



EAST TENNESSEE INTERGROUP UNITY NEWSLETTER

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

NOVEMBER 2026



Volume 50; Issue 11



Intergroup News for November

Wondering about Intergroup? Want to get involved? Come to the meeting on November 16th @ 6:30pm. There are many open standing chair positions that need to be filled.

Holiday hours for the end of the year are:

Closed November 26th & 27th

Closed December 25th & 26th

Closed January 1st & 2nd

Please be safe and enjoy your holidays!

There will be an Alcoholthon at Park 40 on Christmas Eve 5pm – Christmas Day 8pm

— *Dawn W.*

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

Anna
Bill
Bob
Brad
Bryan
Chris
Emily
Ericson
Javon
Johnnie
Lee Anne
Miles
Rebekah

Intergroup Board

Fawn L
Pete L
Brandon R
Marian G
Bryan G
Dave S
Amy E
Jacque H
Ken L
Cher C
Dawn W

Website

Amy
Sterling
Eammon

Spanish Liaison

Julissa

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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!**



Wisdom From The Rooms

Life happens when you're sober. – Ryan B, Mondy Night Men's Group

Give me the courage to see this life as You would have me see it. -- *Bill C.*

You don't get sober long enough to go to slippery places you stay sober long enough to realize you don't want to go to slippery places. -- Will W.

The elevator to sobriety is broken. Take the steps. The traditions are the handrails to the steps. Trying to pray IS praying.

"God is Love and Forgiveness not criticism & condemnation. (thanks Vince N.)

Faith is hope with a track record. (thanks Tricia R.)

"I build today the road I travel tomorrow."

"Short Takes," Binghamton, New York, July 1967, AA Grapevine

True freedom isn't doing what I want—it's being free from what once controlled me.



AA Thought for the Day — October 26

Sixth, I have AA meetings to go to, thank God. Where would I go without them? Where would I be without them? Where would I find the sympathy, the understanding, the fellowship, the companionship? Nowhere else in the world. I have come home. I have found the place where I belong. I no longer wander alone over the face of the earth. I am at peace and at rest. What a great gift has been given me by AA! I do not deserve it. But it is nevertheless mine. I have a home at last. I am content. *Do I thank God every day for the AA fellowship?*

DISTRICT MEETINGS

District 1 Typically meets the first Saturday of odd months @11am at the Prospect Center, 1425 East Center Street, Kingsport, TN 37664.

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

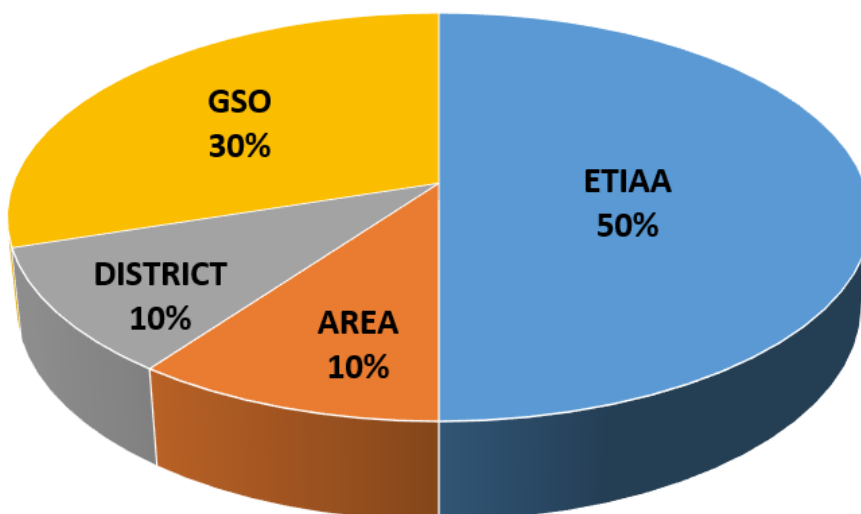
7TH TRADITION SUGGESTED CONTRIBUTIONS

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	Jul '26—	
	Sep '26	Jun '27
1st Things 1st Knoxville	560.38	560.38
4-WAY GROUP	75.00	150.00
BACK TO BASICS- OAK RIDGE	25.00	75.00
BLOUNT COUNTY GROUP		50.00
BREAKFAST CLUB		80.00
Colonial Heights AA Group	45.00	45.00
CONTRIBUTION JAR		3.00
EXTRAVAGANT PROMISES GROUP		50.00
Friday Night Group\Concord United Methodist	203.00	203.00
FRIENDSVILLE FELLOWSHIP		250.00
HIGH NOONERS-P40	350.00	350.00
I Am Responsible Group	252.90	252.90
JOHNSON CITY WOMEN'S AA		125.00
KEEP LEANING FORWARD	36.00	36.00
LUNCH BUNCH- GREENEVILLE		375.00
MONDAY NIGHT MEN'S		383.50
New Beginnings Group	500.00	500.00
OUR Primary Purpose Group		
Cosby	60.00	60.00
PRIMARY PURPOSE- OAK RIDGE	150.00	150.00
RIVERSIDE GROUP		449.35
SQUARE CUSTOMER	29.00	49.00
THE FAMILY AFTERWARD		240.00
The Jaywalkers		127.00
WEARS VALLEY GROUP	28.00	28.00
TOTAL	\$2,314.28	\$4,592.13



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

Intergroup meeting, October 26,2026

Attendees: Dawn- Office Manager; Jim B-Dist.1; Dave-Trudging the Rd.; Dave-Special Workers; Eric-Knoxypaa; Fawn-Chair; Pete- Treasurer; Zach- HDII; Ken-Outreach; David- W. Knox; Jodi- HDII; Joan- Primary purpose; Patty- Events Co-Chair; Sheana- Events Chair; Denise R.- Kingsport; Jacque- Treatment; Brandon-Secretary; Nathan- Fountain City Group; Richard- Banquet Table; Krisa- TN Group; Dave- Special workers -Sub chair- Sub treasurer; Cher- Mobile Intergroup

Open: Serenity Prayer – Tradition 10

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

Managers Report: Dawn Holiday hours are posted on website. November 16 is the last meeting to attend before elections. Office is well stocked, computers are getting software updates.

Intergroup positions up for election:

Vice Chair; Secretary; Hotline Chair; Accessibilities Chair; Outreach Chair; Treatment Chair; Events Chair; CPCPI Chair

Voting in December

Treasurers Report: Pete Pete- Operating cost have us in the negative \$3668.95
Pete made a motion to move \$2,000.00 from the safe to checking for chair reimbursement.
All reimbursements to be check paid on receipts. Eric 2nd and the motion passed.

Corrections Report: Marian Absent

Hotline: Bryan All good, no issues

Office Service Workers: Dave Request for Christmas Bonus of \$30 per office worker.
Krisa made a motion for \$700 for gifts and cards. Jacque 2nd , motion passed.

Archives: Open position

Website: Amy – Updates Amy is kicking Butt

CPCPI: Position currently open

Treatment: Jacque 50/51 1st of October District 1 pamphlet workshop

Outreach: Ken Wears Valley Group – Cool Visitors coin. Our Primary Purpose Cosby Dawn made great cheese-cake

Events: Over 200 people attended the party. We still have t shirts left for \$20

Mobile Intergroup: Cher All is good. Need volunteers for November 14th

Accessibilities: Position open

Old Business: No old business

New Business: No new business

Pete made motion to close. Brandon 2nd . Motion passed

Closed with We version of Serenity Prayer

New Meetings:

GROUP NAME	DATE / TIME	LOCATION
Friendsville Fellowship *New Location*	Wednesday @ 11:30am	Friendsville Community Center, 105 Homecoming Circle, Friendsville, TN 37737
Back to Basics *New Location*	Sat. @ 7pm; Wed. @ 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 *New Location*	Thursday @ 5:30pm	Clinton Church of God, 635 Hillcrest St.; Clinton, TN 37716
Fountain City Serenity Group *Time Change Effective 6/1/26*	Monday, Wednesday, Friday @ 7:30pm	Fountain City Methodist, 212 Hotel Rd.; Knoxville TN
Norris Early Risers Big Book Meeting	Thursday @ 7am	St. Francis Episcopal Church 154 W Norris Rd, Norris TN
Sandy Beaches Group *Time Change*	Friday @ 5:30pm	St. John's Episcopal 500 N Roan St, Johnson City TN
Oneida Scott County	Wednesday @ 12pm	Highway 27 Unity Club, 17737 S Alberta St, Oneida, TN
Sunday Gathering	Sunday @ 10am	Montbrook Business Park 409 Montbrook Lane, Knoxville, TN
Riverside Lunch Bunch	Monday @ 11am	First Church Knoxville 3316 Kingston Pike, Knoxville, TN 37919
Sober Solutions Group	Wednesday @ 12pm	Pleasant Hill UMC 195 Pleasant Hill Rd, Bulls Gap, TN
Cookie Group	Wednesday @ 7pm	Powell United Methodist 323 W Emory Rd, Room 208; Powell, TN
Sandy Beaches Group	Monday @ 5:30pm	St John's Episcopal 500 N Roan St.; Johnson City, TN 37601

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



East Tennessee AA Birthdays Reported to Intergroup

Nov 1 — Hannah (no year reported)
 Nov 1 — Sarah (no year reported)
 Nov 5 — Donna;27 years
 Nov 8 — Mark G.; Monday Night Men's Group.....21 years
 Nov 9 — Troy D.: Monday Night Men's Group 7 years
 Nov 12 — Brad D.; Monday Night Men's Group..... 2 years
 Nov 16 — Michael M Trudging the Road Jefferson City..... 11 years
 Nov 18 — Donna R Trudging the Road Jefferson City..... 40 years
 Nov 19 — Lauryn;2 years
 Nov 25 — Mike N.; 3 years

} 113+ years of Sobriety

District 4 Corrections

Will YOU help carry the AA message
to those incarcerated in Blount, Sevier & Loudon?

Learn more & get involved at:

Committee Zoom Meetings

6:30pm Odd Month 3rd Thursdays

May 21, July 16, Sept 17, Nov 19

ID: 771 0571 3131. Pass: D4C

Workshop

Speaker panel, Q&A and pizza

Sat May 9 @ 12-3pm

Pigeon River Club

240 Pigeon River Rd, Sevierville, TN

2026 Volunteer Training Dates:

Blount County Jail:

April 7, July 9 & Oct 8 @ 6-9pm

920 E Lamar Alexander Pkwy, Maryville TN

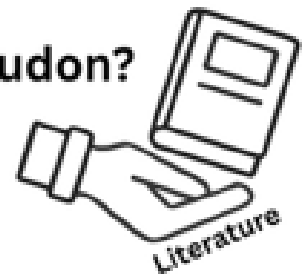
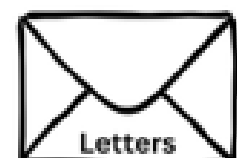
Sevier County Jail:

March 26 & 27 @ 9am & 1pm

106 W Bruce St, Sevierville TN

For more info: D4CorrectionsA64@gmail.com

Sarah M - 2026 District 4 Corrections Chair - (727) 642-0591



*Area 64
DISTRICT 01
Business meeting
has MOVED!*

WHERE?

*THE PROSPECT CENTER
1425 E Center St.
Kingsport, TN 37664*

**WHEN?
11A-1P**

**Every 1st Sat. of the odd month
Remaining 2026 schedule:**

***June 27* (for July 4)**

September 05

November 07

Speaker Meeting

Potluck, Literature Raffle, & Birthday Celebration

Amy E.

Saturday, November 7th

LOCATION

Back to Basics Group
635 Hillcrest St.
Clinton, TN

6:30 PM

Fellowship & Food

Sweet or savory—bring whatever flavor you vibe with.

7:00 PM

Speaker Amy E.

8:00 PM

October Birthdays & Raffle

Good food, great company, pure celebration.

Holiday Luncheon

Townsend's DOWN ON THE RIVER Group



November 8, 2026 after the Noon Meeting

Fried Chicken & Drinks provided; *Please bring a side dish to share.*

“What a great time to gather!”

Meet at St. Francis of Assisi Catholic Church
7719 River Rd, Townsend, TN 37882
12-1 Mtg / 1:10 to 2:30 or so - Luncheon

WORKSHOP

Cooperation with the Professional Community (CPC) and Public Information Committee (PI)



This workshop will familiarize AA members with how AA cooperates with the Professional Community and provides Public Information - within the relevant Traditions and guidelines for each Committee.

CPC Committees attempt to find simple, effective ways of cooperating with the professional community, without affiliating.

PI Committees convey AA information to the general public, including the media.



Date: Sunday, December 6



Time: Noon EST until no later than 4pm



**Location: Blount Memorial (Prisma) hospital
907 E. Lamar Alexander Pkwy, Maryville
*Conference room, use entrance #4 or #5***



Pizza and Fellowship at 11:30am EST

Contact Phil for more information 865-654-9317

AREA 64 Q1 ASSEMBLY

At the University of Tennessee Space Institute

411 B H Goethert Pkwy Tullahoma, TN 37388

JAN 22-23-24 HOSTED BY DISTRICTS 16&9



La Quinta
120 Hospitality Blvd.
Manchester, TN 37355
\$119 Night + Tax
931-450-4005
CODE: AREA64

Comfort Suites
152 Hospitality Blvd.
Manchester, TN 37355
\$110 Night + Tax
931-728-1301
CODE: AREA64

SMOKY MOUNTAIN CONFERENCE

THE SPIRITUAL LIFE IS NOT A THEORY

REGISTER
NOW!

\$40

REGISTRATION



JANUARY 29-31, 2027



PIGEON FORGE,
TENNESSEE



THE RAMSEY HOTEL
& CONVENTION CENTER

ONLY
\$133

PER NIGHT
(BREAKFAST INCLUDED)



SPEAKER LINEUP

- Don L. BELLINGHAM, WA
- Amy D. LOUISVILLE, KY
- Larcine G. (AFG) HAWTHORNE, CA
- Peter M. BOCA RATON, FL
- Marion M. BOCA RATON, FL
- John E. LEBANON, TN



YOUR STAY INCLUDES:



Hot Breakfast Daily



Complimentary Wi-Fi



Fitness Center Access



Free Parking



REGISTER & LEARN MORE

SmokyConference.com



865-428-2700
Reserve by calling



SmokyConference.com
Register & learn more

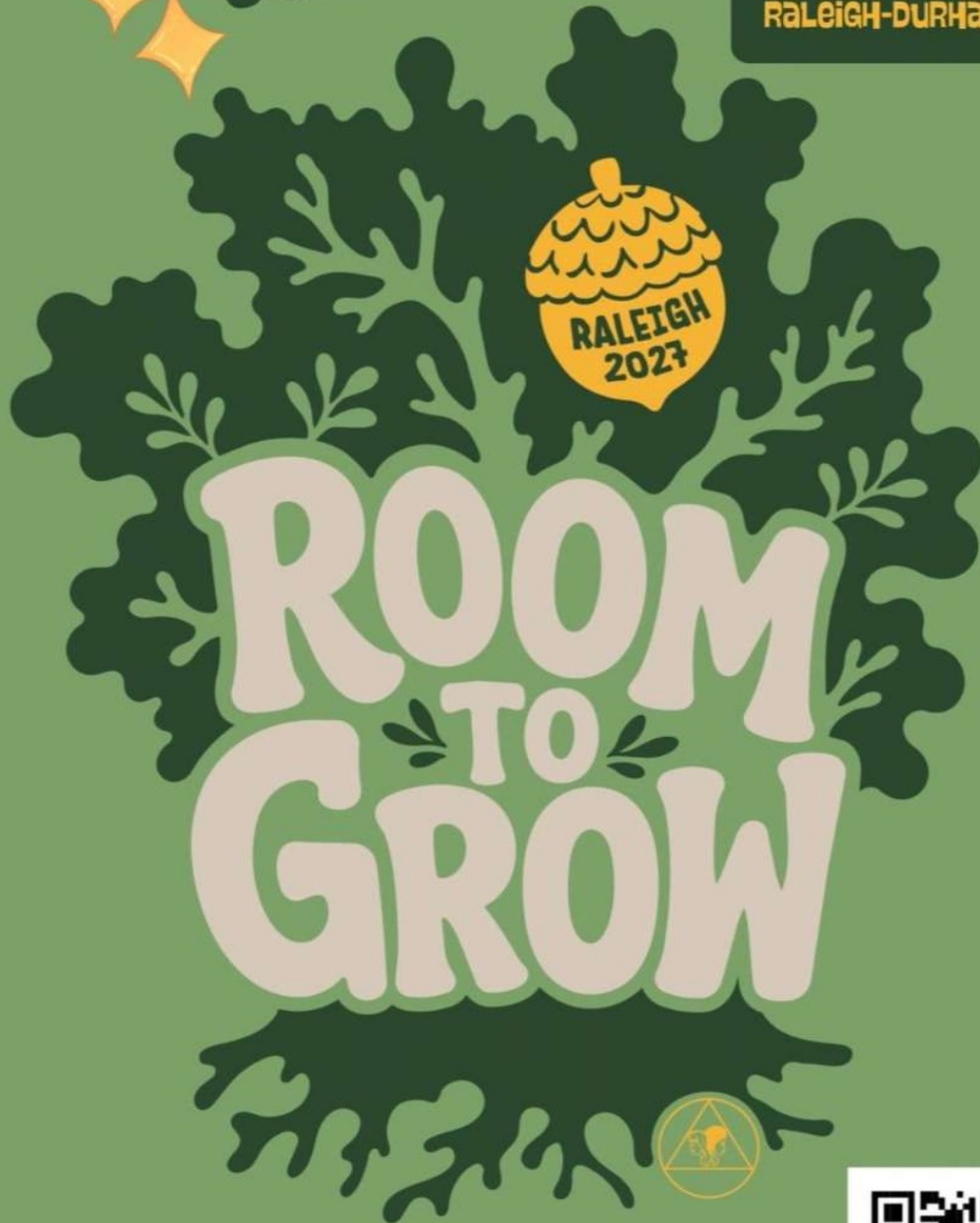


3230 Parkway
Pigeon Forge, TN 37863

SOUTHEAST WOMAN TO WOMAN CONFERENCE

AUG 20-22,
2027

RALEIGH-DURHAM, NC



SCAN TO REGISTER NOW
SEWomanToWoman.org



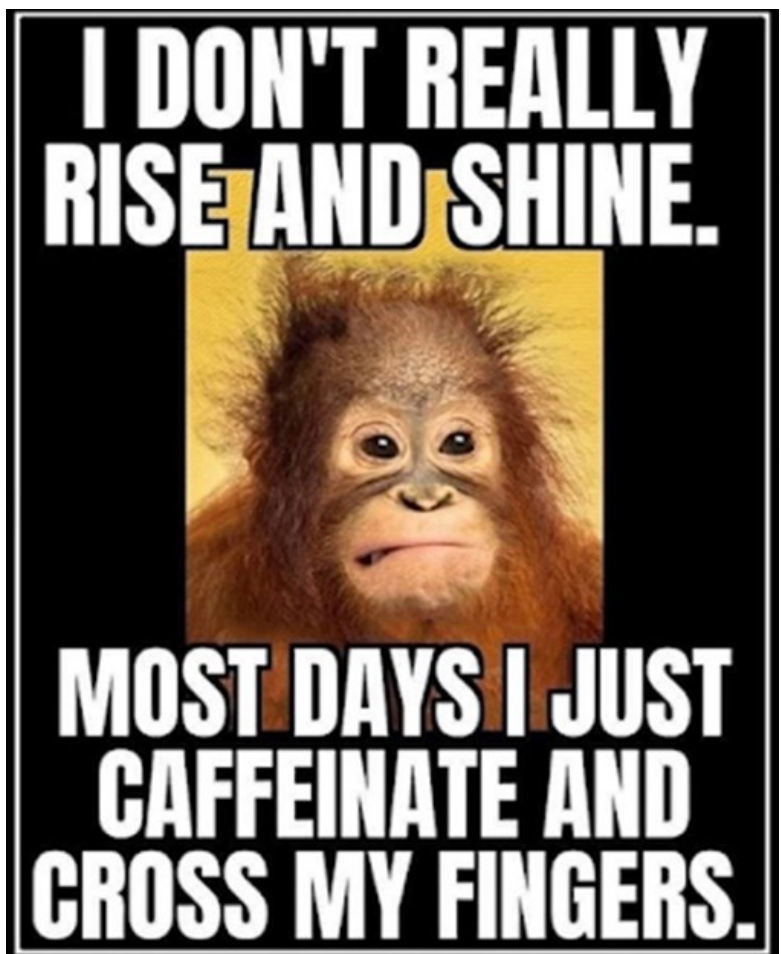
On The Lighter Side



Me: "Can I open a joint account?"

Banker: "Absolutely. Who with?"

Me: "I'm not picky. Preferably someone rich."



Points To Ponder

Name Emma Knight

TO CELEBRATE THE 100th DAY OF SCHOOL

When I am 100 years old...

When I turn 100 years old I will be tired of everything & everyone. So I will tell everyone I'm going to Canada but actually go to the Bahamas. I'll live in a tiny hut with my tiny dog. I will order fish tacos when I'm hungry, & live my best life with no crap.

I TOLD GOD I WAS TIRED
AND OVERWHELMED.
HIS RESPONSE:
THEN STOP TRYING
TO DO MY JOB.

THINGS I'VE NOTICED ABOUT HUMAN BEHAVIOR

1. the wounded → project their pain onto others
2. the fearful → try to control everything
3. the jealous → constantly compare
4. the insecure → tear others down
5. the authentic → admit when they're wrong
6. the confident → uplift others
7. the self-aware → question their own reactions
8. the resilient → turn pain into wisdom
9. the loving → understand that boundaries are necessary
10. the healed → stop bleeding on people who didn't cut them
11. the wise → know not everything deserves a reaction
12. the free → stop needing everyone's approval