

The MESSENGER

Middle Tennessee Central Office Intergroup

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PLEASE NOTE:
YOUR DONATIONS ARE FOR THE MESSENGER

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Entirely Ready to be Entirely New

The Steps of Alcoholics Anonymous are so marvelously constructed that, in my experience at least, you can't go on to the next until you've thoroughly processed the one before. So becoming entirely ready to let go of my character defects took me several years--and two journeys through Steps Four and Five.

I tackled Step Four after about two years' sobriety. Since I'd been drunk for twenty-five years and was in my late forties, there was a lot of bad history to study and understand. Trying to figure out how to organize a self-inventory, my alcoholic ferret-brain jumped onto that word "resentments" in the Big Book and ran with it. Resentments? I was a positive nuclear reactor of resentments, so rife with anger and grudges that my first Fourth Step looked more like a series of class-action suits than a personal inventory.

Not necessarily in order of importance, I scribbled down my resentments against: 1) The college I'd attended (despite the fact they'd been lavish with scholarships, I blamed them for the fact that I never found social acceptance there); 2) Every ad agency I'd ever worked for (I had become a successful advertising copywriter, but none of the agencies had sufficiently recognized or rewarded my brilliance); my family (because they never treated me with the kid-glove attitude I felt I deserved).

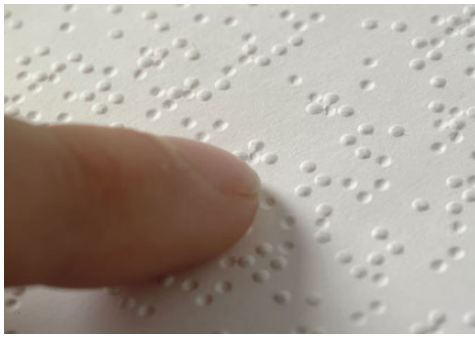
And then there was the resentment toward my mother. Here we get to the real problem, because I did have justifiable reasons to harbor anger toward

her. She was an alcoholic and drug addict who abandoned me when I was six months old and ran off with another woman. Whenever she reappeared in my life, there was stress, blame, danger, and misery. I was blessed to have been raised by my grandparents in a totally nonalcoholic and stable household, but my mother's whirling-dervish misery-machine spun off enough anguish to color my whole life. It played a part in that familiar less-than feeling we alcoholics manage to build into an endless churning of self-absorption. My mother eventually committed suicide and I, feeling very phony-noble, paid to bury her and continued to cherish and nourish my resentment.

So I worked through my resentment-based first Fourth Step. By the time I'd gone over it with a very wise Step sponsor, I'd begun to see just how angry and self-justifying my life had been. But when the dust settled, I didn't feel I had made much progress. Looking ahead to Step Six, I certainly didn't want to let go of my character defects--even the rather dimly-perceived list I had at that point.

The cure, of course, was more meetings--more good Step meetings. (I am grateful to have been blessed with smart feet that kept me going to meetings even when I otherwise didn't have a clue about how I was going to live or remain sober.) I eventually locked on to the idea in the "Twelve and Twelve" of doing a self-inventory based on my own character defects--or Seven Deadly Sins.

Continued on page 2



The Central office apologizes for not noting the death of Donna B. of the Bar None Group in McMinnville. Donna was a blind lady with the spirit of a lion and a blessing to all she met.

Donna lives on through the donation of her Braille Big Book, Twelve and Twelve and Daily Reflections. The books are available here at Central Office to meet the special needs of alcoholics in Middle Tennessee. Thanks to her friends and group members for these gifts.

BOOK REVIEW

ALCOHOLICS ANONYMOUS (The Big Book)

Alcoholics Anonymous, affectionately known by members as "The Big Book," is the textbook for the original 12-step recovery program. Written by Bill W., founder of Alcoholics Anonymous, and many of the first 100 members of the group, it was actually written by committee, with drafts of the book sent back and forth between Bill W's group in New York and Dr. Bob, the other founder of A.A., in Akron, OH.

Many long-time members of the Alcoholics Anonymous program regard The Big Book with the same esteem that others do the Holy Bible, considering it to be divinely inspired. Since the founders of the 12 step program began their spiritual journey of recovery in the Christian Oxford Group and borrowed many of that group's and other Christian group's principles in

Continued on page 7

Entirely Ready ~ continued

Now firmly focused on my favorite subject--myself--I was able to do a Fourth and Fifth Step that brought me that feeling of relief, of a burden lifting, that our literature promises. From the perspective of my faults, I was able to look at my mother's story with more understanding. Eventually I realized she was just another sick and suffering alcoholic who never got the gift of recovery with which I had been blessed.

By now, I was some four years sober and beginning to get my brains back. The period after my second Four and Five was one of slow, steady self-learning. Now that I began to see what my character defects were, I began to notice just how they were crippling me. This was quite a change of perspective because, deep down, I had been one of those who thought these characteristics actually defined me.

Why did I lie all the time, even when there was no reason? Because I was a perfectionist, I would have answered earlier. I couldn't bear to admit I'd done any little thing wrong, even stupid stuff like arriving late for appointments. Behind the perfectionism, I began to see the self-delusion (I must be perfect) and fear (if they find out I'm not perfect, they will hate me). Eventually, the lies began to cause me more pain than they covered up, and Step Six began to materialize on my horizon.

Why was I spending more money than my husband and I were earning? Because I was feeling deprived of my safety-blanket of alcohol, I would have said earlier. But now I realized that spending was tossing money down the alcoholic hole, that "God-shaped hole" of emptiness into which we stuff food, money, sex, alcohol, drugs, and so many other substances, trying in vain to

fill our spiritual need.

When I saw this behavior for what it was, it became easier to stop throwing away money on clothes I didn't need, jewelry I'd never wear, expensive meals that often just reminded me how intrinsic alcohol had been to my enjoyment of them.



Pride was my central defect, I finally concluded. It made me demand more of the world than was my due ("Don't you know who I think I am?" as I've heard it put so perfectly)--and more of myself than I could deliver. Here I was in middle age, finally will-

ing to realize that I was never going to be famous and rich as I'd always assumed (but never did the work to achieve). I was simply another child of God, with a good sober life that was improving steadily and for which I should be grateful.

Letting go of that central defect (which still has to be done on a daily basis) was incredibly liberating--almost as freeing as putting down the bottle five years before. And sometime after I'd realized how much pride had harmed me, warped me and messed me up, there came a realization that I was in the process of becoming somebody new. Somebody nicer than the bitter, middle-aged alcoholic who had entered the rooms of AA. Somebody I had thought I was, somebody who was willing, even eager, to be a worker among workers, a good companion, friend, and wife.

In the end, Step Six was just one in a series of surrenders this program has required of me. And after this surrender, there was yet another victory--a feeling of not only being "right sized" but also right with the universe and my Higher Power.

A. T. / New York, New York

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AA'S THREE LEGACIES

RECOVERY Step 6

**Were entirely ready
to have God remove
all these defects of
character.**

UNITY Tradition 6

**An A.A. group ought never
endorse, finance or lend the
A.A. name to any related fa-
cility or outside enterprise, lest
problems of money, property
and prestige divert us from
our primary purpose.**

SERVICE Concept 6

**The Conference recognizes
that the chief initiative and ac-
tive responsibility in most world
service matters should be
exercised by the trustee mem-
bers of the Conference acting
as the General Service Board.**

6th Step Prayer

Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & guide me toward spiritual & mental health. (BB page 76)

It's not the shoelace

An AA sees that time in the program doesn't make him immune to negative emotions

Recently, my home group conducted a workshop exploring emotional sobriety. We broke it up into different aspects such as "What is emotional sobriety?" "How does it differ from physical sobriety?", etc. My assignment was to explore: "Why we need emotional sobriety and I presented it as follows:

When I first came to AA my emotions rose to the surface, where I became aware of them. While I thought that I had successfully submerged them with alcohol when I was drinking, I can't deny that I often drank at "him", "her", "Mom", "Dad", the boss, some unfair customer, a disrespectful sales clerk, the police, the system or whatever. I could say that alcohol let me not feel, but the truth is that I felt everything and often wanted to show "them". I used drinking to hurt others or plot my revenge. The only blessing was that I often wouldn't

even remember the plot when I sobered up. Newly sober, I not only had the feelings but I also had a lack of ability to deal with them. My immaturity came out in full force. My old idea was that alcohol would still work with these feelings, and I would sometimes give in. Even if I didn't drink, I could be miserable and hold grudges. That's when something trivial like a broken shoelace might lead me to drink because it was the last straw. Without the help of God and a sponsor, I might never know that it wasn't the shoelace but the lingering grudge and my lack of emotional sobriety that led to drinking again.

While this lack of emotional sobriety was dangerous when I was newly sober, the danger did not go away just because I've achieved some time in AA. Indeed, I can mistake number of years for a degree of emotional sobriety. I can rest on my laurels without even recognizing it. When I hold on to resentments, when I

find things unforgivable, when I am jealous of another's success, when I am unwilling to listen to others and change my mind, when I react severely to criticism even as I congratulate myself for another day or month or year of not drinking, I am not only emotionally sober but I also may become not physically sober. This can happen even if I once had a spiritual awakening and have many years of sobriety behind me. The Tenth Step tells me to "watch for selfishness, dishonesty, resentment and fear" not because these emotions are so deadly in themselves, but because they block me from dealing in a mature, emotionally sober way, rather than just reacting. Since the essay on the Step next says, "and when they crop up", it is a sure bet that time in the program will not make me immune from these negative emotions and my ensuing reactions. My reactions can include drinking again, but even if I don't drink,

Continued on page 4

FROM THE DESK OF

Charles C

I saw a cartoon recently of a man drowning. He is all but gone, with just an arm extended above water. A group is observing, recording the event with their cell phones. Being present and filming with the phone is a routine today. At the Olympic opening ceremony, the graduations, at concerts, baptisms; recording a "happening" with sound is very commonplace today. I thought it was a great cartoon, and I identified with the image. Especially at the Olympic ceremony, I watched as the athletes from all the nations marched, holding phones aloft to record a big event in their personal lives.

Many times, persons are filmed and see themselves on YouTube, unaware that their activity was recorded. We live in times of amazing technological advancement, and I continue to be amazed. I am truly overwhelmed and somewhat intimidated by the potential of my new iphone . I see on YouTube that "hackers" are doing even more than manufacturers and developers intended with the phone. I no longer need a stopwatch, a timer, an alarm clock, a flashlight, a camera, a recorder, a GPS, a calendar, notebook, atlas, stereo, board game, weatherman, songbook, coloring book, recipe book, encyclopedia, or even a TV.

What's my point? Well, back to the cartoon:

With all the tools and communication advances available to all, but specifically to AA members, we may watch someone get drunk and drown in their own self-pity, when all they want is a helping hand. The suffering alcoholic may be so offensive, angry and maybe

an "in and outer", that no one takes a one on one personal interest in his well-being. When AA was in the early years, there were not hundreds of meetings, Big Books and all books by the thousands, and there were just a few sober folks in relation to the many pouring into The Fellowship. Sober Alcoholics seventy-five years ago had to sponsor someone. Can you imagine being in Bill's New York Group or Dr. Bob's Akron group and saying, "I am too busy to be a sponsor", or "I haven't been sober long enough myself"? No, they had to lend a helping hand. No matter what, they lent a personal hand and held on to every person that arrived, called, or sent a letter. For this reason, I believe that is why Bill W.

could easily write, "Rarely have we seen a person fail who has thoroughly followed our path."

I was impacted by the cartoon, especially as it related to Alcoholics Anonymous. Am I acting responsibly when anyone reaches out? Am I seeing anyone drown and die of alcoholism without reaching out? Have I said to a prospect, "Just read the Big Book, go to meetings and call me if you want to?"

The initial catalyst for cell phone development was portable connection and accountability.

The initial impetus for AA was one alcoholic helping another. I do not want to get caught doing it differently, as there is an easier softer way. That way is waiting for someone else to do the work, and no one does it. ARE WE REACHING OUT TO THE DROWNING MAN? (See bottom of Page 22, Twelve Steps and Twelve Traditions)



It's not the shoelace ~ continued

I can cause problems and heartache in the lives of those who love me and work with me. As the book says, "We believe a man who says sobriety is enough is unthinking". For the sake of others if not for myself, I should seek emotional sobriety.

When I am letting myself be ruled by "selfishness, dishonesty, resentment and fear", any rational thinking or action I do would be purely by accident. Likewise, serenity would be elusive at best and non-existent at worst. As a friend says, my biggest job in a spiritual life is to become undisturbed. I would only have one of two reactions to any negative interaction with another person: I would either forgive the other person or make amends. I have made a real advance in emotional sobriety if I finally realize I do not have to react to a slight by striking back.

Finally, I was told to live a day at a time but not told how to do that. I submit that it is impossible to do a day at a time when bedeviled by emotional chaos. If I strive for emotional sobriety, I will have a much better chance of living in the now, which can lead to joy and appreciation for the wonder of my life.

JIM H. / Largo, Fla.

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HONESTY

Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to straight thinking, solid honesty, and genuine humility.

- Twelve Steps and Twelve Traditions, p.

59

Thought to Ponder . . .

Honesty isn't an event -- it's a process.

AA-related 'Alconym' . . .

H O W = Honesty, Open-mindedness, Willingness.

MEETING CHANGES

NEW

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.,
Tulahoma
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

37072

Ladies Night Out

Cedar and Church
Goodlettsville
Tues 6pm

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

37064

Garden Variety

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

37027

Brentwood Full Moon

Offer Creek Church
409 Franklin Rd

37034

Chapel Hill New Life

Community Baptist
Church
5216 Nashville Hwy.

37087

Lebanon By the Book

Mon changed to
6:30
Tues changed to 6:30
Fri changed to 7:00

Cancelled

37172

Ex-Offenders

38501

Cookeville Weekend Recovery

Thurs 6pm

38570

Livingston

Tues & Fri

38556

Jamestown

Tues 7pm

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



*The camel each day goes twice to
his knees.*

*He picks up his load with the
greatest of ease.*

*He walks through the day with his
head held high.*

*And stays for that day,
completely dry.*

Control

Trying to control my drinking was like trying to control the weather; I had been trying to play God.

If I wanted to stay sober, I was going to have to quit playing God with drinking and believe that something out there was going to help me.

And who or what was that something?

Turned out that it didn't matter. . .

All I really needed to accept was that I am not God, and I have not had to change my mind about drinking ever since.

The AA Grapevine, May 2012

CENTRAL OFFICE NEEDS:

MESSENGER

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

MAY CALENDAR

THE MESSENGER WANTS TO HEAR FROM YOU!

PLEASE SEND ACTIVITIES/WORKSHOPS/EVENTS TO MTCAA@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

SUMMER PICNIC

hosted by D32

Anderson Road Rec Area

June 9th

noon - 5pm

Call Don D for more information

615-525-7643

SUMMER BASH

HOSTED BY THE LAST CALL
GROUP - CLUB 62

June 9th

9:30pm - til

**Call Allen for more
information**

615-482-3981

THE BACK ROOM GROUP'S ANNUAL SUMMER PICNIC

June 10th

12:30 at Edwin Warner

Park site#11

BBQ provided

Speaker

Founders Day History

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

AA Thought for the Day ~ DENIAL ~

Before I came to AA I had begun to realize that my drinking was causing me trouble. This was hard to believe; so many other people who drank did not get into trouble. Fate had just handed me unfair breaks: my family, my love life, my bosses and jobs, my unsteady finances, my friends, my insomnia, my nervousness. So I desperately kept trying to prove that drinking was not one of my problems.

- *The Best of the Grapevine* [Vol. 2], p. 134

Thought to Ponder . . .

You don't have to see the whole staircase, just take the first step.

AA-related 'Alconym' . . .

O D A A T = One Day At A Time.

A Member Shares:

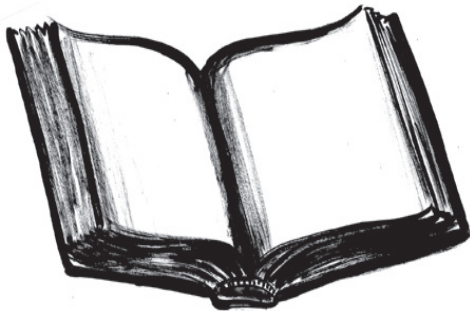
I'm Yirmi, an alcoholic. I had two experiences with denial, and have thought quite a lot about each one. I was raised in a very strict religious environment and it was not acceptable, or so I thought, to have "defects." So when I started experiencing problems with alcohol in my early 20's I denied because I thought I had to. I mean, I consciously told myself that I couldn't have a problem because the pressures in the environment didn't allow that. I moved away from that environment but into others more "normal" and found the same pressures to keep up appearances. I carried that for 10 years until I finally stopped denying to myself, but started the denying to everyone else so that I could keep on drinking. I am coming to realize that what I thought

were two different kinds of denial were really the same thing. I didn't want, and I don't want, to be an alcoholic, but I am. So now what? I am honest now with myself and it is the first time ever I am beginning to exert some control on my life by admitting that I don't have control of my condition or my circumstances. The First Step was the most powerful spiritual realignment I have ever had, and it knocked denial to the ropes. Once I began admitting to myself and to community what was happening to me, I was embraced with such love. And it was the first time I have received a hug and didn't think they were hugging my facade. Denial is a terrible condition I am glad to have let it go. Thanks for letting me share.

forming the 12 steps, it stands to reason that some would regard The Big Book with reverence.

The Big Book is divided into two main parts. The first part, known as the first 164 pages or the "original manuscript" explains the 12 step program and how it can be used to overcome the affects of alcoholism.

The first part of Chapter 5, titled "How it Works," contains the 12 steps and is usually read at the opening of every A.A. meeting worldwide.



The second part of the book contains stories written by some of the original members of A.A. relating their personal experiences with alcoholism and how they found a path to recovery. In the three editions of the book, some of these stories have been deleted and others added, but the message is the same -- the only way to fully recover from the effects of alcoholism is to practice the principles found in the 12 steps, which can lead to a "spiritual awakening" for the alcoholic.

For those whose lives have been changed by it, Alcoholics Anonymous has become more than a mere book -- it has become a life-long companion. Most folks find one chapter, one story, one paragraph, or even just a sentence, that becomes a common reminder and possibly the bedrock of their program. How It Works, The Promises, and More About Alcoholism are read at many groups, and are the most familiar parts of The Big Book.

We sell 4 different printed versions of Big Book, and different sets of CD's.

Wisdom?

Got to pass this on ... before I pass on!

- 1) You can only peel one potato at a time. You cannot have the whole sack done in one peeling
- 2) Don't count the days. Make the days count.
- 3) If we don't take a drink today, we'll never take a drink because it's always today.
- 4) If I have one eye on yesterday and one eye on tomorrow, I'll be cockeyed today.
- 5) If I drink, I can't think. If I think, I won't drink
- 6) Patience: you can't get the milk until the cow eats the grass.
- 7) Join the construction gang and not the wrecking crew in AA.
- 8) Do what you are supposed to do and when you are supposed to do it.
- 9) Do the things you fear the most and the fear will go away
- 10) You get too busy to go to meetings. Then you get too tired to go to meetings. Then you get too drunk to go to meetings.
- 11) I go to meetings to hear what happens to people who stop going to meetings.
- 12) If you obey you won't go astray.
- 13) The grateful heart is the sober heart.
- 14) This is a give program. Don't give until it hurts. Give until it feels good. How long shall I give? Give until God quits giving to me.
- 15) If you pray for potatoes, you better reach for the hoe.
- 16) Some people make things happen. Some people watch things happen. And some people wake up and say "What happened?"
- 17) Religion is looking for life after death. Spirituality is looking for life before death.
- 18) Spirituality is looking for the glue that sticks us together.
- 19) You show me your company and I'll tell you who you are.
- 20) Remember well your beginning and the results will take care of themselves.
- 21) If it is to be, it's up to me.
- 22) Don't quit before the miracle happens.
- 23) There is no such thing as a bad day. It's only a day that you did not get your own way.
- 24) Don't just sit with the winners. Stick with them.
- 25) If you keep coming back, you'll never

have to wonder or worry if you can make it back.

- 26) I am not an old timer! I am just a newcomer that has been around for a while.
- 27) Stay connected to AA. Don't pull your plug. You need the spiritual current.
- 28) You can't be grateful and a grouch at the same time.
- 29) Don't tell me how grateful you are, Show me!
- 30) A good AA knows a way - goes away and shows a way.
- 31) I have two gal friends in AA. Their names are Sharing and Caring.
- 32) I used to love things and use people. Now I use things and love people.
- 33) A relationship isn't looking for the right person -- it's being the right person.
- 34) Wherever you go -- there you are!
- 35) The road to sobriety is a simple journey for confused people with a complicated disease.
- 36) Minds are like parachutes. They only function when open.
- 37) Don't just live life on life's terms. Try living on God's terms.
- 38) You quit concealing to start revealing to begin healing.
- 39) When your head begins to swell, your mind stops growing.
- 40) Bend your knees before you bend your elbow.
- 41) Anger is one letter away from danger.
- 42) Man's extremity is God's opportunity.
- 43) There is no chemical solution to a spiritual problem.
- 44) May there be enough clouds in your life to make a beautiful sunset.
- 45) The man I was will drink again.
- 46) Feelings are not facts.
- 47) Wisdom is avoiding all thoughts that will weaken you.
- 48) Some people are so successful in AA that they turn out to be almost as good as they used to think they were when they were drinking.
- 49) My Sponsor used to tell me: Get a check up from the Neckup!
- 50) I will die with my disease, not from my disease

Judged by the Company One Keeps

by Unknown

Frequently attributed to Benjamin Hapgood Burt.

One night in late October,
When I was far from sober,
Returning with my load with manly pride,
My poor feet began to stutter,
So I lay down in the gutter,
And a pig came near and lay down by my side;
Then we sang "It's all fair weather when good fel-

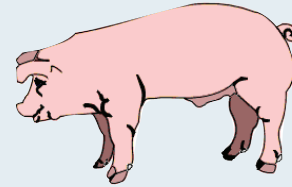
lows get together",

Till a lady passing by was heard to say:

"You can tell a man who boozes,

By the company he chooses",

And the pig got up and slowly walked away.



GROUP CONTRIBUTIONS

Group	District	April	YTD
21ST AVEUNE GROUP	30		\$105.29
24 HOUR GROUP	32		\$80.00
ANONYMOUS GROUPS (ALL) CONTRIBUTIONS	0	\$108.81	\$292.06
ANY LENGTHS GROUP	13		\$50.00
BACK DOOR AA	31		\$100.00
BACK ROOM GROUP	35	\$791.21	\$1949.26
BACK TO BASICS GROUP	32		\$25.00
BELLEVUE GROUP	35		\$274.00
BELLEVUE GROUP WINNERS AND BEGINNERS	35		\$50.00
BIKERS IN RECOVERY		\$38.00	\$144.00
BRENTWOOD FULL MOON GROUP	33		\$400.00
BY THE BOOK (LEBANON)	13	\$25.00	\$25.00
CAME TO BELIEVE	33		\$25.00
CLUB 62 UNITY GROUP			\$12.00
COLUMBIA GROUP	40	\$20.00	\$60.00
COMFORT ZONE GROUP		\$150.00	\$400.00
COMMUNICATIONS GROUP	30	\$156.89	\$156.89
COOKEVILLE GROUP		\$50.00	\$50.00
CROSSVILLE NON-SMOKING STEP GROUP	9		\$71.29
DAILY REPRIEVE	13		\$146.00
DAVIDSON RD GROUP	30		\$1500.00
DAVIDSON ROAD WOMEN'S MEETING		\$241.00	\$241.00
DOWNTOWN LUNCH GROUP	32		\$103.00
DRUNKS IN THE PARK	33		\$243.22
EAST SIDE SATURDAY MEETING			\$300.00
EVERY NIGHT AT 6 GROUP	32	\$8.25	\$39.00
FAIRFIELD GLADE	9	\$20.00	\$54.00
FAYETTEVILLE GROUP	40	\$20.00	\$40.00
FIRST THINGS FIRST GROUP	34		\$243.88
FIVE & FIVE GROUP	30		\$473.01
FREE TO BE GROUP	31		\$130.90

GOODLETTSVILLE A.A. GROUP	34		\$200.05
GRATEFUL ALIVE GROUP	33	\$67.20	\$115.91
GRATITUDE GROUP	11	\$37.50	\$112.50
HAPPY HOUR GROUP	9	\$60.00	\$100.00
HARDING ROAD GROUP	30	\$200.00	\$400.00
HIGH NOON GROUP	34	\$475.00	\$475.00
HILLSBORO ROAD GROUP	32		\$672.78
IBI-UBU GROUP	13		\$125.00
KEEP IT SIMPLE GROUP BELLEVUE (d35)	33	\$98.54	\$347.95
KEY TO SOBRIETY	31		\$85.72
KICKOFF'S NOT TILL NOON	33	\$103.00	\$103.00
LATE LUNCH BUNCH	33	\$700.00	\$1462.00
LAVERGNE SOLUTIONS		\$100.00	\$175.00
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	\$258.00	\$608.00
MT JULIET FELLOWSHIP GROUP	31	\$125.00	\$125.00
MUSIC ROW GROUP	30		\$150.00
MUSTARD SEED GROUP	32	\$50.00	\$200.00
NATCHEZ TRACE MEETING	30		\$220.00
NEEDED MEETING CLOSED GROUP	35		\$144.00
NIPPERS CORNER MEETING	32		\$28.00
NORTHSIDE GROUP, CLARKSVILLE	14	\$75.00	\$150.00
OUT TO BREAKFAST GROUP	30	\$60.00	\$60.00
OUT TO LUNCH BUNCH GROUP	14		\$200.00
PORTLAND UNITY GROUP	13		\$25.00
PRIMARY PURPOSE GROUP	34	\$92.33	\$132.62
PULASKI GROUP	40	\$5.00	\$10.00
REBOS (SOBER) GROUP	34	\$99.87	\$232.93
ROBERT E. LEE WOMEN'S GROUP	30		\$100.00
SANGO SOLUTIONS			\$25.00
SATURDAY NIGHT ALIVE MEETING(11)	11	\$30.00	\$120.00
SEARCH FOR SERENITY GROUP	34		\$120.00
SEEKING SANITY GROUP	31	\$345.11	\$716.27
SERENITY GROUP (12)	12	\$50.00	\$200.00
SHADE TREE GROUP	31		\$1022.00
SMOKE FREE GROUP-Sobriety 1st	13		\$60.00
SMYRNA GRATITUDE GROUP	12	\$100.00	\$400.00
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	\$200.00
THE WAY OUT GROUP	33		\$950.00
TRUDGING THE ROAD GROUP	33	\$100.00	\$100.00
TURNING POINT GROUP	33		\$166.12
WANGL	30	\$54.00	\$54.00
WAVERLY GROUP	15		\$60.00
WEST NASHVILLE GROUP	35		\$105.45
WESTMINSTER GROUP	30		\$184.20
WINNERS AND BEGINNERS GROUP	35		\$95.00
WOMEN IN THE SOLUTION	11	\$100.00	\$100.00
WOODBURY GROUP	12		\$570.00
YOUNG GUNS	32	\$92.00	\$92.00
YOUNG TIMERS	32		\$33.17

Grand total:	\$5206.71	\$20892.47
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APRIL PROFIT AND LOSS STATEMENT

MIDDLE TENNESSEE CENTRAL OFFICE
STATEMENTS OF ACTIVITIES ACTUAL AND BUDGETED
FOR THE MONTH AND FOUR MONTHS ENDING APRIL 30, 2012

	Actual	CURRENT MONTH	Budget-Var	Actual	YEAR TO DATE	Budget-Var
INCOME						
LITERATURE SALES	\$ 13,199.07	12,434.87	764.20	\$ 50,716.24	49,739.48	976.76
COST OF GOODS SOLD						
LITERATURE	9,689.99	8,333.33	1,356.66	37,314.39	33,333.32	3,981.07
FREIGHT	32.75	0.00	32.75	156.14	0.00	156.14
DIRECTORY	150.56	437.50	(286.94)	728.61	1,750.00	(1,021.39)
TOTAL COST OF GOODS SOL	9,873.30	8,770.83	1,102.47	38,199.14	35,083.32	3,115.82
GROSS PROFIT - LITERATUR	3,325.77	3,664.04	(338.27)	12,517.10	14,656.16	(2,139.06)
GROUP	5,442.69	4,666.67	776.02	20,613.98	20,625.43	(11.45)
INDIVIDUAL	241.82	291.67	(49.85)	7,116.96	1,166.68	5,950.28
MESSENGER	41.00	208.33	(167.33)	399.00	833.32	(434.32)
SPECIAL EVENTS	0.00	333.33	(333.33)	0.00	1,333.32	(1,333.32)
INTEREST	9.60	16.67	(7.07)	37.26	66.68	(29.42)
TOTAL INCOME	9,060.88	9,180.71	(119.83)	40,684.30	38,681.59	2,002.71
EXPENSES						
CASUAL LABOR	0.00	150.00	(150.00)	300.00	600.00	(300.00)
PAYROLL	3,861.00	4,121.67	(260.67)	19,746.80	18,366.48	1,380.32
LEGAL & PROFESSIONAL	145.00	155.42	(10.42)	580.00	621.68	(41.68)
SALES TAX EXPENSE	(1.68)	0.00	(1.68)	13.84	0.00	13.84
RENT	2,714.48	2,197.08	517.40	9,209.57	8,788.32	421.25
PRINTING	530.00	412.50	117.50	1,439.20	1,650.00	(210.80)
PAYROLL TAXES	295.36	313.57	(18.21)	1,433.89	1,398.08	35.81
MAINTENANCE	91.00	74.17	16.83	241.00	296.68	(55.68)
TELEPHONE & FAX	478.67	475.00	3.67	1,925.77	1,900.00	25.77
COMMUNICATIONS	0.00	0.00	0.00	0.00	0.00	0.00
ANSWERING SERVICE	163.50	190.50	(27.00)	654.00	762.00	(108.00)
POSTAGE	206.51	100.00	106.51	421.28	400.00	21.28
OFFICE SUPPLIES	98.50	166.67	(68.17)	741.21	666.68	74.53
BANK SERVICE CHARGE	0.00	0.00	0.00	68.12	0.00	68.12
COMPUTER PROJECT	68.98	83.33	(14.35)	208.98	333.32	(124.34)
EMPLOYEE BENEFIT	0.00	0.00	0.00	0.00	0.00	0.00
INTERGROUP EXPENSE	40.00	83.33	(43.33)	40.00	333.32	(293.32)
INSURANCE	0.00	175.00	(175.00)	1,216.00	700.00	516.00
SPECIAL EVENTS / FUNCTIO	100.00	166.67	(66.67)	100.00	666.68	(566.68)
REPAIR & MAINTENANCE	0.00	0.00	0.00	44.03	0.00	44.03
TRAVEL	143.25	274.13	(130.88)	238.78	1,096.52	(857.74)
DEPRECIATION	54.33	41.67	12.66	217.32	166.68	50.64
OVER/UNDER	(2.00)	0.00	(2.00)	(32.00)	0.00	(32.00)
TOTAL EXPENSES	8,986.90	9,180.71	(193.81)	38,807.79	38,746.44	61.35
NET INCOME	\$ 73.98	0.00	73.98	\$ 1,876.51	(64.85)	1,941.36

JUNE ANNIVERSARIES

BACK ROOM		Jacob P.	06.30.11	Carly D.	06.17.??
Amy K.	06.03.89	Keith W.	06.27.08	Charlie McL.	06.03.04
Bob C.	06.29.11	Lee B.	06.19.11	Cheryl M.	06.17.10
Brett Q.	06.28.08	Meghan N.	06.19.92	Chris M.	06.22.10
Don C.	06.01.01	Missy G.	06.27.04	Craig H.	06.19.??
Larry W.	06.24.83	Sissy G.	06.29.90	Diane C.	06.23.94
Patrick N.	06.04.96	Zack E.	06.01.10	James V.	06.17.11
Scott L.	06.28.84	LOVE AND LAUGHTER		Jamie Z.	06.01.10
Stephen T.	06.14.85	Barry S.	06.03.66	Jennie R.	06.28.10
Steve L.	06.30.89	Butch Q.	06.03.83	Jesse P., III	06.29.10
Tina R.	06.19.03	Gary P.	06.01.89	Joel P.	06.26.11
BACK TO BASICS		MID-DAY BREAK GROUP		Lorrie M.	06.26.10
Larry P.	06.01.01	Bridget	06.08.11	Paul T.	06.04.11
BY THE BOOK LEBANON		Carl V.	06.26.76	Penny B.	06.08.07
Russell P.	06.28.00	Charlotte	06.08.91	Robbin P.	06.16.11
William L.	06.19.11	Craig S.	06.11.09	Robert Y., Jr.	06.26.07
DONELSON YET		John G.	06.10.95	Sandra M.	06.17.11
Sue P.	06.27.94	Jon P.	06.13.10	Sherry L.	06.02.87
EASY DOES IT		Jonathan	06.06.09	SHADE TREE	
Brenda	06.26.10	Karon H.	06.15.09	Al C.	06.25.86
Candy	06.12.08	Lisa	06.27.09	Andy W.	06.19.06
Halk	06.20.05	Robbie L.	06.03.06	Angie P.	06.20.09
Hoyte	06.13.97	MOUNT JULIET FELLOWSHIP		Bruce B.	06.21.06
Lynn	06.09.90	Ann C.	06.07.86	Carla B.	06.15.09
Nick	06.12.11	NEW FAITH		Carman C.	06.08.??
Sandi	06.22.06	Theresa C.	06.28.08	Caroline W.	06.28.99
EVERY NIGHT @ 6		NIPPER'S CORNER		Debra F.	06.27.07
Colleen J.	06.06.86	Colleen J.	06.06.86	Dee C.	06.19.04
Robbie T.	06.26.96	Nick H.	06.26.05	Erick H.	06.14.04
Shawn G.	06.08.95	P.O.P.		Jim D.	06.08.07
Tabatha G.	06.06.08	David A.	06.24.11	Judy B.	06.20.85
Wesley H.	06.30.08	REBOS		Karolyn C.	06.28.06
FELLOWSHIP		Mark G.	06.01.11	Kirt S.	06.06.04
Jack H.	06.14.91	Marty M.	06.10.98	Laura D.	06.02.07
Rita E.	06.08.91	Michael R.	06.13.11	LeAnna E.	06.08.09
FIRST THINGS FIRST		Rick S.	06.25.11	Lloyd B.	06.03.08
Chad M.	06.26.81	Stephanie U.	06.17.05	Lori K.	06.10.09
Phillip H.	06.22.10	ROBERT E. LEE WOMEN'S		Mark T.	06.04.09
Sam M.	06.02.04	Amy K.	06.03.89	Michelle Q.	06.28.05
GRATEFUL ALIVE		SEARCH FOR SERENITY		Richard S.	06.11.06
Dennis B.	06.12.05	Alan J.	06.10.91	Ronda H.	06.18.10
J. J.	06.02.11	Cat R.	06.14.02	Shane S.	06.11.05
Jenny G.	06.09.96	Jimmy V.	06.04.07	Sharon C.	06.03.87
Jim M.	06.18.74	Johnett F.	06.05.96	Shawn C.	06.26.07
Josh W.	06.26.10	Ralph D.	06.07.09	Sherry W.	06.10.06
Lydia P.	06.12.07	Sheila T.	06.16.08	Steve Mc.	06.04.06
Patricia B.	06.30.11	Susie J.	06.29.11	Stephen S.	06.05.07
Patty M.	06.26.95	SEEKING SANITY		Tim E.	06.20.05
Tom R.	06.20.88	Alason B.	06.20.11	Tim R.	06.19.06
KEEP IT SIMPLE		Clorinda S.	06.14.80	SMYRNA GRATITUDE	
Daniel O.	06.01.86	Harry M.	06.18.09	Connie R.	06.03.11
Jake H.	06.01.92	John W.	06.11.08	Don K.	06.30.10
James C.	06.12.08	Lisa W.	06.04.89	Kristi S.	06.21.09
Johnye K.	06.01.92	Lynn M.	06.08.06	Karen V.	06.17.10
Liz H.	06.08.01	Raimond B.	06.18.10	Mark H.	06.12.87
Paul K.	06.13.83	Tony B.	06.08.94	Michael M.	06.03.96
LIVING IN THE NOW MONDAY NIGHT		SERENITY MURFREESBORO		Nathan S.	06.13.09
Andy S.	06.21.06	Allen D.	06.13.10	Shannon S.	06.24.10
Brittany S.	06.29.11	Allen G.	06.13.01	WEEKENDERS	
Dale S.	06.21.10	Amanda W.	06.10.10	Joey H.	06.08.??
Dan C.	06.23.08	Brad T.	06.17.11	WOODBURY GROUP	
David N.	06.06.09	Carla S.	06.01.03	Deidre M.	06.08.84

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