

# *The* **MESSENGER** *Middle Tennessee Central Office Intergroup*

**You are reading *The Messenger* online,  
It costs The Middle Tennessee Central Office to provide this service in print and online.**

**PRINTED COPIES ARE A DOLLAR EACH—**

**WHAT IS IT WORTH TO YOU HAVING IT ONLINE?**

**PLEASE CONSIDER MAKING A DONATION (YOU CAN DO SO ONLINE)**

**SEPTEMBER 2012**

## **Step 9: *Check's in the Mail***

**Made direct amends to such  
people wherever possible,  
except when to do so would  
Injure them or others.**

One afternoon during my college years, an idea on the order of a revelation came to me. I should quit my part-time tutoring job and push my way into the renting office of the building my family managed. My mother, my aunt, and my sisters had conspired to keep my father out of the business, but they wouldn't do the same thing to

me. So my thinking went. In handling rent money paid by the tenants of the single-room occupancy, I could easily find a way to siphon funds for my own personal use. The justification for such an action continued to present itself to me. Hadn't I grown up with my mother's stories of how her sister, my aunt, had purchased the building only to fall victim to unscrupulous people, including the current owner, who took title to the property and kept us on as the managers? Wouldn't I, if I began to extract sums of money, simply be righting a long-standing wrong? Such was the epiphany that gripped me that afternoon.

Within a day I had situated myself, with my mother's permission, in the renting office. Twenty-one at the time, I thought I would just be staying on for a few months as a way to relieve my financial circumstances. I did not know that the sums of money I extracted would grow and grow any more than I knew my need for alcohol would sizably increase over these years.

Within a few years I had a daily reliance on alcohol. Alcohol was my friend. Unlike my girlfriend, it would never let me down.

Nevertheless, some years later I came to Alcoholics Anonymous. I had progressed in my drinking to the point where blackouts were a frequent occurrence and the few people remaining in my life were more than a little tired of me.

One evening, as I sat at a meeting, the speaker shared that as part of his recovery, he had made financial restitution, including parking fines he had accumulated. I left the meeting completely rattled. The prospect of coming to terms with that part of my past terrified me. I called my sponsor and went over with him that period of my life that involved the renting office, including the money I had taken. I began to try to justify my action. Hadn't the owner been taking more than his fair share of the income, according to my mother?

Since childhood, I had been afraid of this building owner, and in that period as a young adult when I "worked" in the renting office, if he called on the phone I would panic, barely able to speak, and begin a desperate search for my mother, so she could deal with him and I could continue to hide.

*(Continued on page 2)*

### **INSIDE THIS ISSUE**

Step Nine	1
Spirituality & Money	3
From the Desk of Charles C.	4
Events	6
Meeting Updates	7
Sin salir de su celda	8
Contributions	9
Financials	10
Anniversaries	11

David S. – New York, New York  
Reprinted with permission – AAGrapevine –  
Sept 2005

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

**When your head begins to  
swell—your mind stops  
growing.**

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

The first time I had to talk about finances at a district meeting when I was my area's treasurer, a fellow sitting in the back of the room yelled out: "Why in the world are you always talking about money when this is a spiritual program?" The guy threw me and I didn't know how to answer him. What I am going to try to do now is to explain how money and spirituality *do* mix in AA. They have to mix when we keep the right attitude and the proper perspective.

My name is John H. I am an alcoholic and I belong to the Forest Hills Group. The Forest Hills Group has one meeting a week which is a speaker's meeting that meets on Monday nights. At that meeting they pass the basket and as a responsible member of that group, I put my donation in the basket. As a group member, I have to be responsible for the rent, literature, coffee, donuts and supporting the larger support system of AA. We have six members in the Forest Hills Group, and we pay \$85.00 a month in rent to the church because that is the amount they requested.

But what is the larger "support system"? After we take care of all the responsibilities of our group and have a prudent reserve to keep the meeting open for a month, we take whatever is left over and contribute to intergroup, General Service in New Jersey, and the General Service Office in New York. Each group does it whatever way they wish; breaking it down into thirds, half, or whatever. It is always a good idea to donate to intergroup first. I say intergroup first because that is the answering service. That's where the alcoholic gets help first; where he calls for the first time. Intergroup has a paid secretary. They make sure the name is in the telephone book, in the yellow pages and the white pages, so somebody can get the number and can call for help if they need it. They supply the meeting books. I don't know of any group in New Jersey that can spend \$20,000 every six months to print up those meeting books; but, I know that if each group sent in contributions to intergroup, these meeting lists would get printed, which amounts to just a small portion of what each group donates. Intergroup also has a delegates' meeting where you share your group problems and how your group functions.

New Jersey General Service: Why donate to them? What do they do? They have these committees: Cooperation with the Professional Community (CPC), Public Information (PI), Treatment Facilities,

Correctional Facilities. These committees can go into outside facilities and carry the message of recovery in AA. We can supply literature for all these things. When the newly-created film for Treatment Facilities comes out, we can purchase that film and show it to Treatment Facilities personnel, patients, and prospective twelfth-steppers.

Contribute to New York? Why? They are the clearing house of information for groups all over the United States and Canada; basically, all over the world. So, if your group is having a problem, you can, through the delegate, get information of what is happening or has happened in other groups all over the United States and Canada; or all over the world. That's what the New York General Service Office is, a clearing house for information. We have staff members and people over there that have to be paid. So, my responsibility through my group is to help take care of these functions.

When the basket is passed at the meeting of my home group, I put a five dollar bill in it. That's my responsibility to my group--to help pay for all these services. If I go to a meeting of your group and I drink coffee, I still have a responsibility to your group. I would spend \$1.00 at a diner for coffee; so, if I drink my coffee at your group, I will put a buck in the basket when it gets passed. In other words, if I went to seven meetings a week, it would cost me \$11.00 a week to save my life. It's that simple. I used to spend a heck of a lot more than \$11.00 a week when I was killing myself!

As I said before, we have six members of the Forest Hills Group. We pay \$85.00 a month rent. I don't know what we spend on goodies; but we send \$15.00 a month to intergroup; \$15.00 a month to New Jersey General Service; and \$15.00 a month to GSO in New York.

I'll share a little experience with you. When I served as treasurer of the area, I was asked to go to a business meeting of a group that was having a problem paying their rent. It is one of the oldest groups in northern New Jersey. They had been meeting in the same church since they began, and all of a sudden they were having a problem meeting the rent. The GSR requested one of the officers from New Jersey General Service to come and sit in on their business meeting and see if we could help

*(Continued on page 5)*

## From the desk of Charles C.

### AIN'T IT GREAT TO BE SOBER !!! ???

Early in my sobriety, there was a 70ish year old cattle auctioneer named "Hoss". He had memorized *How It Works* during his 35 years of sobriety and always began with, "Ain't it great to be sober ?" . He would keep repeating the question until all responded enthusiastically enough to be heard all over town. As he aged and became weaker, smaller and less robust, he still would bellow it out. He believed it was really great to be sober,

### NO MATTER WHAT!

The Big Book promises the most satisfying years of our life lie ahead. I thought I was living those years already, and then guess what? A series of tragic events culminated with my wife and me having custody of a five year old granddaughter. Talk about a life changing event... I have thought many times over the last two weeks that it is truly great to be sober !! I would have never been fit, willing or capable at age 64 to assume custody of a loving, charming beautiful person. We are truly blessed with willingness through sobriety. I am not the center of my own life, and now know I could never

have found satisfaction trying to be the center. Being of maximum service to someone else was a foreign concept when I was drinking.

Awaking an hour earlier, packing lunches, going to kindergarten parent orientations and not being resentful, angry and vindictive; this is only possible as a result of sobriety and the concomitant maturity that was lacking in my life for many years.

I am grateful for the opportunity to make a difference in someone else's life. I am also grateful that all the trouble and heartache that led to having this beautiful person in my home, can be used as an opportunity to show God's omnipotence as discussed on page 33 of The Big Book; "... but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence."

Thanks for all the wonderful blessings our Fellowship affords all of us, and thanks to all of you for reminding all of us that the most satisfying years of our life can lie ahead. Thanks for letting me share.

### AIN'T IT GREAT TO BE SOBER !!! ???

<b>CENTRAL OFFICE OFFICERS</b>	<b>NAME</b>	<b>PHONE #</b>
Chairperson	Cynthia S	407.468.5641
Vice Chairperson	Michael A	615.497.6617
Secretary	Lois B	615.579.7303
Treasurer	Don R	931.239.1523
Public Information/Cooperation with the Professional Community	Al C	615.883.4553
Corrections	Nancy	530.218.8176
Treatment	Dale	615.775.4074
Archives	Don D	615.525.7643
Special Needs	Si	615.714.0460
Central Office Director	Charles C	615.832.1136
Central Office Accountant	David	615.832.1136

### FIRST TUESDAY OF EVERY MONTH:

District 32 Meeting

When:  
6:30pm – 7:30pm

Where:  
Central Office  
Conference Rm

176  
Thompson  
Lane

District 35 Meeting  
When:  
6:30pm – 7:30pm

Where:  
5925 O'Brien Ave

### FIRST TUESDAY OF EVERY MONTH:

### SECOND TUESDAY OF EVERY MONTH:

Intergroup Meeting  
(Central Office)

When:  
5:45pm – 6:45pm

Where:  
Central Office  
Conference Room  
176 Thompson Lane

*(Continued from page 3)*

solve their problem. As treasurer of the area, I was elected to go, and I am glad that I did.

When I got there, the chairman of the group, who knew me as a member of the Forest Hills Group and not as an area officer, said, "You don't belong here. You are not a member of this group, and this is a business meeting." I answered him saying, "You are right. I don't belong here if it was just to come into this meeting; but the GSR requested for somebody from General Service to come." He said, "You still don't belong here." I replied, "That's not your decision. That's your group's decision because it was a request from the GSR that I be here. Open it up on the floor and if the group says they don't want me here, I will leave." But, thank God, the group said I could stay; and I was glad. They got the treasurer's report. Their rent was \$195.00 a month and they had five meetings a week. That's \$10.00 a meeting in round figures. The treasurer had been taking twenty and forty dollars out of his pocket for the last three or four months to pay the rent. Discussion started. One woman was blaming the elders of the church because they were asking for too much rent.

From what I understood from the meeting that night, they had been paying the same rent for approximately the last four years. So, it wasn't the elders' fault. Then, there was complaining about a guy who came into their meeting and ate three donuts. There was blame all over the place. There were 60 members of that group at that meeting. After about 20 minutes of listening to a lot of petty nonsense, I raised my hand and asked if I could share. I commended the treasurer for what he was doing; that it was nice that he was taking money out of his pocket to pay the rent; but, I also told him that he was the enabler for all the people in the room to do nothing. I had their attention. I told the woman who complained about the elders in the church that it is entirely their decision what they want for rent. They know what they need to operate their facility and how much they need per night for the room. You can't argue with them. That's getting involved with an outside entity, the church. Either you pay the rent or you move. One woman raised her hand and said, "You know, the night I walked in sixteen years ago I put \$1.00 in the basket, and tonight at the meeting, I put \$1.00 in the basket." Another guy raised his hand saying the same thing;

and then somebody else and somebody else. They started to talk to each other about their problem. Then, there was a young fellow sitting on the stage, who raised his hand and was recognized by the chairman. He said: "What would happen if we each put \$2.00 in the basket?" He got the message.

We have to do a little more today than we did yesterday because of all the things that are going up. Churches still have to pay insurance. They have a lot of extra bills they have to take care of. Years ago, I remember at the Forest Hills Group, we paid \$10.00 a month for four meetings. Today churches have to pay a janitor, where years ago somebody volunteered. It is not the same as it was. It has changed. So, we have to change. We have to be responsible. We have to do a little extra today.

I will share another experience involving a group down in Belmar--a small group again. As area treasurer, I used to get the donation checks. Every month I would get a check for \$3.00, or \$4.22, or \$6.90 from this particular group. I thought it was great that they were taking their little money and sending it to us. I had the opportunity to visit that group. They had six members and a very small meeting; not too many people attended. What they did was, after all their responsibilities were taken care of for the group meeting--the rent, the coffee, the literature, the donuts, a prudent reserve for a month's operation--they would take the remainder of their money and split it three ways: New Jersey General Service, General Service Office in New York, and intergroup.

On the other side of the coin, there is a group around the Piscataway area. The group's treasurer kept building up the money because he did not know where to send any donations. All of a sudden, through sharing, and only through sharing experiences, the message got through to him that you have to spread this money out to carry the message to the still-suffering alcoholic. New Jersey General Service got \$500; New York General Service Office got \$500; and intergroup got \$500. What I am saying is that the group down in the Belmar area had, say, \$3.00; they could not buy a Big Book with \$3.00; but if you take that \$3.00 and put it with the \$500, we could buy a lot of Big Books for the PI committee to put in a lot of libraries all over New Jersey to carry the message to the still-suffering alcoholic.

*(Continued on page 6)*



## Spirituality and Money (con't)

(Continued from page 5)

I am responsible within my group to make sure all those services are taken care of--literature, rent, coffee, donuts, intergroup, New Jersey General Service, and the General Service Office in New York. I don't know how much of my \$5.00 goes to all these entities. I really don't. Another thing that was brought up at that business meeting of the group having a problem paying the rent was a complaint about a guy putting a quarter in the basket. When I was sharing with them, I commented that you can't complain about the guy who ate three donuts. That might be the only meal that guy had that day. And the guy who put the quarter in the basket? It might have been the only quarter he had. But, it is my responsibility, not his, not hers, mine. I have to be responsible. I have to do what I feel is necessary for me to carry the message of sobriety to the sick alcoholic; just the same as I got it. That's what it amounts to--spirituality and money.

*John H. - Belleville, New Jersey*

*Reprinted with permission - AAGrapevine - October 1990*

### **Editors Note (The Messenger):**

**This article was written 21 years ago—they were debating putting more than a dollar in the basket way back then.**

The chart below gives some price comparisons:

YEAR & COST	Corn Flakes 12 oz box	Oreos 15.5 Ounce Bag	Cigarettes Each
1945	\$ .08	\$ .52	\$ .01
1976	\$ .46	\$ .81	\$ .02
1990	\$ 1.33	\$ 2.61	\$ .06
2012	\$ 3.79	\$ 4.59	\$ .25

Would you give up a few cookies, sodas, designer coffees or cigarettes a week, in order to support your group and the AA service groups that insure the message is still carried to the Alcoholic who still suffers?

Many groups now have a \$2 Tuesday suggestion, see if you miss that extra dollar one day a week.

In Tennessee, when **your** group sends a portion of **your** money to support AA, this is how it is suggested they do so:

- 10% to District
- 10% to area committee
- 30% to G.S.O.
- 50% to Intergroup/Central Office

1. Is your group contributing to these vital AA functions/needs?
2. When was the last time you attended your Home Group Business Meeting and asked where your money goes?

If you would like more information:

Call:     The Middle Tennessee Central Office  
               615.832.1136  
               800.559.2252

Ask for: **F-3 - Self-Support: Where Money and Spirituality Mix**

A full-color illustrated pamphlet that suggests ways of apportioning group contributions to support various service entities.

Feel free to send your comments or suggestions to:

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

## EVENTS

**POP ANNUAL A.A. PICNIC - September 28<sup>th</sup>, 6:00 PM**  
**Meat and drinks will be provided. Please bring a dish to share.**  
**Brush Hill Cumberland Presbyterian Church—**  
**3705 Brush Hill Road— Nashville,**  
**Dinner will begin at 6:00 and**  
**our speakers will begin the Birthday Celebration at 8:00.**  
**We encourage you to bring family and friends as this is an open**  
**meeting and we will have events for the children.**

### **DISTRICT 9 IS ROCKIN THE JAILHOUSE WITH A CORRECTIONS WORKSHOP!**

WHEN: SEPTEMBER 22, 2012 9AM – 5PM

WHERE: 1224 BROAD STREET

COOKEVILLE, TN. 38501

TOPIC: SERVICE WORK IN CORRECTIONS;  
 PASSING IT ON! {AM}

LITERATURE: SELF SUPPORTING IDEAS FOR YOUR  
 DISTRICT {PM}

CONTINENTAL STYLE BREAKFAST AND LUNCH WILL BE  
 SERVED.

CONTACT JODI C. 931-319-3466   RSVP. PLEASE

NEW

<b>37013</b>	Lighthouse Fellowship Church 5100 Blue Hole Antioch Wed 6pm OD
<b>37027</b>	Brentwood BB Sun 7pm now 1hr
<b>37046</b>	Limitless Lode College Grove UMC 8568 Horton Hwy Tues 7pm
<b>37067</b>	Cool Springs Newcomers Bradford Hlth Svcs 1897 Gen George Patton Dr Franklin Mon & Wed 7pm CD/Beg
<b>37072</b>	Ladies Night Out Cedar & Church Goodlettsville Tues 6pm
<b>37076</b>	Hermitage Women's Hermitage Pres Church 4401 Lebanon Rd Hermitage Mon Noon OD
<b>37076</b>	Women's BB Study Hermitage Pres Church 4401 Lebanon Rd Hermitage Sat 3pm
<b>37080</b>	Joelton Mtg. Thur 7pm OD
<b>37086</b>	Laverne Solutions Right Rd Ministries 188 Old Nashville Hwy La Vergne Tues-Fri 5p OD
<b>37115</b>	Serenity House 102 Harris St. Madison TT Wed 8pm
<b>37115</b>	Women's Serenity Now Meets 5:30pm OD
<b>37129</b>	Serenity 435 S. Molloy Ln Murfreesboro Sat 2:30 OD/Gay
<b>37129</b>	Murfreesboro Grapevine Mtg 801 N. Maney Ave Sun 8pm
<b>37148</b>	Portland Unity Fri 6:30pm
<b>37174</b>	New Women's AA Grace Episcopal Church/Community Hall Main & Beechcroft Springhill 6:30pm
<b>37203</b>	WANGL Outcentral Cultural Comm Center 1709 Church St Fri 6:30pm
<b>37206</b>	Eastside Women's Eastwood Christian Church 1601 Eastland Ave Tues 6:30pm
<b>37209</b>	Made A Decision Holy Trinity 6727 Charlotte Pike Tues - OD/Gay
<b>37211</b>	Safe Place Oasis Church 7533 Lords Chapel Dr Tue & Thurs 6:30pm OD
<b>37211</b>	Steel Magnolia Women's Last Stop Club 2122 Utopia Sun 10am CD/WM
<b>37221</b>	Keep It Simple Holy Trinity Lutheran Church Sneed Rd. Mon 8pm TT CD
<b>37388</b>	Drop the Rock 106 N. Anderson St Tullahoma Sat 8:30am Men/Lit
<b>38562</b>	Old Time AA First UMC 302 S. Main St Gainsboro Fri 8pm OD

MOVED

<b>37027</b>	Brentwood Full Moon Otter Creek Church 409 Franklin Rd
<b>37034</b>	Chapel Hill New Life Comm Baptist Church 5216 Nashville Hwy
<b>37064</b>	Garden Variety St. Andrew Lutheran Church 908 Murfreesboro Rd Tues/
<b>37122</b>	Key to Sobriety 595 W. Division St Mt Juliet

CHANGES

<b>37013</b>	Higher Powered Fri 8pm
<b>37069</b>	Living in the Now is now Monday Night Prime Time
<b>37087</b>	Lebanon By the Book Mon-6:30 Tues-6:30 Fri-7:00
<b>37174</b>	Women's AA Mtg name change S.O.S. (Sisters of Sobriety)
<b>37204</b>	Vine Hill Vine Hill Towers 625 Benton Ave Thurs 9am is now at 4pm

CANCELLED

<b>37015</b>	OISVAL Valley View Ashland City Fri 8pm
<b>37027</b>	Prime Time - Tues night
<b>37066</b>	Search for Serenity
<b>37066</b>	Turning Point
<b>37172</b>	Ex-Offenders
<b>37172</b>	Robertson County Wed & Sun night
<b>37211</b>	Young Timers Sunday 8pm
<b>37212</b>	Natchez Trace Wed 11am
<b>37214</b>	Freedom House Wed 7pm
<b>37217</b>	Love & Laughter Thurs 8:15
<b>38501</b>	Cookeville Weekend Recovery Thurs 6pm
<b>38570</b>	Livingston Tues & Fri
<b>38556</b>	Jamestown Tues 7pm
<b>42223</b>	The Power of Now

**SAVE THE DATE**

**NOVEMBER 30,  
2012  
ANNUAL  
DINNER  
MIDDLE  
TENNESSEE  
CENTRAL  
OFFICE**

**Learn to Listen;  
Listen to Learn.**

**"A mushroom walks into a bar and orders a drink.**

**The bartender tells him to get out.**

**The mushroom says, "why? I'm a fun-guy."**



**I've got a friend who's fallen in love with two school bags, he's bi-satchel.**

**Things We Cannot Change**

Longtime Leeville Community Group member Roy C. of Mt Juliet passed on Aug 6th. Roy was celebrating his 18th year of sobriety at the time of his death and he will be greatly missed.

## Sin salir de su celda, recupera el amor por la vida y la autoestima

Escuche esta historia

Escribir mi historia después de estar seis años aquí en prisión, es algo que espero le sirva a los que la leen. Crecí en una familia muy pobre en un pueblito de Guanajuato, México. Éramos muchos hermanos y hermanas, mis padres no tuvieron tiempo de darme cariño y atención. Crecí muy rebelde, con complejos de inferioridad y sin amor propio.

Tuve mi primer contacto con el alcohol a los 13 años. Recuerdo que uno de mis amigos me invitó a unas cervezas, en mi pueblo cualquiera podía comprar cervezas sin importar la edad.

El primer trago fue como el amor a primera vista, se me quitó la timidez y me gustó la euforia que experimenté. Nos pusimos a brincar y a jugar al fútbol, se nos olvidó que era de noche y no había luces. Los gritos y el escándalo llamaron la atención de la gente y pronto le avisaron a mis padres. Cuando llegué a casa mi mamá me dijo que me acercara a ella, estoy seguro que apestaba a cerveza.

Siguiendo a una novia me fui a la capital. Conseguí trabajo y eso me liberó de mis padres, ya no tenía que esconderme de ellos, podía beber a mi antojo.

Trabajaba, pagaba mi renta y mi comida, inclusive enviaba dinero a mi familia. Me sentía con derecho a tomar todos los fines de semana.

En poco tiempo el alcohol empezó a causarme problemas más serios. Con mi tercera novia construimos un hogar y le prometí la luna y las estrellas. Tuvimos tres hijos, yo tenía la responsabilidad de mantenerlos, pero el alcoholismo estaba tomando control de mí.

Empecé a maltratar verbalmente a mi pareja y a serle infiel, luego la golpeé en repetidas ocasiones. Los suegros se dieron cuenta y me demandaron. Huyendo de la amenaza de cárcel emigré a California.

Pensé que cambiando de país terminarían mis infortunios. Llegué destrozado por haber dejado a mis hijas pero con las cervezas todo se me olvidaba, inclusive la responsabilidad de mantenerlas.

Tuve otras dos mujeres y más familia, rompí también con ellas y con otras, pues el alcohol era lo único que deseaba en la vida, y le dedicaba ya el tiempo completo.

Toqué fondo con una acusación muy grave por violencia doméstica y por no pagar multas. Ahí me di cuenta que yo estaba en una bancarrota espiritual.

Físicamente estaba también deshecho y mentalmente estaba peor. Intenté suicidarme tres veces, después de tantos años tomando no sabía cómo afrontar estas situaciones.

Entonces experimenté lo que en AA llaman una “experiencia espiritual”.

Mientras tramaba como quitarme la vida por tercera vez, escuché una voz que me decía que leyera un libro, yo tenía muchos libros en la cabecera de mi cama, incluyendo la Biblia. La voz era tan clara que pregunté: “¿éste?”, entonces me contestó: “ese”. Era el Libro Azul de AA.

Esa noche hubo una junta de AA y así fue cómo empecé a construir el puente que yo cruzaría para salir hacia la luz, después de haber vivido 30 años en la obscuridad. No sé como llegó ese bendito libro a mis manos, pero al leerlo me levantó de entre los muertos, empecé a ir a un grupo aquí en la prisión de Ontario. Después de tres años y medio de leer el libro y de leer La Viña, me di cuenta que Dios me salvó la vida por medio de este programa para ayudar a otros a alcanzar su sobriedad también. Las revistas La Viña y Grapevine han sido mi “padrino”, pues por medio de la sección de los veteranos empecé a aplicar los Pasos en mi vida. Quiero que sepan que gracias a todos ustedes, a la revista, a mi grupo y al Libro Azul, volví a nacer.

Hoy amo la vida más que nunca, he recuperado mi dignidad y la autoestima, me siento útil sirviendo a los demás. He podido coordinar y guiar a los grupos en español (ya tenemos dos) gracias a las revistas. Ahora me doy cuenta de lo valioso que es llevar el mensaje a otros.

Fui el primer hispano que puso su grano de arena en esta institución para levantar los cimientos en la vida de otras personas. No lo digo con presunción, lo digo con agradecimiento, pues me siento útil porque creo que Dios me está usando, así como también está usando la revista.

Estoy tratando de reconciliarme con mis hijos. Me siento libre aquí en prisión, hoy no cambio el mejor de mi día de bebedor, por el peor de mi día sobrio. Sé que cada día tengo una suspensión de mi adicción, que depende de mi condición espiritual. Le doy gracias a Dios por esa voz que me habla en mi conciencia y que me llevó a mi recuperación. Hoy soy también un mejor miembro en mi iglesia, gracias a AA.

*Juan R.- Ontario, Oregón*

*Reprinted with permission – La Vina – July/Aug 2012*

**The Murfreesboro Pike Area AA needs women that can speak Spanish—to help carry the message.**

**This is a wonderful service opportunity.**

**Please call Lali (615.483.0882) if you can help or if you know someone who can be of service. Muchas Gracias.**



Group	Mo Amt	YTD Amt
21ST AVEUNE	40	146
24 HOUR		160
ANONYMOUS GROUPS	571	974
ANY LENGTHS	50	100
BACK DOOR AA		100
BACK ROOM		2,729
BACK TO BASICS		25
BAR NONE	100	100
BELLEVUE		274
WINNERS AND BEGINNERS		85
BIKERS IN RECOVERY	43	240
BRENTWOOD FULL MOON		400
BY THE BOOK (LEBANON)		25
BY THE BOOK (DICKSON)		54
CAME TO BELIEVE		25
CELEBRATE SERENITY		123
CLARKSVILLE		50
CLUB 62 UNITY		12
COLUMBIA	20	140
COMFORT ZONE	100	500
COMMUNICATIONS		157
COOKEVILLE		50
CROSSVILLE NON-SMK STEP		71
DAILY REPRIEVE		146
DAVIDSON RD	400	2,700
DAVIDSON RD WOMEN'S		241
DONELSON YET		100
DOWNTOWN LUNCH		171
DROP THE ROCK	50	100
DRUNKS IN THE PARK	217	460
EAST SIDE SATURDAY		300
EASY DOES IT		130
EVERY NIGHT AT 6	43	324
FAIRFIELD GLADE	20	74
FAYETTEVILLE		40
FIRST THINGS FIRST		503
FIVE & FIVE		794
FRANKLIN	875	1,485
FRANKLIN WOMEN'S		100
FREE TO BE	466	596

Group	Mo Amt	YTD Amt
G.O.D. (GRP OF DRUNKS)		50
GOODLETTSVILLE A.A.		200
GRATEFUL ALIVE	127	243
GRATITUDE		113
HAPPY HOUR	50	165
HARDING ROAD	100	500
HIGH NOON		475
HILLSBORO ROAD		673
HUT	10	20
IBI-UBU	100	225
KEEP IT SIMPLE BELLEVUE	109	611
KEY TO SOBRIETY		86
KICKOFF'S NOT TILL NOON		103
LAFAYETTE NEW HOPE	75	75
LAMBDA		150
LAST CALL		25
LATE LUNCH BUNCH		1,462
LAVERGNE SOLUTIONS		175
LAWRENCEBURG		40
LET IT HAPPEN		50
LIFE SAVERS	150	150
LINDEN		100
LIVING BY THE PRINT	100	300
LIVING IN THE NOW	35	35
MCMINNVILLE		100
MID-DAY BREAK	279	887
MT JULIET FELLOWSHIP		125
MURFREESBORO	50	50
MUSIC ROW		150
MUSTARD SEED	50	350
NATCHEZ TRACE MEETING		220
NEEDED MEETING CLOSED		144
NIPPERS CORNER MEETING		28
NORTH BORO		50
NORTHSIDE, CLARKSVILLE	75	225
OUT TO BREAKFAST		60
OUT TO LUNCH BUNCH	120	320
P.O.P.		200
PAY DAY	75	75
PORTLAND UNITY		50

Group	Mo Amt	YTD Amt
PRIMARY PURPOSE	86	219
PULASKI		20
RAY OF HOPE		200
REBOS (SOBER)	74	307
RIDGETOP BASICS		134
ROAD OF HAPPY DESTINY	10	30
ROBERT E. LEE WOMEN'S		100
SANGO SOLUTIONS		35
SAT NIGHT ALIVE MEETING	30	210
SEARCH FOR SERENITY		120
SEEKING SANITY	262	979
SERENITY	50	350
SHADE TREE		1,022
SISTERS OF FAITH		75
SMOKE FREE-Sobriety 1st		142
SMYRNA GRATITUDE	100	700
SUNDAY NIGHT BUNCH		300
TEMPLE HILLS		125
THE BASEMENT BUNCH	50	200
THE STRAGGLERS	25	50
THE UNITED		200
THE WAY OUT		950
TRUDGING THE ROAD		100
TURNING POINT		462
VALLEYVIEW ASHLAND CITY		160
WANGL		54
WAVERLY		60
WEEKENDERS		100
WEST NASHVILLE		210
WESTMINSTER	252	436
WHITE HOUSE		160
WINNERS AND BEGINNERS	123	218
WOMEN IN THE SOLUTION		150
WOODBURY	210	780
YOUNG GUNS		92
YOUNG TIMERS	48	81
	Mo Amt	YTD Amt
TOTAL CONTRIBUTIONS	5,820	33,394

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

	Actual	CURRENT MONTH	Budget-Var	Actual	YEAR TO DATE Budget	Budget-Var
<b>INCOME</b>						
LITERATURE SALES	\$ 15,390.16	12,434.87	2,955.29	\$ 84,722.14	87,044.09	(2,321.95)
<b>COST OF GOODS SOLD</b>						
LITERATURE	10,959.48	8,333.33	2,626.15	62,420.67	58,333.31	4,087.36
FREIGHT	51.25	0.00	51.25	229.11	0.00	229.11
DIRECTORY	216.17	437.50	(221.33)	1,289.60	3,062.50	(1,772.90)
<b>TOTAL COST OF GOODS SO</b>	<u>11,226.90</u>	<u>8,770.83</u>	<u>2,456.07</u>	<u>63,939.38</u>	<u>61,395.81</u>	<u>2,543.57</u>
<b>GROSS PROFIT - LITERATU</b>	4,163.26	3,664.04	499.22	20,782.76	25,648.28	(4,865.52)
GROUP	6,214.73	4,666.67	1,548.06	33,472.53	34,625.44	(1,152.91)
INDIVIDUAL	129.09	291.67	(162.58)	7,968.72	2,041.69	5,927.03
MESSENGER	120.00	208.33	(88.33)	987.00	1,458.31	(471.31)
SPECIAL EVENTS	0.00	333.33	(333.33)	0.00	2,333.31	(2,333.31)
INTEREST	8.68	16.67	(7.99)	63.59	116.69	(53.10)
<b>TOTAL INCOME</b>	<u>10,635.76</u>	<u>9,180.71</u>	<u>1,455.05</u>	<u>63,274.60</u>	<u>66,223.72</u>	<u>(2,949.12)</u>
<b>EXPENSES</b>						
CASUAL LABOR	150.00	150.00	0.00	600.00	1,050.00	(450.00)
PAYROLL	3,861.00	4,121.67	(260.67)	31,329.80	30,731.49	598.31
LEGAL & PROFESSIONAL	135.00	155.42	(20.42)	1,005.00	1,087.94	(82.94)
SALES TAX EXPENSE	(36.68)	0.00	(36.68)	(24.69)	0.00	(24.69)
RENT	2,165.03	2,197.08	(32.05)	15,704.66	15,379.56	325.10
PRINTING	265.00	412.50	(147.50)	1,969.20	2,887.50	(918.30)
PAYROLL TAXES	295.35	313.57	(18.22)	2,319.93	2,338.79	(18.86)
MAINTENANCE	91.00	74.17	16.83	514.35	519.19	(4.84)
TELEPHONE & FAX	490.99	475.00	15.99	3,371.05	3,325.00	46.05
COMMUNICATIONS	0.00	0.00	0.00	0.00	0.00	0.00
ANSWERING SERVICE	206.50	190.50	16.00	1,187.50	1,333.50	(146.00)
POSTAGE	264.84	100.00	164.84	937.52	700.00	237.52
OFFICE SUPPLIES	244.19	166.67	77.52	1,374.74	1,166.69	208.05
BANK SERVICE CHARGE	0.00	0.00	0.00	68.12	0.00	68.12
COMPUTER PROJECT	75.38	83.33	(7.95)	284.36	583.31	(298.95)
EMPLOYEE BENEFIT	0.00	0.00	0.00	0.00	0.00	0.00
INTERGROUP EXPENSE	0.00	83.33	(83.33)	279.65	583.31	(303.66)
INSURANCE	0.00	175.00	(175.00)	1,216.00	1,225.00	(9.00)
SPECIAL EVENTS / FUNCTI	5.44	166.67	(161.23)	105.44	1,166.69	(1,061.25)
REPAIR & MAINTENANCE	0.00	0.00	0.00	44.03	0.00	44.03
TRAVEL	0.00	274.13	(274.13)	321.86	1,918.91	(1,597.05)
DEPRECIATION	0.00	41.67	(41.67)	271.65	291.69	(20.04)
OVER/UNDER	(0.93)	0.00	(0.93)	(44.96)	0.00	(44.96)
<b>TOTAL EXPENSES</b>	<u>8,212.11</u>	<u>9,180.71</u>	<u>(968.60)</u>	<u>62,835.21</u>	<u>66,288.57</u>	<u>(3,453.36)</u>
<b>NET INCOME</b>	<u>\$ 2,423.65</u>	<u>0.00</u>	<u>2,423.65</u>	<u>\$ 439.39</u>	<u>(64.85)</u>	<u>504.24</u>

### Philosophy

For me, AA is a synthesis of all the philosophy I've ever read,  
all of the positive, good philosophy, all of it based on love.  
I have seen there is only one law, the law of love. and there are only two sins;  
the first is to interfere with the growth of another human being,  
and the second is to interfere with one's own growth.

BACK TO BASICS	
<b>Braden G.</b>	<b>09.08.85</b>
Cayce L.	09.18.08
Fred W.	09.01.10
Julia B.	09.22.10
Maureen O.	09.03.02
Nick K.	09.03.06
Peggy D.	09.13.03
Rachel P.	09.16.06
<b>Rick B.</b>	<b>09.10.84</b>
Steve D	09.22.03
DONELSON YET	
Amanda N.	09.21.06
<b>Ed C.</b>	<b>09.16.92</b>
JJ T.	09.27.01
Joe V.	09.27.96
Nat T.	09.11.10
EASY DOES IT	
Charles	09.10.98
Jim	09.08.09
Travis	09.01.09
FELLOWSHIP	
Becky N.	09.24.95
Melissa S.	09.21.02
FIRST THINGS FIRST	
Alan B.	09.05.94
Bill J.	09.20.11
Stephen B.	09.09.09
Susan P.	09.02.09
GRATEFUL ALIVE	
<b>Mike B.</b>	<b>09.15.87</b>
HERMITAGE WOMEN'S	
Traci A.	09.11.11
Vanessa B.	09.12.11
KEEP IT SIMPLE	
Carl M.	09.09.11
Chuck A.	09.30.05
Grace A.	09.06.11
Jim R.	09.02.07
Karen S.	09.25.10
Peter Mc.	09.21.11
Susan B.	09.12.04
LATE LUNCH BUNCH	
Bobbie S.	09.12.11
Gary N.	09.08.11
Greg A.	09.??11
<b>Greg S.</b>	<b>09.27.82</b>
Jeremy D.	09.10.11
<b>Jim L.</b>	<b>09.27.83</b>
Kathy P.	09.24.11
Steve K.	09.24.94

LOVE AND LAUGHTER	
Dana P.	09.21.11
Jeanette A.	09.17.06
<b>Kathy B.</b>	<b>09.12.82</b>
Mark S.	09.09.10
Mike M.	09.02.96
Penny P.	09.25.94
MID-DAY BREAK GROUP	
<b>Anthony T.</b>	<b>09.12.90</b>
<b>Charley Y.</b>	<b>09.23.91</b>
Christa S.	09.02.10
Colin M.	09.23.06
Greta T.	09.16.10
James T.	09.18.10
Jeff P.	09.22.09
Jennifer L.	09.19.10
Lana M.	09.19.11
Linda D.	09.16.09
Linmarie B.	09.21.05
Melissa S.	09.21.02
Travis O.	09.23.09
MONDAY NIGHT PRIME TIME	
Bob H.	09.02.05
Chad K.	09.23.11
David B.	09.01.05
David C.	09.25.08
David D.	09.07.05
Jake W.	09.17.10
Jason B.	09.28.08
<b>John L.</b>	<b>09.23.92</b>
Kathy D.	09.20.06
Kevin W.	09.29.10
Patrick H.	09.19.06
Paul M.	09.21.04
MOUNT JULIET FELLOWSHIP	
<b>Sybil D.</b>	<b>09.02.89</b>
NEW FAITH	
<b>Charley Y.</b>	<b>09.23.91</b>
Jana G.	09.29.10
<b>Kathy B.</b>	<b>09.12.82</b>
<b>Ruth A.</b>	<b>09.19.80</b>
NIPPERS CORNER	
Jerry J.	09.10.02
Miranda	09.10.11
Venessa S.	09.21.02
P.O.P.	
<b>Billy W.</b>	<b>09.22.88</b>
Brady M.	09.13.00
Chris G.	09.13.06
Gary V.	09.07.07
Jimmy N.	09.19.08
<b>Marti L.</b>	<b>09.25.83</b>
Shelly A.	09.16.03

REBOS	
Jaimee W.	09.25.04
Joe G.	09.11.11
Sam M.	09.20.07
ROBERT E. LEE WOMEN'S	
Andi M.	09.05.07
LeAnn S.	09.21.11
Lisa T.	09.18.08
Maureen O.	09.05.02
Rachel P.	09.16.06
SEARCH FOR SERENITY	
Shelly A.	09.16.03
Suanne M.	09.21.03
SEEKING SANITY	
Bob M.	09.29.09
Darrel B.	09.17.09
Monroe C.	09.11.05
Rusty B.	09.20.10
<b>Waymon H.</b>	<b>09.02.90</b>
SERENITY MURFREESBORO	
Adam B.	09.26.00
<b>Anita D.</b>	<b>09.10.82</b>
Blake C.	09.01.11
Bobby R.	09.18.06
Bruce S.	09.22.11
Dave S.	09.26.11
David E.	09.04.10
Debbie D.	09.12.06
Garey G.	09.26.97
Gerald G.	09.02.09
<b>Greg H.</b>	<b>09.04.87</b>
Hazel S.	09.17.10
Heather D.	09.09.07
<b>Jack C.</b>	<b>09.12.82</b>
Janet O.	09.16.03
John C.	09.11.04
Jonathan H.	09.17.11
Karen C.	09.22.10
Katheryn B.	09.20.06
Keith E.	09.15.10
Kenny H.	09.01.09
Marsha H.	09.02.10
Michael H.	09.01.10
Mike P.	09.01.10
Priscilla R.	09.22.11
Ray S.	09.10.10
Richard W.	09.01.09
Shellie B.	09.17.11
Shelly A.	09.16.03
Shonda A.	09.20.09
Stephanie H.	09.01.93
Terry P.	09.01.11
Wayne H.	09.12.08
Wilson F.	09.08.06

SHADE TREE	
A. Casper V.	09.01.02
Amanda K.	09.17.06
Amanda Mc.	09.02.06
Amy P.	09.23.09
<b>Ann C.</b>	<b>09.11.87</b>
Ashlee C.	09.05.05
Ben H.	09.23.07
Bob B.	09.15.04
Carolyn D.	09.28.99
Carolyn R.	09.18.08
Collette F.	09.30.02
Darin M.	09.29.08
Ed B.	09.28.05
Edwin N.	09.19.05
Gabe H.	09.28.01
George J.	09.30.09
Ian H.	09.14.09
J.R. S.	09.11.94
James C.	09.02.06
Jessica R.	09.12.01
John R.	09.01.09
Joseph G.	09.02.06
Mark L.	09.18.08
Mark V.	09.11.08
Mary S.	09.28.93
Melissa M.	09.27.08
Melissa M.	09.16.11
Mike S.	09.07.08
Nancy H.	09.21.05
Racquel S.	09.20.09
Richard L.	09.07.08
Ronnie S.	09.19.09
Sam M.	09.12.01
Shelly A.	09.16.03
Susan E-S.	09.30.09
SMYRNA GRATITUDE	
Chelsea V.	09.25.10
Dwight B.	09.18.06
James P.	09.14.10
Jeffrey F.	09.02.04
Loria H.	09.08.10
WEEKENDERS	
Amy B.	09.16.08
Eric T.	09.11.08
Jason W.	09.04.08
Kelly M.	09.04.08
Monica H.	09.27.09
Shelly A.	09.16.03
WOMEN IN THE SOLUTION	
Sayle A.	09.25.06

ANNIVERSARIES

**Middle Tennessee  
Central Intergroup Association**

176 Thompson Lane  
Suite G-1  
Nashville, TN 37211

615.832.1136  
800.559.2252

NON PROFIT  
ORGANIZATION  
U.S. Postage Paid  
Nashville, TN  
Permit No. 517

**RETURN SERVICE REQUESTED**



S

**Time to  
Change?**

- ☐ New / Renewal Subscription
- ☐ Address Change
- ☐ Gift

**Middle TN Central Intergroup Association  
176 Thompson Lane, Suite G-1  
Nashville, TN 37211**

ph. 615.832.1136  
Ph. 800.559.2252  
fax. 615.834.5982  
or e-mail address changes to:  
[mtcoaa@aol.com](mailto:mtcoaa@aol.com)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

PHONE \_\_\_\_\_ ZIP \_\_\_\_\_

*The* **MESSENGER** is available at an  
annual subscription price of \$12.00. A limited number  
of free subscriptions are available upon request by  
writing or calling the office at the address/phone  
number listed in this issue.