

# The MESSENGER

Middle Tennessee Central Office Intergroup

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THE MESSENGER

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## Building an Arch

I first heard about Step Five from my sponsor. He had recently taken his. It didn't sound like fun. Not being one to suffer alone, my sponsor's immediate reaction to his own "spiritual house cleaning" was to launch me upon a Fourth Step. He wanted to give away what he'd received. I thought, What happened to "this is a selfish program?"

Step Four took a very long time. At all of it I balked. I thought I could find an easier, softer way, but I could not. With all the earnestness at his command, my sponsor became cunning, baffling, and powerful, constantly reminding me that half measures availed me nothing. I hated him.

The day finally came when even I had to admit that I'd completed Step Four to the best of my ability. That's what had me so upset. The best of my ability didn't look so hot in those days. I called my sponsor to tell him I'd finished, expecting to take a six-month to one-year sabbatical from the Steps after this arduous trek into my life. That's when he lowered the boom. "Great," he said. "The best time to take the Fifth Step is right after you finish the Fourth. Meet me at my home tomorrow at six."

Son of a gun! Who do you think you are? I thought, but aloud, I said, "Okay, I'll be there."

I hung up the phone and said to myself, "I bet Bill W. didn't have to go through this!" I used to think the Big Book referred to Step Five when it said, "What an order! I can't go through with it." I thought, How can talking about all this junk that I never wanted to write down in the first place make any difference?

By the time I finished Step Five, I knew

that I was well on my way toward "building an arch" through which I would "walk a free man." What happened? Did God convert me into a religious AA dervish? Was I brainwashed by some mystical technique into an AA true believer? Did I go into permanent shock? None of these things happened. The truth is much simpler. Step Five simply accomplished exactly what I was promised, based on the tried and tested experience of Alcoholics Anonymous.

This is what happened. For starters, I had prepared for Step Five by making a beginning on the previous Steps. I had my Fourth Step inventory which had given me a new awareness, albeit a not completely objective one. Nevertheless, I had it. Though the temptation to avoid sharing with "another human being" was nearly overwhelming, my fear of not following my sponsor's instructions to the letter was even greater.

I arrived at my sponsor's home promptly at six. I didn't want to be late for my "funeral." He ushered me into the living room, and I sat in what was obviously the condemned man's chair. Given to redundancies in times of hysteria, I commented on the weather at least twice, and God only knows how many times I mentioned the state of local AA affairs. Then my sponsor said those terrible words: "Why don't you get out your Fourth Step so we can get started."

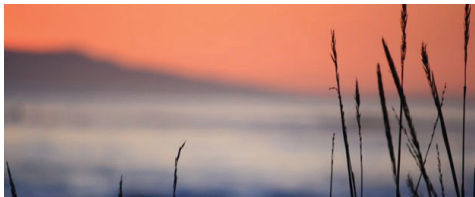
I feared that doors automatically sealed themselves during Fifth Steps. But I prayed to God and "asked His protection and care with complete abandon." "Okay, where do you want to begin?" I asked, hoping for mercy. "Why don't we begin with your

*Continued on page 2*

# GIVING THANKS

I am coming up on my two year sobriety date. This would not be possible if the hand of AA was not there at an important juncture in my life, when I was behind the walls of a jail. These women that brought the meeting into our jail were my initial contact with the AA program. They gave me the hope that I could change my life if I wanted to. This could be the last time that I had to be in jail. When I got out, one of the first things I did was go to a meeting. I was warmly welcomed with hugs. You got to understand, at that time I was not a person that allowed people to touch me. I've had one slip about five months after I started the program. However, I was not judged by people and turned away. I was gladly accepted back into the fellowship. Ever since then I have tried to work on honest program. Today I just want to say, I am so grateful for those women, whose names I can't remember, that brought the message to me. I owe a lot to AA. A debt I can never repay, except to give back to what has been so freely given to me.

Lydea Macklin/ Nashville TN



## *Building an Arch ~ continued*

grudge list," my sponsor said. "But before we begin," he added, "why don't we pray and ask our Higher Power for guidance. After all, this is a three-way deal. God is very much a part of this. It's his grace that brought you here."

Sometimes sponsors can really surprise you. This was one of those rare times. We prayed, then he became his old self again, indicating that it was time I began. We went over my grudge list, item by item. I discovered that he liked "item by item." I read and explained. He listened and commented.

Before we were halfway through the list, I began to realize that the advice, counseling, and experience he shared was not only his, but that of others as well. It was the experience of one drunk talking to another, but it was more than that. It was the resonating voices of countless men and women in AA who had shared their experience, strength, and hope with each other. Was this God-consciousness? I wondered, as I continued my disclosures.

Finishing the grudge list, we assailed my list of fears. To my surprise, I discovered my sponsor and I shared some of the same ones. By this time, occasional laughter interspersed the more serious portions of the unfolding panorama of my life. I was beginning to feel a sense of relief. It continued to grow even as we discussed pertinent aspects of my "list of major human failings--the Seven Deadly Sins."

It was incredible! As years of humilia-

tion, pride, and fear fell away into harmless debris, my sense of isolation actually began to dissipate. I no longer felt like a freak, a pathetic caricature of humanity, incapable of integrating myself into the world about me. The existence of God's presence was no theory; it was fact. God was with us and my cup did indeed run over. It overflowed with his love as it was translated into the experience, strength, and hope of two twentieth-century alcoholics joined in the miracle of a spiritual awakening known as recovery.

Those secrets that I'd sworn to take to my grave were now dead and buried under the fertile soil of a new freedom nurtured by truth and sharing and laughter, moistened by tears of relief and joy, and warmed by the sunlight of the spirit. "Step Five works! It really does," I marvelled. I knew now that the man who was leaving was not the same man who had fearfully entered this Fifth-Step sanctuary just a few hours previously.

Today, after many revisits to Step Five, I know that my initial experience was no fluke, that "God does move in a mysterious way His wonders to perform," and that Step Five is one of those.

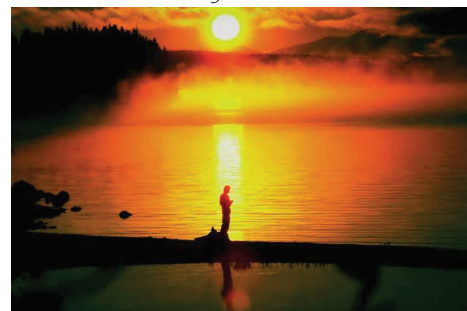
I have also been privileged to share in the Fifth Step experiences of others. Since there is nothing like personal experience to qualify one for this extremely personal spiritual awakening, I would suggest having done a Fifth Step as a prerequisite for hearing someone else's. We must be pre-

*Continued on page 4*

God, give us grace to accept with serenity  
the things that cannot be changed,  
Courage to change the things  
which should be changed,  
and the Wisdom to distinguish  
the one from the other.  
Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as a pathway to peace,  
Taking, This sinful world as it is,  
Not as I would have it,  
Trusting that You will make all things right,  
If I surrender to Your will,  
So that I may be reasonably happy in this life, And supremely  
happy with You forever in the next. Amen.

### *Note About The Serenity Prayer's Real Author*

You'll find many references online to *somenot* being sure who really wrote the above prayer, some claiming that Reinhold Niebuhr was not actually the author. Many have researched it, including trying to find out if it even goes back to 500 A.D. Despite all the research, though, it still goes back to Niebuhr being the author.



# AA'S THREE LEGACIES

## RECOVERY Step 5

**Admitted to God, to ourselves and to another human being the exact nature of our wrongs.**

## UNITY Tradition 5

**Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.**

## SERVICE Concept 5

**Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.**

## 5th Step Prayer

*Higher Power, Thank you for helping me complete my housecleaning. I can now look the world in the eye. I can be alone at perfect peace and ease. My fears have fallen from me. I have begun to feel your nearness. I have begun to have a spiritual experience. I feel I am on the Broad Highway, walking hand in hand with the Spirit of the Universe. (BB pg 75)*

## STEP Five; As real as I can Be

I once heard at a meeting that Step Five was about integrity. By that time in my sobriety, I had realized that I didn't always understand the correct meaning of words, so I looked it up. Here are some definitions that helped me understand the word integrity in regard to the Fifth Step:

*Integrity: honesty, sincerity*

*Honest: being free from deceit, genuine*

*Genuine: being what I really am*

*Sincere: being the same on the inside as*

*I am in outward appearance*

So for me, integrity, as it applies to the Fifth Step, is the state of being "real"--being the same on the outside as I am on the inside.

My Fifth Step was the closest I'd ever gotten to being that real to another

person. More than just a confession of my faults, it was also a way of showing someone my feelings and fears. I still find today that I need to strive to be as real as I can be. Perfect integrity all the time is something that I may never achieve, but it's an ideal that I must be willing to work toward.

The program tells me that in order to recover I must be willing to develop a manner of living that demands rigorous honesty. So when I retire at night, I ask myself: Is there something that I should discuss with another person at once? What do I not want to share? Do I feel any guilt? Am I worried about something? Fearful? What was my thought-life like today?

These questions spur me to talk to someone. The more I share, the more I

live "in integrity"; and the more I live in integrity, the more at peace I am with myself, and the more useful I can be to God and my fellows.

Lisa N.

Enumclaw, Washington

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# FROM THE DESK OF ....

Charles C

As you see on Treasurer's report, we are ahead overall on contributions, but group donations lag almost \$800. We are off to good start in April with \$4,320 thru April 24th. There are some new groups beginning to participate, and some groups are giving.

We are having a good year in literature sales. Note the accounts receivables \$3200 over last year. These are all current 30 day accounts which means a great April. Thanks to the groups for staying current on the accounts.

The Central Office needs to train some volunteers for Summer fill-in and "pinch hit" opportunities. Three of our faithful volunteers recently had or have scheduled surgeries.

Our 12 Step calls were handled effectively, but all groups do not have a 12 Step coordinator. Announce this need at your group, if your group has no coordinator..

There are lots of upcoming events. Copies of flyers are here, and Secretary is sending them via email. Support these events.

We have been out of books for Corrections use, but one group has committed to buying 80 in next few days. Announce this need, and let's all share by contributing. Individuals can buy 1 book and earmark for our corrections inventory.

NOTE: We have approximately 600 directories remaining, so we are finishing changes for new Summer edition in next week. Please review and proof listings for your group. When you attend meetings outside your Home Group, announce this and ask about their listings. Call or email any corrections and changes, as Kathy M. will have finished new Directory before Intergroup meeting.

*Note new Messenger format and thanks to Jennifer S.*

## AA Thought for the Day

(courtesy AAOnline.net)

The Ladder  
No one who drank as I did wakes up  
on the edge of the abyss  
one morning and says: Things look  
pretty scary;  
I think I'd better stop drinking before  
I fall in.  
I was convinced I could go as far as  
I wanted  
and then climb back out when it  
wasn't fun anymore.  
What happened was, I found myself  
at the bottom of the canyon

thinking I'd never see the sun again.  
AA didn't pull me out of that hole.  
It did give me the tools to construct a  
ladder with Twelve Steps.  
- Alcoholics Anonymous, p. 316

Thought to Ponder . . .  
I stood in the sunlight at last.

AA-related 'Alconym' . . .  
S T E P S = Solutions Through  
Each Positive Step.

## Building an Arch ~ continued

pared to share our own Fifth Step disclosures, laughter, and tears that the experience of others might be as profound as our own. Being able to keep confidential the disclosures of others is also essential. This experience is only between God and ourselves.

Franklin D. Roosevelt said, in his first inaugural address, "The only thing we have to fear is fear itself." If we're willing to expose the pages of our lives to the love and understanding of our Higher Power and a fellow alcoholic, we'll surely know a new freedom and a new happiness We'll discover that love is never having to feel alone again; that God's presence in our lives has become profound; and that the unity of the Fellowship of the spirit can be ours so long as we are willing to "pass it on."

Chico C. / West Palm Beach, Florida

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### CENTRAL OFFICE NEEDS: MESSENGER



Cash contributions to support  
Subscriptions @ \$12/year  
Letters, articles, and jokes  
submitted by 10th of the  
preceding month

### VOLUNTEERS:

Need to train  
Needed for Mon, Wed and Sat.  
afternoons

### COMMITTEES:

Need volunteers to help all  
(especially the Annual Dinner)  
Corrections needs Big Books  
purchased for use in the area

### FINANCES:

Almost at goal for group  
contributions  
Remind everyone that individual  
contributions up to \$3k annually  
are tax-deductable

### SPECIAL NEEDS:

Central Office has Braille Books  
available

### WEBSITE:

Paypal is available  
Check Meeting Schedule

# MEETING CHANGES

## NEW

**37040**

**The Hut**  
Sango Pizza Hut  
Clarksville  
Tues 7am  
Thurs 7am

**37138**

**805 Group**  
Old Hickory UMC  
1216 Hadley  
Thurs 8pm Speaker  
OD

**37046**

**Limitless Lode**  
College Grove UMC  
8568 Horton Hwy  
Tues 7pm

**37203**

**WANGL**  
OutCentral  
Cultural  
Community Center  
1709 Church St.  
Fri 6:30pm

**37115**

**SERENITY HOUSE**  
102 Harris St.  
Madison  
12 x 12 Wed 8pm

**37067**

**Cool Springs  
Newcomers**  
Bradford Hlth Services  
1897 General George  
Patton Dr., Franklin  
Wed 7pm CD/Beg.

**37209**

**Made A Decision**  
Holy Trinity  
6727 Charlotte Pike  
Tues - OD/Gay

**38562**

**Old Time AA**  
First UMC  
Gainesboro  
302 S. Main St.  
Fri 8pm OD

**37388**

**Drop the Rock**  
106 N. Anderson St.,  
Tullahoma  
Sat 8:30am Men/Lit

**37076**

**Hermitage Women's  
Group**  
Hermitage UMC  
205 Belinda Dr.  
Mon Noon OD

**37115**

**Women's Serenity**  
Now Meets  
Mon 5:30pm OD

**37129**

**Serenity Group**  
435 S. Molloy Ln.  
Murfreesboro  
Sat 2:30 OD/Gay

**37027**

**Brentwood BB Study**  
Sun 7pm  
Now 60min

**37080**

**Joelton Mtg.**  
Thur 7pm OD

**37148**

**Portland Unity**  
Fri 6:30pm

**37221**

**Keep It Simple**  
Holy Trinity Lutheran  
Church  
Sneed Rd. Nashville  
Mon 8pm 12x12 CD

**37013**

**Lighthouse Fellowship  
Church**  
5100 Blue Hole  
Antioch  
Wed 6pm OD

**37086**

**LaVergne Solutions  
Group**  
Right Road  
Ministries  
188 Old Nashville Hwy  
LaVergne  
Tues - Fri 5pm OD

**37174**

**New Women's AA  
Meeting**  
Beginning May 6th  
Grace Episcopal  
Church/Community  
Hall  
Corner of Main St  
(Hwy 31) and Beech-  
croft Rd, Springhill  
6:30 - 7:30

**37129**

**Murfreesboro Group**  
Grapevine Mtg  
801 N. Maney Ave.  
Sun 8pm

## Moved

**37034**

**New Life**  
103 S. Horton Pkwy

**37064**

**Garden Variety**  
St. Andrew Lutheran  
Church  
908 M'boro Rd. Tues/  
Thurs 7:15

**37027**

**Brentwood Full Moon**  
Otter Creek Church  
409 Franklin Rd

**37034**

**Chapel Hill New Life**  
Community Baptist  
Church  
5216 Nashville Hwy.

## Cancelled

**37172**

**Ex-Offenders**

**38501**

**Cookeville Weekend  
Recovery**  
Thurs 6pm

**38570**

**Livingston**  
Tues & Fri

**38556**

**Jamestown**  
Tues 7pm

**38501**

**Cookeville  
Ladies First**

**37217**

**Love & Laughter**  
Thurs 8:15

**37015**

**OISVAL Valley View**  
Ashland City  
Fri 8pm

**37027**

**Turning Point**  
Brentwood UM Annex  
Al-Anon  
Tues 7pm

**37212**

**Natchez Trace**  
Wed 11am

**37066**

**Search for Serenity**

**37211**

**Young Timers**  
Sunday 8pm

**42223**

**The Power of Now**

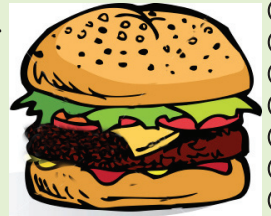
*Do you know of a meeting  
that has been changed or  
cancelled in your area?*

*Please let us know so that we can publish it  
in the next Messenger and update our online  
meeting schedule!*

*Stop by Central Office or email to  
"mtcoaa@aol.com"*

## RECIPE

### Tex-Mex Burger with Cajun Mayo



- 1/2 cup mayonnaise
- 1 teaspoon Cajun seasoning
- 1 1/3 pounds ground beef sirloin
- 1 jalapeno - seeded and chopped
- 1/2 cup diced white onion
- 1 clove garlic, minced
- 1 tablespoon Cajun seasoning
- 1 teaspoon Worcestershire sauce
- 4 slices pepperjack cheese
- 4 hamburger buns, split
- 4 leaves lettuce
- 4 slices tomato

### Directions

Preheat grill for medium-high heat. In a small bowl, mix together the mayonnaise and 1 teaspoon of Cajun seasoning. Set aside.

In a large bowl, mix together the ground sirloin, jalapeno pepper, onion, garlic, 1 tablespoon Cajun seasoning, and Worcestershire sauce using your hands. Divide into 4 balls, and flatten into patties.

Lightly oil the grilling surface, and place the patties on the grill. Cook for about 5 minutes per side, or until well done. During the last 2 minutes, lay a slice of cheese on top of each patty. Spread the seasoned mayonnaise onto the insides of the buns. Put burgers in the buns, and top with lettuce and tomato to serve.

# MAY CALENDAR

THE MESSENGER WANTS TO HEAR FROM YOU!

PLEASE SEND ACTIVITIES/WORKSHOPS/EVENTS TO MTCOAA@AOL.COM

## **FIRST TUESDAY OF THE MONTH**

District 32 - 6:30 - 7:30  
Central Office Conference Room  
District 35 - 6:30 - 7:30  
5925 O'Brien Ave.

## **SECOND TUESDAY OF THE MONTH**

Central Office Mtg - 5:45 - 6:45  
Central Office Conference Room

## **OLD TIMER'S DINNER**

Friday, May 11th, 2012  
Dinner: 6:30 PM  
Please bring a covered dish to share  
Meat and drinks will be provided  
provided  
Speakers begin at 8:00 PM  
*Brush Hill Presbyterian Church,  
3705 Brush Hill Road, Inglewood, 37216*

## **Spring Fling**

Celebrate Pioneers and Old Timers

**May 19**

Hosted by Districts 13  
10am - 10pm

**CEDARS OF LEBANON  
STATE PARK**

Contact: Lynne S 615-818-2602  
or John S 615-818-8083

## **D-41 SPRING FLING**

Sunday May 20  
@ Davey Crocket State Park  
Lewisberg, TN (shelter 1)  
For more information contact:  
John D (931) 244-4880  
Ron R (931) 762-5977

## **SMYRNA GRATITUDE GROUP CELEBRATING 25 YEARS!**

**Memorial Day Weekend**  
Speakers, Workshops, Panels  
and Meetings  
Sunday, May 28 11am - 9pm  
Monday, 29 7am - 9pm

## **10 Annual District 15 FAMILY WEEKEND CAMPOUT!**

*A Design for Living that  
Really Works!*

Memorial Day Weekend,  
May 25th - May 28th  
Montgomery Bell State Park  
Contact: Billy J  
(615) 642-4234

## **SUMMER PICNIC**

hosted by D32  
Anderson Road Rec Area  
**June 9th**  
**noon - 5pm**  
Call Don D for more information  
615-525-7643

## **FOUNDERS DAY CELEBRATION**

**JUNE 10TH**  
12 - 5pm  
Homemade Icecream contest, cook-  
out, activities and a quality speaker

For More Information contact:  
Donnie @ 615-853-3342  
Lattie @ 615-785-5763

## **3rd Annual Old Timers Meeting**

Hosted by Come To Believe  
Group in District 33  
First Presbyterian Church  
Franklin and Mack Hatcher  
**JUNE 16**

For more information:  
Joe F 615-584-1423  
Michael S 615-791-0136

*What helps us stay sober today? Is it that morning prayer? That phone call to our sponsor? Finishing that Fourth Step? Or how about that crazy share we blurt out at our home group? For each of us, it's different, depending on the day. But one thing we do know ... if we trust our Higher Power and pick up the basic tools of AA, we have a good chance of not picking up that drink today.*



# BOOK REVIEW



THE BEST OF BILL:  
Reflections on Faith, Fear, Honesty,  
Humility, and Love

The Best of Bill is in stock at The Middle Tennessee Central Office in three sizes and covers. The hard cover small booklet is a very distinctive gift

edition selling for \$6.95. There is a \$4.95 small soft cover version, and a very large "comfort print", which sells for \$5.95. The books are very affordable and a quick read, but you will want to reference these reflections by Bill Wilson many times.

This book contains five writings of Bill W. on Faith, Fear, Honesty, Humility and Love plus Bill's classic essay on Anonymity. The essay on anonymity is a must read for anyone who questions why "Anonymity is the spiritual foundation of all our Traditions...". The essay ends with the reminder that Dr. Bob's tombstone does not even mention Alcoholics Anonymous.

The writings in The Best of Bill are reprints of articles and writings included over the years in the Grapevine magazine. In 1988, as a result of the many requests over the years for reprints of five of these articles—"Faith," "Fear," "Honesty," "Humility," and "Love"—a collection entitled The Best of Bill was compiled. We are reminded in the foreword that The Grapevine was started by six sober women in 1944. Bill called the group of women "six ink-stained wretches". This book is a Grapevine publication.

In the writing on faith, Bill states that the phrase "God as we understand him" is perhaps the most important expression to be found in our whole AA vocabulary. Bill discusses and gives examples of the high cost of spiritual pride. Wilson confesses that his own unconscious arrogance all but ruined

AA in the early years.

On page 39, there is a valuable and insightful quote: We scarcely need to be reminded that excessive guilt or rebellion leads to spiritual poverty.

The back cover of the book quotes Aldous Huxley who called Bill W. "the greatest social architect of our century". That quote alone makes the reading of The Best of Bill an invaluable contribution to an individual's sobriety. These insights by Bill W. have changed our lives.

## OBITUARY

RICHEY, Paul L. Age 72, passed away March 27, 2012. He was instrumental in starting Music Row Group

The essay on anonymity is so powerful and can stand alone as a daily reading or meeting topic. The book review next month will confine itself to that portion only.

## From the Bottom Up ...

This morning, as I was reading the book Thank You for Sharing--Sixty Years of Letters to the AA Grapevine, I came across letters in a section regarding a story about the Lord's Prayer in AA meetings. As I read from letter to letter, each opinion voicing valid concerns and viewpoints from both sides of the issue, it occurred to me that there may be no better reason for AA members to learn the Traditions and our service structure, and how they allow us to operate, than this topic. It is virtually as old as our Fellowship itself, and returns as regularly as clockwork.

Personally, I have never felt the need to argue about whether or not the Lord's Prayer belongs in AA meetings, because I know that the Fourth Tradition tells me that "Each group should be autonomous except in matters affecting other groups or AA as a whole." Therefore, I know it's the group's choice to recite this prayer and not some proclamation that came down from on high.

But change in AA does not occur from the top down, and a letter to the General Service Office in New York is not a letter to the "powers that be." Besides, regardless of how much or how well we write, all GSO staff is going to do is reply that they support the group's autonomy and they leave the decision where it belongs, in the hands of the individual members. AA's service struc-

ture is inverted, and any changes in AA come from the Fellowship and from the groups themselves.

In other words, we can write all the letters we want, but if we don't like something that is going on in our AA meetings, regularly attending group business meetings is one way to begin changing it. Once in the business meeting, we begin to see how the group functions, how our Traditions work, and how the service structure ticks. Reading the pamphlet "The AA Group" will give a better idea about how everything meshes.

If we feel strongly about a topic, we can bring it up in the business meeting. A motion may or may not get passed. But one thing is for sure, we'll see where the power in AA rests: on the shoulders of each member who feels strongly about a topic and seeks to change or defend it. We'll also be less likely to be drawn into arguments about it again, too. Safe in the knowledge of how change really happens in AA, we might sit back, listen to the new person's impassioned pleas, and ask, "So, why don't you attend the business meeting next week if you feel that strongly about it?"

Dave R.

Manchester, NH

*Reprinted with permission of the AA Grapevine Apr. 2008*

# HUMOR

## *It seems that. . . .*

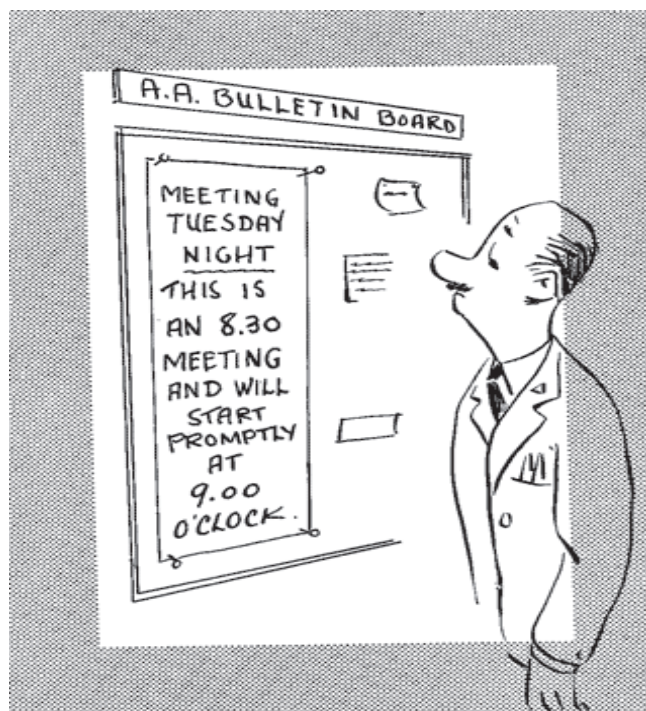
His wife had been doing a great deal of talking about this thing A.A. Morning, noon and night she had been dinging it at him. He wasn't at all sure that he needed or wanted any part of it. In fact, for the moment he had heard enough about it.

So he went out to the garage. Cached inside was a bottle; just outside was a bench in the sun--a perfect combination for "peace and quiet."

Seated on the bench he was tilting his head back for a long one. Just then a plane passed overhead in line with his upturned eyes. On the wings of the big liner he saw printed in large letters, "A.A."

"Cripes," he exclaimed. "If they're going to all that trouble to get me, I might just as well give up now."

*Reprinted with Permission from The Grapevine / July 1945*



# GROUP CONTRIBUTIONS

Group	District	March	YTD
21ST AVEUNE GROUP	30	\$71.67	\$105.29
24 HOUR GROUP	32		\$80.00
ANONYMOUS GROUPS (ALL) CONTRIBUTIONS	0	\$78.25	\$183.25
ANY LENGTHS GROUP	13		\$50.00
BACK DOOR AA	31		\$100.00
BACK ROOM GROUP	35	\$565.84	\$1158.05
BACK TO BASICS GROUP	32	\$25.00	\$25.00
BELLEVUE GROUP	35	\$274.00	\$274.00
BELLEVUE GROUP WINNERS AND BEGINNERS	35		\$50.00
BIKERS IN RECOVERY		\$51.00	\$106.00
BRENTWOOD FULL MOON GROUP	33		\$400.00
CAME TO BELIEVE	33		\$25.00
CLUB 62 UNITY GROUP			\$12.00
COLUMBIA GROUP	40	\$20.00	\$40.00
COMFORT ZONE GROUP			\$250.00
CROSSVILLE NON-SMOKING STEP GROUP	9		\$71.29
DAILY REPRIEVE	13	\$146.00	\$146.00
DAVIDSON RD GROUP	30	\$800.00	\$1500.00
DOWNTOWN LUNCH GROUP	32	\$103.00	\$103.00
DRUNKS IN THE PARK	33	\$130.45	\$243.22
EAST SIDE SATURDAY MEETING		\$300.00	\$300.00
EVERY NIGHT AT 6 GROUP	32	\$10.25	\$30.75
FAIRFIELD GLADE	9	\$20.00	\$34.00
FAYETTEVILLE GROUP	40		\$20.00
FIRST THINGS FIRST GROUP	34		\$243.88



# GROUP CONTRIBUTIONS

FIVE & FIVE GROUP	30		\$473.01
FREE TO BE GROUP	31		\$130.90
GOODLETTSVILLE A.A. GROUP	34	\$200.05	\$200.05
GRATEFUL ALIVE GROUP	33	\$48.71	\$48.71
GRATITUDE GROUP	11		\$75.00
HAPPY HOUR GROUP	9	\$30.00	\$40.00
HARDING ROAD GROUP	30		\$200.00
HILLSBORO ROAD GROUP	32	\$304.00	\$672.78
IBI-UBU GROUP	13	\$125.00	\$125.00
KEEP IT SIMPLE GROUP BELLEVUE (d35)	33	\$71.04	\$249.41
KEY TO SOBRIETY	31		\$85.72
LATE LUNCH BUNCH	33		\$762.00
LAVERGNE SOLUTIONS		\$75.00	\$75.00
LET IT HAPPEN GROUP	35		\$50.00
LINDEN GROUP	41		\$100.00
LIVING BY THE PRINT	32		\$200.00
MCMINNVILLE GROUP	12		\$100.00
MID-DAY BREAK GROUP	32		\$350.00
MUSIC ROW GROUP	30		\$150.00
MUSTARD SEED GROUP	32	\$50.00	\$150.00
NATCHEZ TRACE MEETING	30		\$220.00
NEEDED MEETING CLOSED GROUP	35		\$144.00
NIPPERS CORNER MEETING	32	\$28.00	\$28.00
NORTHSIDE GROUP, CLARKSVILLE	14	\$75.00	\$75.00
OUT TO LUNCH BUNCH GROUP	14	\$200.00	\$200.00
PORTLAND UNITY GROUP	13	\$25.00	\$25.00
PRIMARY PURPOSE GROUP	34		\$40.29
PULASKI GROUP	40	\$5.00	\$5.00
REBOS (SOBER) GROUP	34		\$133.06
ROBERT E. LEE WOMEN'S GROUP	30	\$100.00	\$100.00
SANGO SOLUTIONS			\$25.00
SATURDAY NIGHT ALIVE MEETING(11)	11	\$60.00	\$90.00
SEARCH FOR SERENITY GROUP	34		\$120.00
SEEKING SANITY GROUP	31		\$371.16
SERENITY GROUP (12)	12	\$50.00	\$150.00
SHADE TREE GROUP	31		\$1022.00
SMOKE FREE GROUP	13	\$60.00	\$60.00
SMYRNA GRATITUDE GROUP	12	\$100.00	\$300.00
SUNDAY NIGHT BUNCH	32		\$300.00
TEMPLE HILLS GROUP	33		\$125.00
THE BASEMENT BUNCH GROUP OF MURFREESBORO	12		\$100.00
THE UNITED GROUP	13		\$100.00
THE WAY OUT GROUP	33	\$450.00	\$950.00
TURNING POINT GROUP	33		\$166.12
WAVERLY GROUP	15		\$60.00
WEST NASHVILLE GROUP	35		\$105.45
WESTMINSTER GROUP	30	\$184.20	\$184.20
WINNERS AND BEGINNERS GROUP	35	\$95.00	\$95.00
WOODBURY GROUP	12	\$120.00	\$570.00
YOUNG TIMERS	32		\$33.17

**Grand total:            \$5051.46        \$15685.76**

# MARCH PROFIT AND LOSS STATEMENT

MIDDLE TENNESSEE CENTRAL OFFICE  
STATEMENTS OF ACTIVITIES ACTUAL AND BUDGETED  
FOR THE MONTH AND THREE MONTHS ENDING MARCH 31, 2012

	Actual	CURRENT MONTH	Budget-Var	Actual	YEAR TO DATE	Budget-Var
INCOME						
LITERATURE SALES	\$ 12,136.89	12,434.87	(297.98)	\$ 37,517.17	37,304.61	212.56
COST OF GOODS SOLD						
LITERATURE	8,880.57	8,333.33	547.24	27,624.40	24,999.99	2,624.41
FREIGHT	46.47	0.00	46.47	123.39	0.00	123.39
DIRECTORY	258.40	437.50	(179.10)	578.05	1,312.50	(734.45)
TOTAL COST OF GOODS SOL	9,185.44	8,770.83	414.61	28,325.84	26,312.49	2,013.35
GROSS PROFIT - LITERATUR	2,951.45	3,664.04	(712.59)	9,191.33	10,992.12	(1,800.79)
GROUP	4,774.50	4,666.67	107.83	15,171.29	15,958.76	(787.47)
INDIVIDUAL	304.44	291.67	12.77	6,875.14	875.01	6,000.13
MESSENGER	120.00	208.33	(88.33)	358.00	624.99	(266.99)
SPECIAL EVENTS	0.00	333.33	(333.33)	0.00	999.99	(999.99)
INTEREST	8.37	16.67	(8.30)	27.66	50.01	(22.35)
TOTAL INCOME	8,158.76	9,180.71	(1,021.95)	31,623.42	29,500.88	2,122.54
EXPENSES						
CASUAL LABOR	0.00	150.00	(150.00)	300.00	450.00	(150.00)
PAYROLL	4,866.00	4,121.67	744.33	15,885.80	14,244.81	1,640.99
LEGAL & PROFESSIONAL	145.00	155.42	(10.42)	435.00	466.26	(31.26)
SALES TAX EXPENSE	11.08	0.00	11.08	15.52	0.00	15.52
RENT	2,165.03	2,197.08	(32.05)	6,495.09	6,591.24	(96.15)
PRINTING	265.00	412.50	(147.50)	909.20	1,237.50	(328.30)
PAYROLL TAXES	295.53	313.57	(18.04)	1,138.53	1,084.51	54.02
MAINTENANCE	0.00	74.17	(74.17)	150.00	222.51	(72.51)
TELEPHONE & FAX	486.01	475.00	11.01	1,447.10	1,425.00	22.10
COMMUNICATIONS	0.00	0.00	0.00	0.00	0.00	0.00
ANSWERING SERVICE	163.50	190.50	(27.00)	490.50	571.50	(81.00)
POSTAGE	49.20	100.00	(50.80)	214.77	300.00	(85.23)
OFFICE SUPPLIES	136.81	166.67	(29.86)	642.71	500.01	142.70
BANK SERVICE CHARGE	(19.85)	0.00	(19.85)	68.12	0.00	68.12
COMPUTER PROJECT	0.00	83.33	(83.33)	140.00	249.99	(109.99)
EMPLOYEE BENEFIT	0.00	0.00	0.00	0.00	0.00	0.00
INTERGROUP EXPENSE	0.00	83.33	(83.33)	0.00	249.99	(249.99)
INSURANCE	0.00	175.00	(175.00)	1,216.00	525.00	691.00
SPECIAL EVENTS / FUNCTIO	0.00	166.67	(166.67)	0.00	500.01	(500.01)
REPAIR & MAINTENANCE	0.00	0.00	0.00	44.03	0.00	44.03
TRAVEL	0.00	274.13	(274.13)	95.53	822.39	(726.86)
DEPRECIATION	54.33	41.67	12.66	162.99	125.01	37.98
OVER/UNDER	0.00	0.00	0.00	(30.00)	0.00	(30.00)
TOTAL EXPENSES	8,617.64	9,180.71	(563.07)	29,820.89	29,565.73	255.16
NET INCOME	\$ (458.88)	0.00	(458.88)	\$ 1,802.53	(64.85)	1,867.38

# MAY ANNIVERSARIES

BACK ROOM GROUP					
Bernie L.	05.03.06	Sarah D.	05.04.96		
Cynthia S.	05.10.96	Will R.	05.21.05		
Don H.	05.06.11	LOVE & LAUGHTER			
Jennifer B.	05.07.10	Katie H.	05.25.09		
Louise M.	05.03.08	Lynch O.	05.27.10		
Pat R.	05.04.02	MID-DAY BREAK			
Shirley F.	05.30.11	Doug N.	05.27.97		
Steve L.	05.01.03	Jesse M.	05.14.01		
		Linda G.	05.23.00		
BACK TO BASICS		<b>Raul R.</b>	<b>05.08.88</b>		
Jeanette H.	05.31.98	Stephen	05.10.10		
BY THE BOOK LEBANON		MOUNT JULIET FELLOWSHIP			
Jeanne N.	05.17.11	Danny H.	05.18.04		
<b>Lynn F-D</b>	<b>05.19.75</b>	DeDee	05.30.11		
DONELSON YET		Jeff R.	05.11.02		
Dave S.	05.26.02	Len K.	05.27.95		
Len K.	05.27.95	Lori B.	05.01.95		
Todd W.	05.05.01	Rob W.	05.24.10		
EVERY NIGHT @ 6		Tracy T.	05.01.94		
Cheryl S.	05.19.07				
Edward M.	05.01.10	P.O.P.	05.21.09		
Eli S.	05.04.09	REBOS			
Nelson M.	05.04.06	LeeAnn W.	05.31.10		
Shawn N.	05.01.03	RIDGE TOP BASICS			
Sterra T.	04.13.08	Angela N.	05.15.05		
Tim W.	05.29.05	Candi C.	05.17.97		
Tony S.	05.10.09	Dale M.	05.05.87		
FELLOWSHIP		Lee B.	05.01.00		
Amber S.	05.20.09	<b>Meg S.</b>	<b>05.10.88</b>		
Christy G.	05.27.99	<b>Richard D.</b>	<b>05.14.88</b>		
Matt S.	05.20.09	SEARCH FOR SERENITY			
Stacy C.	05.13.99	Becky C.	05.11.99		
Trey A.	05.27.06	Cedric C.	05.13.11		
FIRST THINGS FIRST		Debbie G.	05.01.11		
<b>Bill H.</b>	<b>05.03.79</b>	Diane T.	05.07.10		
Mike G.	05.30.11	Melissa	05.03.09		
Randall	05.05.06	Robert S.	05.22.07		
Anne S.	05.28.08	Sharon S.	05.05.07		
Buzz D.	05.25.11	SERENITY MURFREESBORO			
Elizabeth C.	05.22.02	Bo E.	05.02.12		
<b>Fred D.</b>	<b>05.17.85</b>	Brian H.	05.01.11		
GRATEFUL ALIVE		Charles P.	05.14.08		
Bryan C.	05.15.09	Christie B.	05.07.10		
Ira H.	05.24.11	Dawn W.	05.29.07		
Kelly F.	05.23.06	Deborah J.	05.06.11		
Kitty G.	05.16.01	Don D.	05.07.11		
Olivia E.	05.19.98	Donnie N.	05.19.10		
KEEP IT SIMPLE		Jack A.	05.24.09		
Dave H.	05.23.90	Jessica E.	05.25.08		
Ed D.	05.24.09	Jimmy H.	05.17.09		
John Z.	05.10.08	Kathleen T.	05.12.09		
<b>Karen P.</b>	<b>05.02.92</b>	Lewis S.	05.23.07		
Kirk J.	05.03.09	Lois B.	05.08.08		
Paul D.	05.14.02	Mark N.	05.09.11		
LIVING IN THE NOW		Merry E.	05.15.89		
MONDAY NIGHT PRIME TIME		Olivia J.	05.02.??		
Alex B.	05.21.10	Rick T.	05.26.11		
Brandon S.	05.24.04	Ron A.	05.07.09		
Kati L.	05.13.02	Sidney E.	05.05.10		
Larkin L.	05.20.06				
				SHADE TREE	
				Alison R.	05.29.01
				Ashokkunar P.	05.04.05
				Becky W.	05.15.05
				Bill H.	05.01.04
				<b>Billy W.</b>	<b>05.30.90</b>
				Bobby A.	05.18.08
				Carl C.	05.26.08
				Chris W.	05.12.07
				Dana K.	05.19.08
				Daniel M.	05.20.09
				Dave H.	05.24.07
				David G.	05.25.06
				Donny M.	05.27.08
				Dorris M.	05.22.06
				Elmer	05.27.05
				Gigi B.	05.10.11
				Heather H.	05.26.09
				Joe H.	05.18.03
				John C.	05.14.07
				John P.	05.14.07
				Kimberly P.	05.03.05
				Kip F.	05.15.09
				Leonard W.	05.24.06
				Linda S.	05.09.06
				Loni D.	05.08.07
				Marilyn A.	05.18.06
				Mark F.	05.10.08
				Marla J.	05.25.09
				Michael P.	05.13.09
				Nancy P.	05.23.96
				<b>Norbert B.</b>	<b>05.25.89</b>
				Randy T.	05.18.09
				Rob S.	05.31.05
				Robert K.	05.14.95
				Ron C.	05.04.09
				Sabrina W.	05.22.06
				Sandra R.	05.31.07
				Scott D.	05.17.07
				Sean M.	05.12.06
				Shane W.	05.27.05
				<b>Sheila D.</b>	<b>05.26.89</b>
				Shelly C.	05.01.08
				Stephanie G.	05.11.09
				Stephanie M.	05.17.09
				Tom V.	05.05.05
				Tony P.	05.06.07
				SMYRNA GRATITUDE	
				<b>James "Will"</b>	<b>05.14.89</b>
				Jessie M.	05.14.01
				<b>John D.</b>	<b>05.10.87</b>
				Owen	05.27.07
				Paul T.	05.16.09
				Tony C.	05.13.71
				WEEKENDERS	
				<b>Bob B.</b>	<b>05.15.89</b>
				Leslie M.	05.05.03
				Randy M.	05.23.02
				William S.	05.10.02



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