BRISTOL		211.67	TUESDAY NIGHT LOUDON		50.00
LUNCH BUNCH- GREENEVILLE	187.50	869.50	WEARS VALLEY GROUP		149.34
MARYVILLE 12 STEP	35.00	60.00	WEST KNOXVILLE GROUP	342.50	342.50
MEMORIAL RECOVERY	345.05	395.05	Not Specified		2.00
METRO GROUP		500.00			
			TOTAL	\$3,398.49	\$21,621.34



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

Intergroup Meeting, 2-16-2026

Attendees: Bobbie K-Archives; Dawn- Office Manager; Zach-HD2; Jim B-Dist.1; David-Trudging the Road; Jim-4-Way; Cathy Joe-Design 4 Living; Dave-Special Workers; Cher-Mobile intergroup; Pete-1st things 1st/treasurer; Ken-Outreach; Marian-Corrections; Fawn-Chair; Robert-CPCI/Friday Night Group; Mel-Serenity Sisters/Events; Bryan/Hotline; Bob-Seymour; Ashe-ABC Soup; Rory-Primary Purpose; Brandon-Secretary; Nathan-Marble City; Jacque- Treatment; Sandie- P40 Sat Big Book; Jim-4way group; Nathan- Marble City

Open: Serenity Prayer – Tradition 2

Secretary Report: Brandon Dave made a motion to accept, Pete 2nd motion passed

Managers Report: Dawn All preorders before price increase came in and have been delivered- Still preparing for Round Up

Treasurers Report: Dave Contributions are good – We have to expect ups and downs through the year that tend to even out. Financial report reviewed. Bryan made a motion to accept Dave 2nd – motion passed

Corrections Report: Marian District 6 visit march 5th. Visited 50/51 on Feb 2nd.

Hotline: Bryan Calls are up and all is well. Slot open Fridays between 4 and 8 .

Office Service Workers: Dave Nothing to report / All slots are filled.

Archives: Bobbie Outline book has been received. Has started 3rd edition Big Book project anyone with 20yrs or more encouraged to sign and provide sobriety date.

Website: Amy Step12.com #1 referral this month. 131% increase in sessions – 100% increase in traffic.

CPCPI: Robert Absent

Treatment: Jacque District 6 will be ZOOM

Outreach: Ken Back to Basics at 7:00 on Tuesdays no meeting when arrived. Chris in Elizabethan has been assisting in Mtn. City and Unicom

Events: Mel Sitting tight at this time

Mobile Intergroup: Cher Sold a lot of literature at Smoky Mountain Convention, Preparing for round up.

Accessibilities: Colleen Absent

New Business: No new business

Dave made a motion to close - Bryan 2nd – Motion Passed – Closed with Lord's Prayer.

New Meetings:

NEW MEETING NAME	DAY/TIME	LOCATION
Chock Fulla Nuts	Tuesday @ 7:30pm Thursday @ 7pm	Burem Church 1324 Burem Road, Rogersville, TN 37857
The 12 Step Family Meeting of AA	Saturday @ 7pm	Covenant Presbyterian Church 603 Sunset Dr, Johnson City, TN 37604
Life Recovery with Unity Group Knoxville	Tuesday @ 7pm Saturday @ 5:30pm	Flatiron V (Alano Club) 710 Maryville Pike, Knoxville, TN 37920
Morristown Fellowship	Friday @ 7pm New Time!	601 W Main St, Morristown, TN 37814
Big Book Group	Friday @ 8pm	Zoom https://zoom.us/j/3969423627
Unity Group Knoxville 12 & 12	Saturday @ 5:30pm	710 Maryville Pike, Knoxville, TN 37920
Recovery Fellowship	Sunday, Wednesday, & Friday @ 10pm	Zoom https://zoom.us/j/82618375237
Warrior Sisters	Monday @ 12pm Thursday @ 12pm	The Gateway 530 W Fifth Ave, Knoxville, TN 37917
Conscious Contact	Tuesday @ 8pm	Emmanuel Episcopal Church 700 Cumberland St, Bristol, VA 24201
Roane County Men's Meeting	Thursday @ 6pm Enter at back, use side steps	Roane County Community Recovery Center 155 E Race St, Kingston, TN 37763
955 Group	Sunday @ 9:55am	Birdhouse Neighborhood Center 800 N 4 th Ave, N 37917, Knoxville, TN 37917
Sober Solutions	Thursday @ 7pm Sunday @ 7pm	Pleasant Hill UMC 195 Pleasant Hill Rd, Bulls Gap, TN 37711
Happy Destiny II Women's Meeting	Thursday @ 7:30pm Starting on April 2 nd	Happy Destiny 325 Whitecrest Dr, Maryville, TN 37801

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

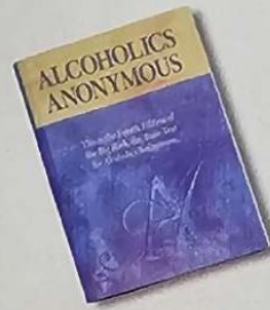
Twelve-And-Twelve Study // The Primary Purpose Group

If you are looking for a 12-and-12 Study Group, the Primary Purpose Group meets each Friday night at 8PM, at Erin Presbyterian Church on Lockett Rd, just off of Bearder Hill in Knoxville TN.

Reported AA Birthdays

Mar 4 Danny N.; Monday Night Men's Group.....	6 years	}	142 years of Sobriety
Mar 9 Jim S.: Trudging the Road, Jefferson City.....	27 years		
Mar 9 Taylor:	5 years		
Mar 11 Professor Bill.....	26 years		
Mar 19 Ray T.	40 years		
Mar 22 Joe C.; Monday Night Men's Group	38 years		

SPONSORSHIP AND STEPS 4 & 9 WORKSHOP



Bring Your Big Book!

FREE EVENT! LUNCH PROVIDED!

The Foundation of Hope Group will hold an in-depth workshop on steps 4 & 9 and the subject of sponsorship. Our speaker will be Scott L. of Nashville, TN. Do not miss this amazing speaker and informative workshop, held at Watts Bar Community Church in the Fellowship Hall.

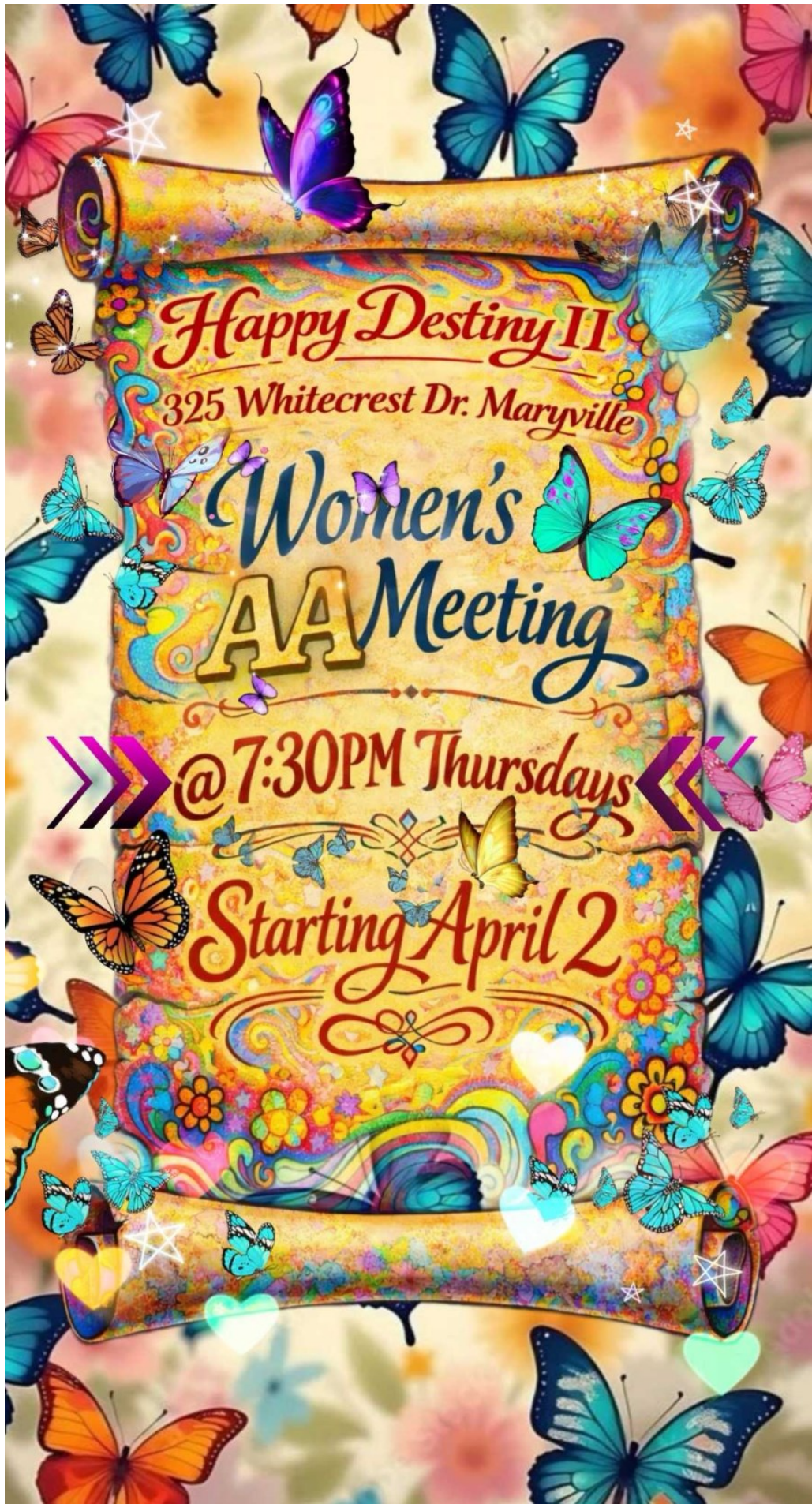
MARCH 14, 2026

Saturday | 9:30 AM - 4:30 PM

1517 TN-68, Decatur, TN 37322

TOPIC HIGHLIGHTS

- ✔ Step 4
- ✔ Step 9
- ✔ Sponsorship
- ✔ Break at Noon with Lunch Provided





78th Great Smoky Mountain Recovery Campout

May 28th – 31st

*Triple Creek Campground
141 Lower Bogard Rd
Newport TN 37821
423-465-3060*



<https://triplecreekcampground.com/>

**Open AA and Alanon meetings
Potluck lunch with an AA Speaker**

**Call early to make your campsite reservations
(and pls. mention GSMRC).**



For more information, please call Marci at 865-414-6646.

THE KEYS OF THE KINGDOM !



Please bring your bedding, pillows, towels soap, shampoo, etc.

S.M.A.A.C.C.

Motorcycles are not Required but are welcome

Southern Motorcyclists in Alcoholics Anonymous Camping Convention XIII

WHEN: Aug 20-23, 2026 **AT:** Newton Ford Bunkhouse

WHERE: Fall Creek Falls State Park, Pikeville, TN

Registration: \$75, Register before July 1st, you get a free \$20 Tee Shirt.

The Registration fee will cover meals and lodging.

To Preregister with CASHAPP: Pay: [\\$\\$MACC931](#) on Cash App

T-SHIRTS: M, L, XL, 2X use Pay: [\\$\\$MACC931](#) on Cash App to preorder.

Speakers: Raymond N. New York – Marian G. Tennessee – Curtis J. Kentucky

Workshops: "Spirituality" Jimmy K. – Curtis J.

"To Be Announced"

Contacts: Don R. (931) 239-1523 or Ted S. (423) 619-3772



PLEASE PRINT LEGIBLY – THANK YOU

Name _____ AA Alanon Other

Address _____

City/State/Zip _____ Sober Date _____

Email _____ Phone _____

Like to volunteer? Special Needs? _____ Shirt Size _____

Registration: \$ _____ Donation \$ _____ Total \$ _____

Mail to: SMAACC, 370 South Lowe Ave., Box 242, Suite A, Cookeville, TN 38501

The District 4 Treatment Committee

wants to connect with
AA Members and Groups

Here is how your group can help.

- Do you know of any local treatment centers in need of AA meeting support?
- Are any of your group members interested in carrying the message to treatment centers or other recovery facilities?

Our goal is to build awareness, share opportunities for service, and enhance AA accessibility for those in treatment programs or other recovery facilities.

Please reach out if you would like more information or would like to get involved.

Boomer 865-681-2413

Cris E 865-995-8844

Jill M 865-660-4658

***“I am responsible. When anyone, anywhere reaches out for help,
I want the hand of AA always to be there.
And for that: I am responsible.”***

BACK TO BASICS GROUP AA Meetings



7pm Every Night
Noon Meetings: Tuesday,
Thursday, and Friday
5:30 Thursday: Women's Meeting
10 am Saturday Morning Meeting

A&W Plaza
301-G Oak Ridge Turnpike
Oak Ridge, TN

If you need help to stop drinking
AA Hotline 24/7: tel:865-522-9667
www.etiaa.org



Click the QR code to see a list of Back to Basics meetings

Maryville



12 Step Group

An Open Meeting of Alcoholics Anonymous

Meets every Sunday at 7pm

*The meeting is back at this address
starting November 9!*

**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

BACK TO BASICS GROUP

**SPEAKER &
BIRTHDAY
CELEBRATION**

1ST SATURDAY

OF
EVERY MONTH

Speaker: Adam C
SATURDAY, March 7 TH

50/50 Raffle!

Celebrating a birthday? *Come join us as we celebrate with you!*

Bring a sweet or savory treat to share... or simply bring yourself!

2026 Dates – Mark your calendar!

Mar 7 * Apr 4 * May 2 * June 6 * July 4
Aug 1 * Sept 5 * Oct 3 * Nov 7 * Dec 5

6:30 PM
Fellowship with
Pizza, Snacks, & Dessert

7:00 PM
Speaker

8:00 PM
Annual Birthday
Recognition

301 Oak Ridge Turnpike
Oak Ridge, TN



Appalachian Regional Roundup

MAY 22-24 2026

KINGSPORT, TN

Speakers

Ralph W- Los Angeles, CA

Sheldon F- Las Vegas, NV

Jimmy A- Jersey Shore, NJ

Danny B- Spring, TX

Steve L- Nashville, TN

Aaron Z- Molalla, OR

Nancy B- Denton, TX

June G- Oxnard, CA

Cyndi M- Louisville, KY

Sue L- Pittsburgh, PA

Meadowview Conference Resort
& Convention Center
1901 Meadowview Parkway
Kingsport, TN 37660

Room Rate \$136.00
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 Brittny H: 423-523-1368
or visit our website at
www.appalachianregionalroundup.com

Pre-registration is \$30 before May 13, 2026 &
registration is \$35 at the
door. Online registration is
available at www.appalachianregionalroundup.com

Seventh 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: \$ _____

On The Lighter Side

I try to take just
one day at a time...



but lately several days
have attacked me at once.

Me: "Gonna just have 1 beer & call it
a night"

Me, approximately 1 sip later:



**I've never
had a
problem
that I
couldn't
make worse.**

**I wanna be
14 again and
ruin my life
differently.
I have new
ideas.**

I am in competition
with no one.

I have no desire to
play the game of
being better than
anyone. I am simply
trying to be better
than the person I
was yesterday.

Lessons Taught
By LIFE

You're a ghost,
driving a meat-coated skeleton
made from stardust,
riding a rock,
hurtling through space.

Fear Nothing.

Why are we supposed to say
"it's okay" when it's not



Time is the only
currency you spend
without knowing the
balance. Use it wisely.

— Nicholas John