



# EAST TENNESSEE INTERGROUP UNITY NEWSLETTER



FEBRUARY 2023

Volume 47; Issue 2

## Intergroup Office News

Repairs are complete on the ceiling from our Christmas water leaks. It feels great to have the office reassembled!

Preparations have begun for The Appalachian Regional Roundup. We are looking for service workers who would be willing to help run the Mobile intergroup table.

We are revising our by-laws to be more in line with the way ETIAA is functioning. There is a link for current by-laws on our website and the revisions will also be posted there for review before they are voted on and accepted. Please have a look!

<https://www.etiaa.org/wp-content/uploads/2022/09/ETIAA-ByLaws-July-2018.pdf>

This month we are highlighting our office service worker Robin Young. Her homegroup is Steps Forward in Halls and her sobriety date is 9/28/2008. She has been doing service in the intergroup office since January of 2019 after she retired.

"I first learned that service was a vital part of recovery while attending Sobriety Society," she said. "They talked about chairing meetings, setting up, breakdown and cleaning up. The first service I remember doing was scooping out the ashtray buckets at So-So (Sobriety Society). I felt it was the least I could do since I was contributing to the cigarette butts."

Robin does service at ETIAA because it is something she can commit to, it gives her routine.

"I have seen many people start service at Intergroup and then stop, so I have a sense of obligation to make sure someone is here. I get questions about making appointments for meetings or what the dues for AA are. Talking with someone who has no experience with AA and putting them at ease is one of my favorite parts of working in the office."

"I had such a negative picture of AA before I got sober and I'm happy to dispel misinformation." Robin also enjoys being in the "intersection of AA," and visiting with people she would not see otherwise.

If you are interested in doing service at Intergroup, we've got a place for you. There lots of opportunities! We can meet you just outside your comfort zone! Whether it's answering the phones once a month, helping out in the office or double checking Zoom links to meetings on our website. A little help goes a long way and the payoff is sobriety!

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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

Linda  
Robin Y  
Dave S  
Katie  
Joan  
Glenn  
Jill  
Pete  
Rick  
Dennis  
Bob

Patty  
Marie  
Mary  
Charlie  
Jacqueline  
Rob  
Gerald  
Bruce  
Beth  
Eddie

### Hotline

Carole  
Bob  
Jack  
Luke  
Barb (& website)  
Emily  
Anna  
Miles  
Randal  
Emily  
Patrick  
Austin

### Intergroup Board

Rhonda  
Dave  
Beth  
Barb  
Tami  
Jacque H  
Jack F  
Susie M  
Jimmy M

### Website

Sterling  
Eammon  
SuZanne



## **Step Two: Came to believe that a Power greater than ourselves could return us to sanity.**

THE moment they read Step Two, most A.A. newcomers are confronted with a dilemma, sometimes a serious one. How often have we heard them cry out, “Look what you people have done to us! You have convinced us that we are alcoholics and that our lives are unmanageable. Having reduced us to a state of absolute helplessness, you now declare that none but a Higher Power can remove our obsession. Some of us *won't* believe in God, others can't, and still others who do believe that God exists have no faith whatever He will perform this miracle. Yes, you've got us over the barrel, all right—but where do we go from here?”

### **Second Step Prayer**

Heavenly Father, I know in my heart that only You can restore me to sanity. I humbly ask that You remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind.



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

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

### **Tradition Two Checklist:**

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

## WISDOM OVERHEARD IN THE ROOMS

"You can choose your choices but you can't choose your consequences" — Heard at Bristol's Lunch Bunch meeting ... shared by Philip L. as something his Uncle Joe shared when he was young

"I was Chasing the Feeling of not Feeling". Buffalo Men's Early Morning Zoom

Don't be a **SAM** = Sober And Miserable — Diane N

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

Rock bottom will teach you lessons that mountain tops never will. — Unknown

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

I am thankful to be willing to become willing to stay sober. (thanks James B.)

I may not know the next right thing; but I do the next thing right.

All of us are watchers...not many are seeing.—Peter L

"Acceptance is easier once you are at peace with yourself." (thanks Thea B.)

"As I trudge the Road of Happy Destiny, AA holds my left hand, God holds my right, and I have no hands left to pick up a drink." from "Can She Bake a Cherry Pie?" Albuquerque, New Mexico, January 2002, AA Grapevine



### Listen to Grapevine's New Weekly **PODCAST!**

AA Grapevine's half-hour variety podcast features...

- powerful interviews with AA members on getting sober, meetings, service, Steps, sponsorship and more!
- current information about AA and AA Grapevine
- jokes, fun AA banter and surprise guests!

Each week, longtime AA members Don and Sam will interview sober alcoholics, writers of current Grapevine stories, general service reps and more about their experience, strength and hope in a casual "meeting after the meeting" manner. A new episode will be available in English each Monday at 9:00 a.m. EST.

To listen to new or past episodes, visit:

[www.aagrapevine.org/podcast](http://www.aagrapevine.org/podcast)  
(or wherever you get your podcasts)

**Follow us on Instagram!**  
**@alcoholicsanonymous\_gv**

- See the new magazine issues on release
- Learn about new and existing Grapevine books
- See clips from our YouTube Channel
- Get inspiration from our cofounders and more!

To order this item or any other product from our collection, visit us at [www.aagrapevine.org](http://www.aagrapevine.org) and click on store or call **(800) 631-6025** US/Canada **(847) 559-7237** International or fax us at **(847) 564-9453**.

## **Ours Is Not To Judge (by Bill W.)** - from August 1946 Grapevine

The first edition of the book Alcoholics Anonymous makes this brief statement about membership: "The only requirement for membership is an honest desire to stop drinking. We are not allied with any particular faith, sect or denomination nor do we oppose anyone. We simply wish to be helpful to those who are afflicted." This expressed our feeling as of 1939, the year our book was published.

Since that day all kinds of experiments with membership have been tried. The number of membership rules which have been made (and mostly broken!) are legion. Two or three years ago the Central Office asked the groups to list their membership rules and send them in. After they arrived we set them all down. They took a great many sheets of paper. A little reflection upon these many rules brought us to an astonishing conclusion. If all of these edicts had been in force everywhere at once it would have been practically impossible for any alcoholic to have ever joined Alcoholics Anonymous. About nine-tenths of our oldest and best members could never have got by!

### Who'd Have Lasted?

In some cases we would have been too discouraged by the demands made upon us. Most of the early members of A.A. would have been thrown out because they slipped too much, because their morals were too bad, because they had mental as well as alcoholic difficulties. Or, believe it or not, because they did not come from the so-called better classes of society. We oldsters could have been excluded for our failure to read the book Alcoholics Anonymous or the refusal of our sponsor to vouch for us as a candidate. And so on ad infinitum. The way our "worthy" alcoholics have sometime tried to judge the "less worthy" is, as we look back on it, rather comical. Imagine, if you can, one alcoholic judging another!

At one time or another most A.A. Groups go on rule-making benders. Naturally enough, too, as a Group commences to grow rapidly it is confronted with many alarming problems. Panhandlers begin to pan-handle. Members get drunk and sometimes get others drunk with them. Those with mental difficulties throw depressions or break out into paranoid denunciations of fellow members. Gossips gossip, and righteously denounce the local Wolves and Red Riding Hoods. Newcomers argue that they aren't alcoholics at all, but keep coming around anyway. "Slippers" trade on the fair name of A.A., in order to get themselves jobs. Others refuse to accept all the 12 Steps of the Recovery Program. Some go still further, saying that, the "God business" is bunk and quite unnecessary. Under these conditions our conservative program-abiding members get scared. These appalling conditions must be controlled, they think. Else A.A. will surely go to rack and ruin. They view with alarm for the good of the Movement!

At this point the Group enters the rule and regulation phase. Charters, by-laws and membership rules are excitedly passed and authority is granted committees to filter out undesirables and discipline the evil doers. Then the Group Elders, now clothed with authority, commence to get busy. Recalcitrants are cast into the outer darkness, respectable busybodies throw stones at the sinners. As for the so-called sinners, they either insist on staying around, or else they form a new Group of their own. Or maybe they join a more congenial and less intolerant crowd in their neighborhood. The Elders soon discover that the rules and regulations aren't working very well. Most attempts at enforcement generate such waves of dissension and intolerance in the Group that this condition is presently recognized to be worse for the Group life than the very worst that the worst ever did.

After a time fear and intolerance subside. The Group survives unscathed. Everybody has learned a great deal. So it is, that few of us are any longer afraid of what any newcomer can do to our A.A. reputation or effectiveness. Those who slip, those who pan-handle, those who scandalize, those with mental twists, those who rebel at the program, those who trade on the A.A. reputation --all such persons seldom harm an A.A. Group for long. Some of these have become our most respected and best loved.

## Ours Is Not To Judge (by Bill W.) Continued - from August 1946 Grapevine

Some have remained to try our patience, sober nevertheless. Others have drifted away. We have begun to regard these ones not as menaces, but rather as our teachers. They oblige us to cultivate patience, tolerance and humility. We finally see that they are only people sicker than the rest of us, that we who condemn them are the Pharisees whose false righteousness does our Group the deeper spiritual damage.

### Ours Not to Judge

Every older A.A. shudders when he remembers the names of persons he once condemned; people he confidently predicted would never sober up; persons he was sure ought to be thrown out of A.A. for the good of the movement. Now that some of these very persons have been sober for years, and may be numbered among his best friends, the oldtimer thinks to himself "What if everybody had judged these people as I once did? What if A.A. had slammed its door in their faces? Where would they be now?"

That is why we all judge the newcomer less and less. If alcohol is an uncontrollable problem to him and he wishes to do something about it, that is enough for us. We care not whether his case is severe or light, whether his morals are good or bad, whether he has other complications or not. Our A.A. door stands wide open, and if he passes through it and commences to do anything at all about his problem, he is considered a member of Alcoholics Anonymous. He signs nothing, agrees to nothing, promises nothing. We demand nothing. He joins us on his own say so. Nowadays, in most Groups, he doesn't even have to admit he is an alcoholic. He can join A.A. on the mere suspicion that he may be one, that he may already show the fatal symptoms of our malady.

Of course this is not the universal state of affairs throughout A.A. Membership rules still exist. If a member persists in coming to meetings drunk he may be led outside; we may ask someone to take him away. But in most Groups he can come back next day, if sober. Though he may be thrown out of a club, nobody thinks of throwing him out of A.A. He is a member as long as he says he is. While this broad concept of A.A. membership is not yet unanimous, it does represent the main current of A.A. thought today. We do not wish to deny anyone his chance to recover from alcoholism. We wish to be just as inclusive as we can, never exclusive.

Perhaps this trend signifies something much deeper than a mere change of attitude on the question of membership. Perhaps it means that we are losing all fear of those violent emotional storms which sometimes cross our alcoholic world; perhaps it bespeaks our confidence that every storm will be followed by a calm; a calm which is more understanding, more compassionate, more tolerant than any we ever knew before.

Bill W.

## The Ten Practical Points Of Recovery found in Alcoholics Anonymous, 4th. Edition, Pages 58-60

- 1) "...thoroughly followed our path." p.58 line 2
- 2) "...completely give themselves..." p.58 line 3
- 3) "...developing...rigorous honesty." p.58 line 9
- 4) "...willing to go to any length..." p.58 line 185
- 5) "...fearless and thorough..." p.58 line 23
- 6) "...let go absolutely." p.58 line 25
- 7) "...asked His protection and care with complete abandon." p.59 line 5
- 8) "...the steps we took..." p.59 line 7
- 9) "...Do not be discouraged." p.60 line 7
- 10) "...willing to grow along spiritual lines." p.60 line 10

## DISTRICT MEETINGS

District 1 meets the first Saturday, every other month (Jan, Mar, May, etc.) at 11am at the Renaissance Center.

District 2 meets the second Thursday of the month at 6:30pm at the Mountain Home VA, Johnson City.

District 3 meets the first Sunday of the month at 12:30pm at the Morristown Group.

District 4 meets the first Sunday of even months at 2:00pm at Happy Destiny.

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

Intergroup Committee meets the third Monday of the month at 6:30pm on Zoom. Meeting ID: 190 817 792; 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

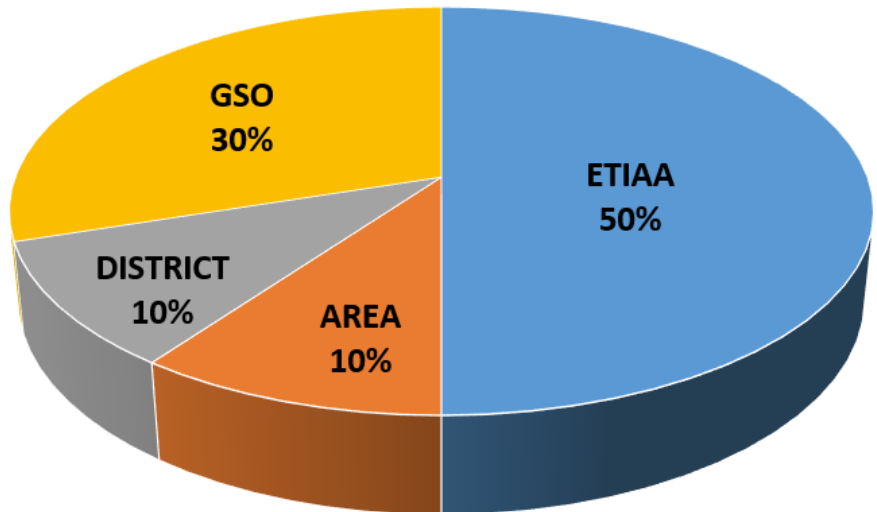
## 7TH TRADITION SUGGESTED CONTRIBUTIONS

### 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](mailto:Manager@etiaa.org) or  
 865-320-8649  
 Zelle [Manager@etiaa.org](mailto: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.

*Please be sure to include your Group Name and Number.*

## Intergroup Financial / Contributions Report

GROUPS DONATING	Jul '22—		GROUPS DONATING	Jul '22—	
	Dec'22	Dec '22		Dec '22	Dec '22
1ST THINGS 1ST KNOXVILLE	808.20	1,976.29	NEW BEGINNINGS KNOXVILLE		556.72
4-WAY GROUP		100.00	NORRIS CLINTON GROUP		40.00
4TH DIMENSION	300.00	600.00	NORTH GATLINBURG		309.69
AREA 64 HOST COMMITTEE		90.00	NORTHSHORE		500.00
BACK TO BASICS- OAK RIDGE		50.00	ONLINE LUNCH BUNCH		50.50
BIG BOOK RECOVERY		45.00	Paula A		1,000.00
BLOUNT COUNTY GROUP		275.00	PHOENIX GROUP		590.00
BREAKFAST CLUB		178.90	PRIMARY PURPOSE- OAK RIDGE		200.00
COLONIAL GROUP		200.00	RISING FROM THE ASHES		268.00
COLONIAL HEIGHTS		85.00	RIVERSIDE GROUP		1,229.08
CONCORD GROUP		40.00	Roamers		303.36
CONTRIBUTION JAR	13.00	41.52	ROANE COUNTY UNITY		671.00
COOKIE GROUP	120.00	240.00	SAT. MORNING BG BKSTUDY		1,212.25
DANDRIDGE UNITY		22.00	SEYMOUR SHARING		526.78
DISTRICT 50/51	360.00	360.00	SPIRITUAL PROGRESS		60.00
FOUNTAIN CITY SERENITY		300.00	Square Customer	184.66	1,538.90
FREE AT LAST		126.00	Stepping Through Sobriety		175.00
HAPPY DESTINY	250.00	400.00	STEPS FORWARD		55.00
HAPPY HOUR		1,559.23	TELLICO VILLAGE		120.00
HIGH NOON ROGERSVILLE		100.00	The Jaywalkers		250.00
HIGH NOONERS-P40		1,000.00	TRI-STATE GRP-HARROGATE		300.00
KNOXV'LE PRIMARY PURPOSE		270.00	TRUDGING THE ROAD		138.80
KODAK HWY 66	50.00	100.00	TUESDAY NIGHT LOUDON		150.00
LAFOLLETTE-THERE IS HOPE	20.00	120.00	TURNIP PATCH		128.77
LORDY LORDY EVENT		1,059.19	WEARS VALLEY GROUP		83.25
LUNCH BUNCH- GREENEVILLE		321.90	WEST KNOXVILLE GROUP		358.00
MORRISTOWN GROUP		50.00	<b>TOTAL</b>	<b>\$2,105.86</b>	<b>\$20,525.13</b>

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





## January 2023 Intergroup Meeting Minutes

Open with Serenity Prayer and monthly Tradition at 6:30.

Present in person and via Zoom: Scott, David S., Jack, David G., Dave R., Clara, Amber, Rhonda, Beth C., Marian G., Ken L., Jim F., Matt D., Jacques H., Becky B., Mike J., Eric, Dennis P., Brian G., Fawn, Melinda

Groups represented: TN Group, So-So Group, Friday Night Group, Colonial Heights Group, Happy Hour Group, First Things First Group, Happy Destiny Group, Rockford Group, West Knox Group, Morristown Group (?)

Motion to accept previous minutes Scott, 2<sup>nd</sup> by Jim F. All in favor.

### **Manager's Report – Clara M.**

- Ceiling repairs in office after leak Xmas Eve have been tended to;
- Damaged books will be salvaged as deductible is \$500, \$562 in total damages to books
- Newsletter changes include interview with service person, inclusion of AA community
- Round up preparations to begin soon

### **Manager's Report – Clara**

- Ceiling repairs in office after leak Xmas Eve have been tended to
- Damaged books will be salvaged as deductible is \$500, \$562 in total damages to books
- Newsletter changes include interview with service person, inclusion of AA community
- Round up preparations to begin soon

### **Hotline Report – Jack F.**

- Contact list in development phase and will be updated
- Text capability is not viable resource currently

### **Office Service Workers – Dave S.**

- All positions are filled, hours are unchanged
- **Archives** – Allison – not present
- **Website** – Barb S. – not present

### **Accessibilities – open**

### **Spanish liaison – open**

### **CPC/PI – open**

### **Treatment Report – Jacques H.**

- No district meetings attended yet but new opportunities coming
- Attendance at district will be coordinated with Marian G.
- New treatment facility opportunity, information shared
- Question regarding GSO level treatment meetings

## January 2023 Intergroup Meeting Minutes (Cont.)

### Corrections Report – Marian G.

- Website needs to be updated with volunteer attendance times
- February 2023 District 3 meeting is scheduled
- March 2023 NC Conference for Corrections
- April 2023 Happy Destiny
- June 2023 District 2 meeting

### Outreach Report – Ken L.

- Has attended various meetings to ask around and gather info

### Events – Susie and Jim – not present

### Mobile Intergroup Report – Beth C.

- Round-up preparations
- 2<sup>nd</sup> Assembly Gatlinburg preparations to begin – discussion for room for intergroup attendee(s) – Beth to reach out for this answer

### OLD BUSINESS:

- By-laws have been reviewed and revisions made to include manager job description
- Revisions to be presented to committee for approval in February

### NEW BUSINESS:

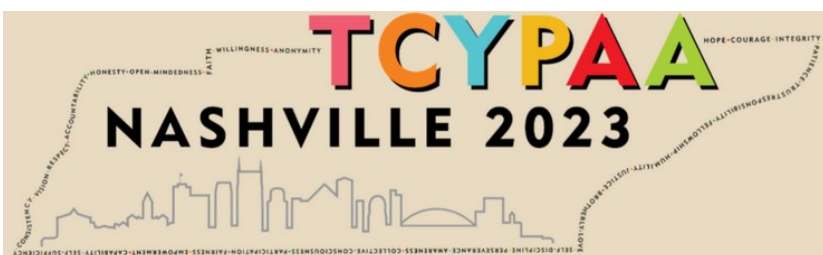
- Collect calls from jails? Member received a collect call from a prison and was conflicted in declining this call. Calls are only 25 cents a minute but could present future issues if calls are not properly filtered. Group discussed and it was decided to table this topic for further investigation. All agreed.
- Secretary nomination was made Marian G., 2<sup>nd</sup> by Clara M. All approved intergroup secretary Amber D.
- New General Service Board address: PO Box 2407; James A Farley Station; New York, NY 10116-2407

Meeting adjourned at 7:14pm.

Next meeting will be held Monday February 20<sup>th</sup> at 6:30pm in person and via

# Register for TCYPAA

February 24th - 26th, 2023  
Millennium Maxwell House Hotel  
2025 Rosa L Parks Blvd  
Nashville, TN 37228



<https://docs.google.com/forms/d/e/1FAIpQLScOjXqwK1PhF34aLmF6-9fX93hXN2uqVx6RWWJCFIsNxQSxTg/viewform>



# 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 that to support new meetings in our area!

MEETING NAME	DAY/TIME	LOCATION
Tuesday Titans	Tuesdays @ 7pm	Sunbright 1 <sup>st</sup> Baptist Church 7895 Morgan County Highway Sunbright, TN 37872
Conscious Contact Fireside 11 <sup>th</sup> Step Meditation Meeting	Fridays @ 7pm	Church of the Ascension 800 S. Northshore Dr Knoxville, TN 37919
Booz Gravity AA Women only	Tuesday @ 5pm Wednesday @ 5pm	The Meeting House 1034 E Woodlawn Ave Knoxville, TN 37917
A New Freedom	Sundays @ 10am	Fairview United Methodist Church 2508 Old Niles Ferry Rd. Maryville, TN
Recovery at the Point	Fridays @ 7pm	The Point Church 211 W. Fifth Ave Knoxville, 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 Ground Floor Entrance 1 <sup>st</sup> door on left
KNOXYPAA	Sundays @ 11am	The Boocherie 2920 Sutherland Ave Knoxville, TN

Please advise Intergroup if you know of new meetings in the east Tennessee area. Send the name of the group, meeting details — place, time, type of group, etc. — to [manager@etiaa.org](mailto:manager@etiaa.org)

## Reported AA Anniversaries

**Jan 30** - Steve W, Monday Night Men's Group.....**46 years**  
**Jan 11**– Danny N, Monday Night Men's Group.....**2 years**  
**Feb 6** - Shawn P, Seymour Sharing Group.....**8 years**  
**Feb 14** - Frankie R, Seymour Sharing Group.....**13 years**  
**Feb 17**– Rebekkah R, Seymour Sharing Group.....**13 years**  
**Jan** –Jerry J, Dandridge Unity Group .....**30 years**  
**Feb** – Brent E, Dandridge Unity Group .....**9 years**

**ALPHABET**  
**SOUP**



# **New Meeting in Blount County!**

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

The only requirement  
for membership is a  
desire to stop drinking.

**WHEN:**  
**Tuesdays at 7pm**

**WHERE:**  
**Appalachian OUTreach**  
**519 W Lamar Alexander Pkwy**  
**Maryville, TN 37801**

For more information, call or text  
Thomas L at 865-282-4556

76TH ANNUAL SOUTH CAROLINA STATE CONVENTION

# HOW FREE DO YOU WANT TO BE

MARCH 24-26, 2023  
CHARLESTON

## SPEAKERS | WORKSHOPS | ACTIVITIES

PHIL B., CULLOWHEE, NC  
JENNIFER H-K PLANO, TX,  
AARON J., CHARLOTTE, NC  
CHRIS R., INGRAM, TX  
LESLIE S., ATLANTA, GA

Conference: Omar Shrine Center | Hotel: Comfort Inn & Suites -  
196 Patriots Point Rd. Mt. Pleasant, SC 29464 - 843-856-8817

**PRE-REGISTRATION - \$30 / \$35 AT THE DOOR**

**NAME ON BADGE:** \_\_\_\_\_

**HOMEGROUP:** \_\_\_\_\_

**FULL NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **ST:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**PAST OR CURRENT DELEGATE: PANEL** \_\_\_\_\_ **AREA** \_\_\_\_\_

**I WOULD LIKE TO VOLUNTEER:** \_\_\_\_\_ **I NEED ACCESSIBILITES HELP** \_\_\_\_\_

Make checks payable  
to 76th SC State Convention

PO Box 30189  
Charleston, SC 29417  
or register online: [www.aa62.org](http://www.aa62.org)

Registration Amt: \_\_\_\_\_  
+ Scholarship Donation: \_\_\_\_\_  
Total Enclosed: \_\_\_\_\_



To see the flyer for the hotel, link [here](#):





# Area 64 Assembly

## 2nd Quarter 2023

March 31st - April 2nd



**Edgewater Hotel**  
402 River Road, Gatlinburg, TN 37738

**Hotel Rate \$125 per night (plus tax)**

*Credit card to be charged for 1st night upon reservation*

**Call (865) 436-4151 for reservations**

**Group Code: Area 64**

**Group hotel rate expires Thursday, March 9, 2023**

For more information:

Mike T (865) 712-8417 or John B (865) 681-2413



# 72th Great Smoky Mountain Recovery Campout

Triple Creek Campground  
141 Lower Bogard Road  
Newport, Tn 37821  
423-465-3060

Please call for reservations & Let them know you're  
with Great Smoky Mountain Recovery Campout

**Great Smoky Mountain Recovery Campout  
June 1-4, 2023.**

**Open AA Meetings & Al-Anon Meetings**

**Saturday June 3rd, 2023**

**Speaker Toby W**

**Pot Luck lunch**

**For more information contact**

**Tiffanie E 865-356-7728**

**[GSMRCamp@gmail.com](mailto:GSMRCamp@gmail.com)**

**GSMRC Facebook page**

No Day campers.

No pets in Meetings

Save the date: Fall Campout Sept 15th-17th, 2023



# Stepping Into Serenity Women's Conference Chattanooga, TN February 24-26, 2023

Hotel Info:

Doubletree by Hilton  
407 Chestnut Street  
Chattanooga, TN 37402  
423-756-5150  
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Room Rates: \$121.00  
Reservation Code: SIS  
Reserve Room by: 01/23/23

*Here are the steps we took . . . . .*

**Speakers:**

**Limit of 500**

- Step 1 / Polly P Jacksonville, FL**
- Step 2 & 3 / Angie P Cincinnati OH**
- Steps 4 & 5 / Hilary R Los Angeles, CA**
- Steps 6 & 7 Mary Emma H Hilton Head, SC**
- Steps 8 & 9 Vivian Q Okatie, SC**
- Steps 10 & 11 Joette N Winder, GA**
- Step 12 , Brenda J McKinney, TX**
- Alanon Angie B Destin, FL**

Pre-Registration: \$30

At the Door: \$35

Please make check or money order payable to "SIS" and mail to:

Stepping into Serenity  
PO Box 21203  
Chattanooga, TN 37424

OR

Register online at [www.steppingintoserenity.org](http://www.steppingintoserenity.org)  
Mastercard, Visa, Discover and  
American Express accepted on Square-

AA Al-Anon Volunteer ASL  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_  
 Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email address: \_\_\_\_\_  
 Name on Badge: \_\_\_\_\_

AA Al-Anon Volunteer ASL  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_  
 Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email address: \_\_\_\_\_  
 Name on Badge: \_\_\_\_\_

For additional information or questions, please email [SIScommittee@yahoo.com](mailto:SIScommittee@yahoo.com) or call (423) 355-2283 or (423) 242-5364.

**ASL Interpreters provided**





NO LONGER RUNNING

# THE SHOW

**71ST KENTUCKY STATE AA CONVENTION**

FEBRUARY 24-26, 2023

CROWNE PLAZA HOTEL • LOUISVILLE, KY

*Speakers + Workshops + Entertainment + Fellowship*

**LYLE P.** ★  
ATLANTA, GA

**HAROLD L.** ★  
ST. LOUIS, MO

**TONY J.**  
COLUMBUS, MS

**JANE L.** ★  
TALLAHASSEE, FL

**JAMES L.** ★  
TALLAHASSEE, FL

**CORRIE L.**  
WETUMPKA, AL

★ **REGISTER ONLINE NOW AT 2023KYAA.COM** ★

### ATTENDEE INFO

Name

Name on Badge

Home Group

City / State

Phone

Email

I'd like to volunteer. Please contact me.

### REGISTRATION OPTIONS

Early Bird Registration by 12/31/22 = \$25

All Registrations in 2023 = \$30

AA Admission

AI-Anon Admission

I've held a position for Area or District Service.  Yes

Sponsor an Attendee \$

*Donate to a member who can't afford to go.*

Coffee Contribution \$

*Help offset the convention coffee expense.*

TOTAL ENCLOSED \$

### PAYMENT INFORMATION

Detach and mail this form with check.

No cash. One form per attendee.

Must be postmarked by 12/31/2022 to get Early Bird Registration price.

Make checks payable to:  
**Louisville Host Committee**

Mailing Address:  
Louisville Host Committee  
PO Box 37137  
Louisville, KY 40233

For more information or to register with a credit card please visit  
**WWW.2023KYAA.COM**

### STAY AT THE CONVENTION HOTEL

Crowne Plaza Hotel, an IHG Hotel • 830 Phillips Lane • Louisville, KY 40209  
GROUP CODE: ALC • Two Queens or King \$119/night +tax/fees • Reserve by 1/25/23 for discounted rate • Reservations (866) 888-0620 or online [www.2023KYAA.com](http://www.2023KYAA.com)



# APPALACHIAN REGIONAL ROUNDUP

to face the hideous four horsemen  
march 17-19 2023                      kingsport, tn

## SPEAKERS

Astrid H: Sherman Oaks, CA  
Amy D: Louisville, KY  
Charlie P: Austin, TX  
Paul McQ: Rockaway, NY  
Bob D: Las Vegas, NV  
Ralph W: Las Angeles, CA  
Kent C: Sandusky, OH  
Mari G: Toronto, Canada  
Larry T: Bellflower, CA  
Katie P: Austin, TX  
Rick J: Toronto, Canada (ALAnon)

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

Room Rate \$124.00  
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](http://www.appalachianregionalroundup.com)

Registration is \$30 & \$35 at the  
door. Online registration is  
available at  
[www.appalachianregionalroundup.com](http://www.appalachianregionalroundup.com)

## fourth 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: \$ \_\_\_\_\_

# Colonial Heights Group

**ANNUAL GRATITUDE DINNER - 43 YEARS**

Join us for an evening of Food, Fellowship, & Fun!!

**13<sup>TH</sup>  
April**

**Colonial Heights Presbyterian Church (Gym)**

213 Colonial Heights Road  
Kingsport TN 37663

**Dinner 6:30pm - Speaker 8:00pm**

***Speaker - Jeff N. Kingsport, TN***

Meat & beverages will be provided but please bring  
your favorite side dish or dessert to share



# 27TH ANNUAL SOUTHEAST WOMAN TO WOMAN CONFERENCE



## "SECRETS WOMEN DON'T SHARE"

A Conference for Sober Alcoholic Women with Al-Anon Participation.  
No Children Allowed at Conference Events!



## BECOMING A BETTER YOU

LOW COUNTRY CONFERENCE CENTER

405 SIGMA DRIVE

SUMMERVILLE, SC

**AUGUST 18-20, 2023**

Hotel Reservations: Hilton Garden Inn - 406 Sigma Drive Summerville, SC 29483  
843-832-1304 Code: SEW King \$159 2 Queens \$169 + tax per night (Cut off rate 7/19/2023)

Contacts:

Chair: Annette M. 843-810-5327 Co Chair: Darleen M. 803-218-8330 Registrar: Pat B. 803-270-7922

Email: annettemacon@gmail.com Website: www.sewomantowoman.org

Conference Registration: Early Bird \$55.00 (Until Feb 28, 2023) \$60.00 (Mar 1 - Aug 17) \$65.00 (At the door)

Banquet: "Ladies in Red" \$65.00 Southern Buffet

Clip and Mail Registration: SEWTW 2023 P.O. Box 61 Ladson, SC 29456

Please make Checks/M.O. payable to SEWTW

Registration Form (Please print clearly)

Name: \_\_\_\_\_

Name on Badge: \_\_\_\_\_ Are you willing to Volunteer? \_\_\_\_\_ Special Needs: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Registration Fee: \$ \_\_\_\_\_ Scholarship: \$ \_\_\_\_\_ Banquet: \$65.00 \_\_\_\_\_ AA \_\_\_\_\_ Al-Anon \_\_\_\_\_

Souvenirs: Mugs \$18.00 \_\_\_\_\_ T-Shirt: \$20.00/Hoodie: \$27.00 S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_ 3XL \_\_\_\_\_ Other \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

NO REFUNDS



**EVERYONE HAS A HIDDEN TALENT THEY DON'T KNOW ABOUT UNTIL THE TEQUILA IS Poured.**

A hangover is just your body reminding you that you're an idiot.



**February 2023**



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_