



EAST TENNESSEE INTERGROUP UNITY NEWSLETTER

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



MAY 2026

Volume 50; Issue 5

Intergroup News for May

The office will be closed on May 22 – May 25 for the Appalachian Regional Round Up. Tuesday, May 26, we will be back to regular hours 11am – 4pm.

The Events Chair position is open. If you have a willingness to help in this area, please email manager@etiaa.org with your name and contact information.

Hotline volunteer opening! Starting in May, the 4th weekend of the month has an opening. If you have been looking for a way to help this can be done from any location. Calls are forwarded to your phone during your shift. Contact etiaahotline@gmail.com.

— 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

Julissa



Wisdom From The Rooms

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

If the day comes that I do drink again, it will not be because I had no alternative. It will be because I had an alternative, provided by a loving God, but was unwilling to use it." — Syracuse, N.Y., October 1994, "Lock Me Up, Please," AA Grapevine

"A shortcoming is like a flat tire. A character defect is like driving on it." — Ralph J.

"I was Chasing the Feeling of not Feeling"

If you don't go within.....you will go without (thanks Stu K)

"Everyone comes into the rooms with baggage, and they find people who love them enough to help them unpack." — Juke Joint Judy

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



EDITORIAL: Reflections After A Meeting on Step 8:

Over time I have come to understand a very important aspect about the process and relationship between the steps, particularly between steps 4 and 5 and 8 and 9.

At first I thought Step 8 was just a rehash of step 4 and did not understand why I had to do it again. Then I was taken through a very deep Step 4 and 5 with a counselor. Step 4 and 5 became the process I used to discover who I had become and why I behaved the way I did when drinking. Why my life was unmanageable. Why I lied. Why I procrastinated. How fear controlled my total existence. Why I felt so alone and different. Why I carried so much anger.

Step 8 then became the cumulative record of who that person had harmed. Only armed with the knowledge gained in 4 and 5 could I put together an accurate list of all the ways I had harmed people and make a comprehensive list of **ALL** the people I needed to become willing to make amends to.

With the guidance of my Higher Power and the help of other people, changing my behaviors has been a lifetime journey for me in AA. The promises do come true - if I want them and I am willing to do the work for them."

— Red G.; Monday Night Men's Group

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

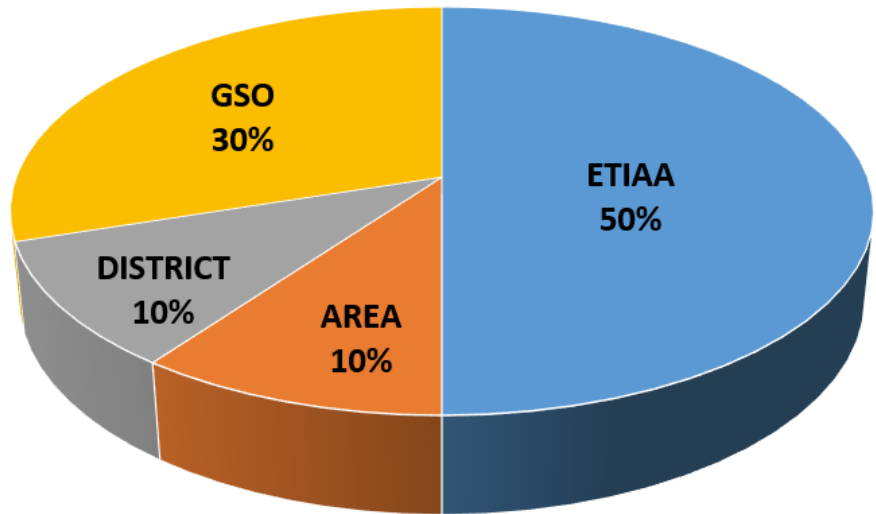
7TH TRADITION SUGGESTED CONTRIBUTIONS

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	Mar '25	Jul '25— Jun '26	GROUPS DONATING	Mar '25	Jul '25— Jun '26
1ST THINGS 1ST KNOXVILLE		1,382.24	MEMORIAL RECOVERY	35.36	430.41
4-WAY GROUP	50.00	275.00	METRO GROUP		600.00
A FRESH START		25.00	MONDAY NIGHT MEN'S		1,081.50
AGE OF MIRACLES		30.00	NEW BEGINNINGS KNOXVILLE		900.00
ALPHABET SOUP GROUP		35.00	NORRIS CLINTON GROUP	40.00	250.00
AREA 64 HOST COMMITTEE		390.00	NORRIS GROUP		30.34
BLOUNT COUNTY GROUP		362.50	NORTH GATLINBURG		404.75
BREAKFAST CLUB	30.00	228.50	PHOENIX GROUP		1,287.72
CARING AND SHARING		100.00	PRIMARY PURPOSE- OAK RIDGE		526.00
COLONIAL GROUP		1,150.00	RISING FROM THE ASHES		206.14
COLONIAL HEIGHTS		143.65	RIVERSIDE GROUP		256.62
CONCORD GROUP		69.95	ROANE COUNTY UNITY		1,000.00
CONTRIBUTION JAR		116.71	Rocky Hill Group		175.00
COOKIE GROUP		240.00	SAT. MORNING BIG BOOK STUDY	627.00	1,005.00
DANDRIDGE UNITY		50.00	SATURDAY MORNING SERENITY		701.00
Design For Living		367.92	SEE THE GOOD GROUP		53.10
DISTRICT 50/51		360.00	SERENITY IMPROVEMENT		400.00
DOWN ON THE RIVER		480.00	SEYMOUR SHARING		751.50
FOUNTAIN CITY SERENITY		565.33	SISTERS IN SOBRIETY		65.00
FRIENDS OF BILL W - LENOIR CITY	100.00	300.00	SOBRIETY SOCIETY- SO-SO		260.00
GROUP WITH NO NAME	137.00	442.00	Square Customer	120.00	1,037.20
HAPPY DESTINY		375.00	Stepping Through Sobriety		90.00
HAPPY HOUR		983.00	STEPS FORWARD MAYNARDVILLE		300.00
HIGH NOONERS-P40		250.00	TELLICO VILLAGE		275.00
I Am Responsible Mountain City		80.00	TENNESSEE GROUP		2,082.50
Jaywalkers		300.00	The Jaywalkers		300.00
Johnson City Women's Group		150.00	TRUDGING THE ROAD		251.78
KEEP LEANING FORWARD		222.00	TUESDAY NIGHT LOUDON		100.00
KNOXVILLE PRIMARY PURPOSE		350.00	WEARS VALLEY GROUP		149.34
KODAK HWY 66		100.00	WEST KNOXVILLE GROUP		342.50
LUNCH BUNCH BRISTOL		211.67	ZOOM GROUP GREENVILLE		228.60
LUNCH BUNCH- GREENEVILLE		1,119.50	Not Specified		2.00
MARYVILLE 12 STEP		60.00			
			TOTAL	\$1,139.36	\$26,857.97



Intergroup meeting.

4-20-2026

Attendees:

- Dawn- Office Manager
- Zach-HD2
- Jim B-Dist.1
- David-Trudging the Rd.
- Dave-Special Workers
- Cher-Mobile intergroup
- Robert- CPPI/Friday night Group
- Pete-1st things 1st/treasurer
- Fawn-Chair
- Bryan/Hotline
- Bob-Seymour
- Scott- SoSo
- David- W. Knox
- Amy- Website
- Marian- Corrections/TN Group
- Colleen- Accessibilities/Design For living
- Brandon-Secretary
- Nathan-Marble City
- Sandie-Big Book Sat.
- Krisa-TN Group

Open: Serenity Prayer – Tradition 4

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

Managers Report: Dawn Ready for Round Up. Email Dawn if you would like literature or anything else from Intergroup delivered to the round up.

Treasurers Report: Pete Funds are still coming in. The only way Intergroup exists is by support from groups. Financial report was reviewed. Bryan made a motion to accept and Dave S. 2nd – motion passed

Corrections Report: Marian Not much to report

Hotline: Bryan Slot open Fridays between 4 and 8 . 1 year sobriety with a sponsor. Clear with sponsor first. Contact dawn or Bryan. A few calls are received from people who are at a posted meeting location and no one is present.

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

Archives: Bobbie Absent

Website: Amy Huge increase in people looking for meetings- Do we need to vet meetings before adding to website and app? Doing an update on meeting guide- checking with GSO on requirements for meeting info as it it pertains to anonymity.

CPCPI: Robert Getting up to speed- Has workbook

Treatment: Jacque Absent

Outreach: Ken Via email- Attended N Gatlinburg meeting. 3 people plus Ken. Left ETIAA info.- Did Newport Women's Zoom and posted info in chat box.

Events: Position open

Mobile Intergroup: Cher Preparing for round up. Let us know if you would like us to set up at your event

Accessibilities: Colleen Reached out to District 4. No response.

New Business:

Fawn- Suggested getting Workbooks from World Services to have on hand in office. Dave made a motion for Dawn to obtain Workbooks. 2 of each to be given new position holders and be replenished as needed. Pete 2nd-Motion passed.

Dave-Back to Basics is moving to Clinton Church of God starting April 26

Krisa- 50/51 Founders Day at Tyson Park June 6

Dave made a motion to close - Bryan 2nd – Motion Passed – Closed with Lords Prayer

New Meetings:

NEW MEETING NAME	DAY/TIME	LOCATION
Conscious Contact	Tuesday @ 8pm	Emmanuel Episcopal Church 700 Cumberland St, Bristol, VA 24201
Roane County Men's Meeting	Thursday @ 6pm Enter at back using 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
Extravagant Promises	Sunday @ 7pm	Bell Avenue Baptist Church 902 Bell Ave, Lenoir City, TN 37771
Friendsville Fellowship <i>New Address beginning March 18th, 2026</i>	Wednesday @ 11am	Union Grove United Methodist 1151 Lane Dr, Friendsville, TN 37737
Women's New Way	Monday @ 7:30pm	Flatiron V (Alano Club) 710 Maryville Pike, Knoxville, TN 37920
Friendsville Fellowship <i>*New Location*</i>	Wednesday @ 11:30am	Friendsville Community Center, 105 Homecoming Circle, Friendsville, TN 37737
Back to Basics <i>*New Location*</i>	Saturday @ 7pm; Wednesday @ 4:30pm; First Sat of the month, Food @ 6:30 Birthdays-Speaker	Clinton Church of God, 635 Hillcrest St., Clinton, TN 37716
Secret City Sisters <i>*New Location*</i>	Thursday @ 5:30pm	Clinton Church of God, 635 Hillcrest St., Clinton, TN 37716
Fountain City Serenity Group <i>*Time Change Effective 6/1/26*</i>	Monday, Wednesday, Friday @ 7:30pm	Fountain city Methodist, 212 Hotel Rd, Knoxville TN 37918

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.

May 4 — Debbie;	36 years
May 8 — Scott M.; Monday Night Men's Group	9 years
May 10 — Bob; 1st Things 1st	41 years
May 16 — David G.;	34 years
May 27 — Levi K.; Monday Night Men's Group.....	17 Years
May 28 — Robert F.; Monday Night Men's Group.....	12 years
May 31 — Amy; 1st Things 1st	4 years

}

143 years of Sobriety

BACK TO BASICS GROUP

!!! NEW LOCATION !!!

635 HILLCREST ST.

CLINTON, TN

SPEAKER

BETH S.

SATURDAY, MAY 2ND

**Pizza & Literature
Raffle!**

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

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

6:30 PM
Fellowship & Food

7:00 PM
Speaker

8:00 PM
Annual Birthday
Recognition



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: _____

Scholarship Contribution: \$ _____

(Lend A Hand To Those Unable To
Pay The Registration Fee)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

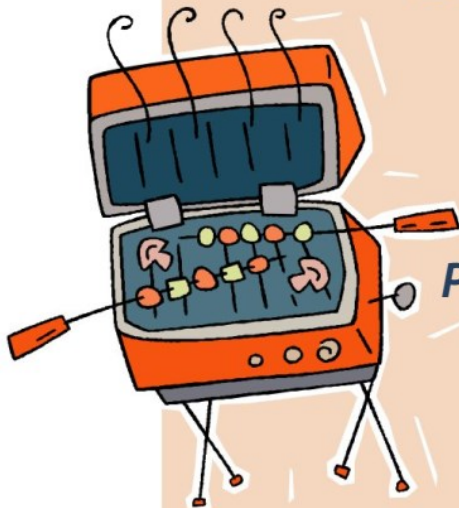
Number Of Registrations: _____ Total: \$ _____

Park 40 May Fundraiser

An anonymous AA member has come forward and offered to match \$1 for \$1, any funds raised from now until the end of May, up to the amount of \$8000.00

You may give your donation to any of the Park 40 office staff or you can mail a check to the address below:

Park 40 Club Inc.
9217 Park West Blvd, Suite B1
Knoxville, TN
37923



Please help us reach our goal!!!



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.

FOUNDERS' DAY

District 50/51



FOOD - SPEAKER - BASKETS

WE ARE ASKING GROUPS TO DONATE A BASKET FOR A DRAWING
PROCEEDS GO TO DISTRICT
SPEAKER IS KRISTINE H. FROM MAYNARDVILLE
PLEASE BRING A SIDE DISH TO SHARE

SATURDAY

6

JUNE

TYSON PARK

LUNCH @ 12 NOON
SPEAKER @ 1PM

2351 KINGSTON PIKE KNOXVILLE, TN 37919

TO VOLUNTEER PLEASE CONTACT KRISA B 865.919.3311

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

WE HAVE MOVED



OUR NEW LOCATION

Back to Basics Group
Clinton Church of God
(backside of W. Webb Bldg.)
635 Hillcrest St.
Clinton, TN 37716

**BACK TO
BASICS**

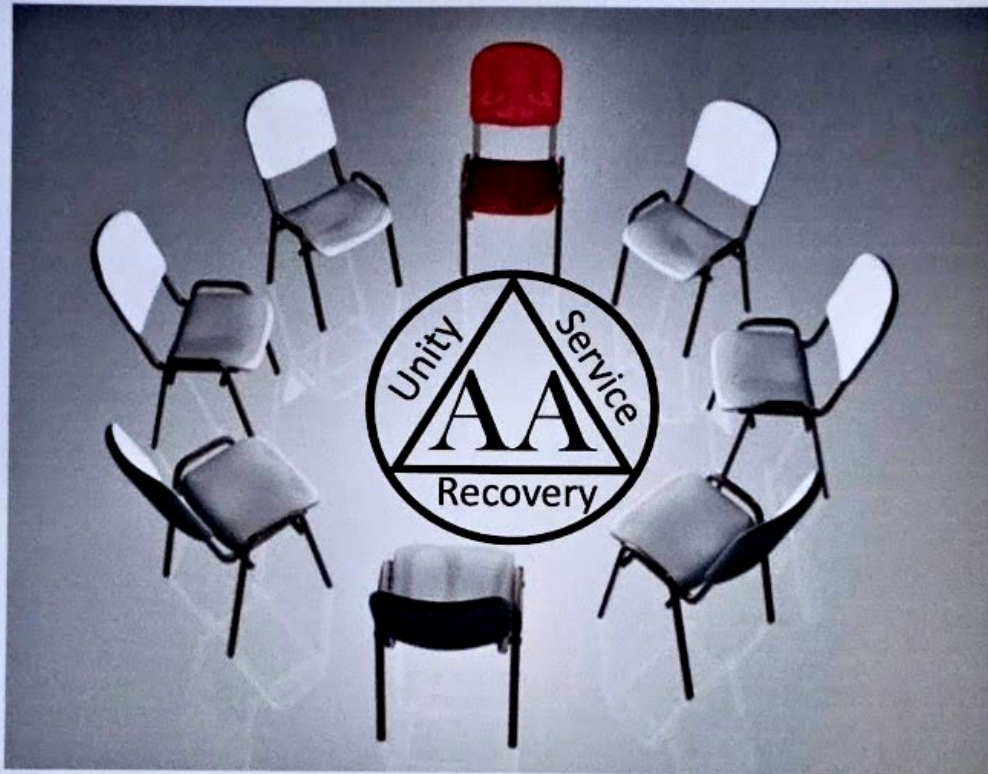


Use camera on QR code – will list B2B AA meetings on the meeting guide app. www.etiaa.org

The Sober Solutions Group

Est'd. 09/11/2025

"You Don't Know what you don't Know"



It's Easier TOGETHER

Sundays & Thursdays
7:00-8:00PM
Open Discussion Meeting

Join US At:
Pleasant Hill UMC.
195 Pleasant Hill Rd,
Bulls Gap TN

NEW SUNDAY MEETING
Starting 2/22/2026

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.”***

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



THE 955 GROUP



Closed AA Meeting

**SUNDAY
MORNINGS
9:55-11:00**

**THE BIRDHOUSE
NEIGHBORHOOD
CENTER**

**800 N 4TH AVE.
KNOXVILLE, TN**

CALLED ON
PARTICIPATION
FOLLOWED BY
SPEAKER



★ ——— COME EARLY FOR FELLOWSHIP! ——— ★

On The Lighter Side

**I took a long, hard look
at myself this morning.
I won't be doing that again.**



The hard part about being a bartender is figuring out who is drunk and who is just stupid.



EXCLUSIVE Florida Man arrested for riding alligator through Wendy's drive-thru, demanding chicken nuggets.



georgie
@BeefyGorilla

God forbid men have hobbies

Me, getting ready to make the same bad choice but also being a little more prepared from the last time it backfired



Not.

by Erin Hanson

You are not your age,
Nor the size of clothes you wear,
You are not a weight,
Or the colour of your hair.
You are not your name,
Or the dimples in your cheeks,
You are all the books you read,
And all the words you speak,
You are your croaky morning voice,
And the smiles you try to hide,
You're the sweetness in your laughter,
And every tear you've cried,
You're the songs you sing so loudly,
When you know you're all alone,
You're the places that you've been to,
And the one that you call home,
You're the things that you believe in,
And the people that you love,
You're the photos in your bedroom,
And the future you dream of,
You're made of so much beauty,
But it seems that you forgot,
When you decided that you were defined,
By all the things you're not.