

The MESSENGER

Middle Tennessee Central Office Intergroup

DECEMBER
2012

AND NOW ABOUT SEX...

(Continued on page 2)

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If you read *The Messenger* on-line, a contribution to The Middle Tennessee Central Office would help and be appreciated.

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MIDDLE TENNESSEE CENTRAL OFFICE ANNUAL DINNER A CELEBRATION OF SOBRIETY

FRIDAY NOVEMBER 30, 2012

WOODMONT HILLS CHURCH OF CHRIST
3710 FRANKLIN PIKE, NASHVILLE 37204



SCHEDULE OF EVENTS

6:30pm Doors Open
7:00pm Dinner and Fellowship
8:00pm Celebration and Speaker
Literature Basket Raffle

Meat, bread and beverages will be provided by the MTCO

Please bring a side dish to share with many!

*There's always enough cake and pie,
but we usually run out of salads, sides and vegetables.*

TICKETS \$10

**AVAILABLE FROM YOUR INTERGROUP REPRESENTATIVE
OR AT THE EVENT**

**FOR MORE INFORMATION OR TO VOLUNTEER TO HELP
BEFORE OR DURING THE EVENT—
PLEASE CALL MTCO AT 615.831.1050**



DON'T RUSH LOVE

After a first sober relationship turned into disaster, she learned to listen to others

(Continued from page 1)

Falling in love is risky business. Falling in love in recovery is really risky business. In AA we are given strong suggestions about staying out of romantic entanglements until we have at least one year sober. We are told that we are not capable of forming and maintaining any meaningful, intimate relationships until we've found some peace and stability within ourselves.



So, many of us may think (being perfectly honest), how about shallow, empty relationships to get our physical needs met? Still a bad idea. Empty sexual encounters are destined to leave us feeling, well, empty. And when first starting out, we are most often feeling pretty low already.

So we think to ourselves, This getting sober is hard enough. Now I'm supposed to do it without seeking comfort or validation in a love interest? Why not console myself with another person in recovery? It could make things so much easier to have some common goals and share the learning experiences one encounters along the path of recovery (and get our needs met) with another person in AA, wouldn't it? Sorry to say, the answer is still no. This solution is almost always disastrous and usually just puts one more dent in our already fragile selves.

At this point, anyone reading this is probably wondering, Who the hell I am to be lecturing on relationships?

I am someone who didn't listen to any of the advice, because even after being sober for a year and a half, I thought I could make my own decisions about what I needed, wanted and could handle. After all, I completed a tough one-year residential program, I was living in a sober house, I was in counseling and working my program earnestly. I had a network I could utilize. And I did ask for input, I just disregarded the advice I didn't want to hear.

My first mistake was to get involved with someone when I had not yet gotten a good handle on my feelings of inadequacy. I still had to fight daily to keep those feelings of being "less than" at bay. I was very aware of my need to recognize and address those feelings, and usually I was pretty adept at correcting those instinctive reactions to negative emotions. However, for me at least, it was a long self-training process to change my reactions. It took a lot of practice to learn the habit of not assuming guilt and shame in painful, stressful or uncomfortable situations.

My second mistake was to get involved with someone who didn't have much stability in recovery. This person was a habitual re-lapser who had been around AA for many years, but more often out than in. People whose opinion I trusted—and who had known this man for many years—warned me that I was taking a very unwise risk to my own recovery and might be backsliding in all the work I had put into my emotional well-being.

My sponsor, who didn't know my love interest, did know me extremely well. We had maintained a relationship on many different levels for almost 40 years, and he sometimes (OK, often) knows me better than I know myself. He strongly advised against any relationship at that time and thought my choice was an especially bad idea. I just chalked his opinion up to a little bit of sour grapes and a little bit of a power trip.

Needless to say, I did not heed his advice either. It wasn't long before I regretted choosing not to listen to anyone, and once things started to blow up in my face, I was embarrassed to seek any more counsel.

I had met him at a homeless shelter. I was living in transitional housing, which I had moved into three months previously, after completing the year-long treatment program. He was a resident in the shelter and had been sober for a few months when he arrived. We were friends first, but the relationship soon became sexual and intense. For the next two months, we had fun together. He also made other living arrangements, since relationships were against the rules at the shelter.

We were very excited about having a place to spend quality time together and immediately made plans for a weekend of quiet and relaxation. I was to meet him at his residence when I left work for the weekend. He was planning to cook a nice dinner. We had chosen a couple of movies to watch together, and also made plans to go to an AA meeting and spend part of our time with friends. When I arrived, he was drunk.

Needless to say, it was the beginning of a pretty traumatic couple of days. I almost instantly realized the predicament I had gotten myself into, and I had the first anxiety attack I had had in 10 months. The last one had been when my mother died the previous April. So here I was, freaking out, with him trying to comfort me, causing me to become even more upset. I had been given a ride there and dropped off. I had no familiarity with the area at all, and I had no one to call to pick me up and get me home again. By morning I was beyond desperate to get out of his company.

Sad to say, I was not smart enough to put an end to

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things. I did so briefly, but then fell for all the usual promises and excuses we alcoholics are so quick to offer. He didn't manage to get sober again for another six or seven months. During this time, I made a decision to stay clear of him permanently.

Unfortunately, he refused to hear me and eventually I had to go to the authorities for assistance. This turned out to be a very long process. There were phone calls to my friends, family, and place of employment. He hung in front of the nearby coffee shop I frequented, hoping to bump into me, and grilling any of my friends who went in. I had to change my telephone number. He even went to AA meetings he knew I attended. I had never seen any indication of this kind of behavior before he relapsed. But finally, after almost a year, he stopped bothering me. I do still get the occasional drunken, pleading, ugly phone call.

Luckily I was in counseling during all the really nasty part of things, and I was forced to take a hard look at myself. I needed to recognize my role in things and figure out what my underlying motives were.

It was a daunting task. I want to be guiltless and feel pity for myself. I wanted everyone else to feel bad for me as well. What I was forced to admit was extremely painful and an issue I had avoided for many years. I was still grieving for a love lost 12 years ago. I had been trying to prove to myself that I was over all that history. Coming to the conclusion that I wasn't over it meant I had to own up to it and deal with it.

I did. I got honest with my counselor. I made a leap of faith and talked about it with a close friend, and eventually, I shared it in AA meetings. I was amazed by the compassion, support and understanding I received.

Other people had been devastated by failed relationships. Other people had hidden their pain from family, friends and themselves. Other people had blamed themselves for the betrayals of loved ones. Other people had had experiences like mine, and come out the other side of the pain. They were stronger, happier, and most importantly, capable of having healthy, nurturing relationships, relationships that are built on the combined firm foundations of two people who have done the individual work that needs to be done by anyone hoping to achieve a lasting sobriety. There are no short cuts or magic recipes.

Only when each individual has built that solid foundation can they begin to have anything to offer another. This is when the painstaking self-examination I went through began to bring me gifts I had not thought possible.

Then I met someone I liked a lot. He too had some real

sobriety behind him. He had been through a relationship that had ended painfully. He had done a great deal of work to understand himself and the reasons behind many of his poor choices in the past. He, like me, had gone through the important process of making sure the old relationship business was done and over. We shared a belief in AA and all the Steps and Traditions. We shared a relatively new-found feeling of self-worth, and we liked who we were. We fell in love.

I truly do not believe this new-found joy could have been possible if we both had not done all the necessary ground work. We have respect for each others' needs and wants. We have a great understanding of our own and each others' uniqueness. We communicate about every aspect of our lives, and we understand the importance of integrity as a way of life. I always fantasized about meeting a man like him, but I never really believed it was possible. I didn't even think a man like him existed, much less that there would be a man like him for me. Now I can't imagine how I ever thought I could settle for less.

So who am I to suggest to anyone when or where or whom they should get involved with? I'm someone who insisted on doing things my way. I didn't need the experience and strength of other alcoholics and I suffered the consequences. We keep what we have by giving back. It's that simple.

The best I feel I have to offer at this point in my life is to share my experiences of love in recovery. We truly need to find and learn to love ourselves before we can be ready to give and receive the gift of romantic love in our lives. I believe wholeheartedly that the relationship I have been blessed with would not have been possible had we not both taken the suggestions of those who came before us in AA.

Carla S., East Providence, R.I.

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From the desk of Charles C.

GIFT: a special ability or capacity; natural endowment; talent- *Dictionary.com*

“There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest”.

Alcoholics Anonymous, p 58, Second Edition

THERE IS A SOLUTION, *Alcoholics Anonymous, p. 21* - “He uses his gifts to build up a bright outlook for his family and himself, and then pulls the structure down on his head by a senseless series of sprees”.

As we enter the holiday season, the subjects of gifts and gratitude arise in meetings and in our thoughts. We hear phrases like “the priceless gift of sobriety” and “but for the grace of God”, perhaps implying that we alcoholics have received some special favor or something we could never afford of our own accord. I like the definition of gift above that uses the word “capacity” and along with that thought, the use of the word “capacity” in *How It Works*. Along that line, Bill mentions in “There Is a Solution” how an alcoholic uses his gifts (abilities), then throws away the work those gifts allow.

Having “capacity” is not just about having room or space to allow honesty as “the capacity to be honest”. I always think about the time I put regular gasoline in my new diesel engine truck. My tank was almost empty, but the diesel engine did not have the capacity

(capability) to burn regular gasoline. As it relates to my recovery, I have to get rid of a lot of dishonesty and dishonest ways, but I have to learn and develop how (the ability) to be honest. This is how it works for me. My drinking and all the behavior around my drinking created an environment where the truth did not seem possible. Looking back, as the program suggests, the truth would have saved a lot of heartache. Honesty just didn’t seem to be an option, and self-centered fear and rationalization (rational lies) perpetuated that lie.

As I focus on gratitude and gifts, I have to humbly admit I worked hard, long and eventually honestly to get and stay sober. I have developed some “capacity” to be honest and see a lot of room for further growth. That realization is a gift, and as I develop my ability and capacity(see definition at top of page) to look at myself honestly, I give myself a gift. That realization (awakening) is gratitude.

If this article seems disjointed and confusing, some of the reason is brevity. Gifts; gratitude; capacity; honesty: each of these alone are subjects for long and helpful discussions. The holidays are a special time to focus on the gifts and the magnitude of this program, but also a time to recommit to honesty and self-searching. One begets the other.

HAPPY, JOYOUS AND FREE HOLIDAYS

CENTRAL OFFICE OFFICERS	NAME	PHONE #
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 C Jody C	530.218.8176 931.319.3446
Treatment	Jon T	804.306.6256
Archives	Don D	615.525.7643
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 Room

176
Thompson
Lane

**FIRST
TUESDAY
OF
EVERY
MONTH:
District 35 Meeting**

When:
No Longer Meets

Where:
5925 O'Brien Ave

SECOND TUESDAY OF EVERY MONTH:

Intergroup Meeting
(Central Office)

When:
5:45pm – 6:45pm

Where:

Central Office
Conference Room

176 Thompson Lane

THE Twelfth Step is, in a sense, the culmination of the whole program. It wraps up all the Steps which go before it and gives us a guide for living the whole program every day of our lives.

The Step breaks down into three parts--spiritual awakening, trying to carry the message, and trying to practice these principles in all our affairs.

I think I have heard and been a party to more disagreements, puzzlements and confusion about the term "spiritual awakening" than any other in the program--including "God." And most of my difficulty was unnecessary. It could have been avoided just by paying more attention to what the Step itself says and less attention to my "old ideas" about spiritual awakening.

First, a small point that made a big difference in my understanding. The Step does not say, "Having had a spiritual awakening as *a* result of these Steps;" it says, "Having had a spiritual awakening as *the* result of these Steps." So a spiritual awakening is not just one of several results of working the Steps. It is the totality of what the Steps are all about, what they are aiming at. Therefore, to define spiritual awakening for myself in AA, all I have to do is describe the results of my work on the first eleven Steps. The work has involved: letting in the truth about my situation as an alcoholic and a loser in life; becoming willing to accept help, not on my terms, but on the terms offered; facing and accepting responsibility for my shortcomings and misbehavior rather than blaming Mums, Dads, my First Sergeant, the boss, the Twentieth Century or fate. The results of this work have been sobriety, stability and responsibility which have, in turn, produced a degree of meaning, satisfaction and joy in my life which were never there before.

I have not yet mentioned God or Higher Power in connection with waking up spiritually. This is not

because I want to apologize for or leave out God. The reality of God permeates and is the essence of spiritual awakening, but in order to begin to have experience of the reality, it is *not* first necessary to come to terms with the word God or even the words Higher Power. As long as one remains open-minded and willing about the words, experience of the reality does not have to and indeed ought not to be postponed.

One of the early fathers of the Christian church said, "Do you wish to know God? Learn first to know yourself." This is the key which opens up the opportunity for recovery in AA to so many of us. Spiritual awakening can begin in the absence of much knowledge or understanding about God. It leads to such knowledge and understanding, but it begins with knowledge and acceptance of the truth about ourselves.

So I am learning, when looking for signs of spiritual awakening in myself, to look, not for bright lights or emotional upheavals (although I'm sure there is a place for these too), but for sobriety, stability, responsibility, meaning, satisfaction, joy. These are the marks of the beginning of spiritual awakening, and they come as *the* result of work with the Steps. If they fail to come or, after a time, begin to disappear, the answer is no mystery; it is more work with the Steps.

The "tried to carry the message to alcoholics" part of the Twelfth Step is pretty clear to most of us. The term "Twelfth Step work" refers to this part of the Step. The Big Book says, "Nothing will so much insure immunity from drinking as intensive work with other alcoholics." This is true for me. Reasoning my way out of old selfish habits has proven impossible, but Twelfth Step work enables me to act my way out of myself by working with the problems of others (which so often turn out to be worse than my own).

I had one difficulty in doing Twelfth Step work that my sponsor helped me with. I was nervous about talking to older people or people with tough histories because I'm young and high-bottom. He said to me, "That's ego. The Step doesn't say, 'carried a terrific message every time'; it says, 'tried to carry the message.' In relation to your recovery, Twelfth Step work has nothing to do with whether you sparkle or not; it has everything to do with whether you make the attempt to communicate your experience, strength and hope in this program. As long as you do your best and are sincere, it's good Twelfth Step work."

The last part of the Twelfth Step, about practicing these principles in all my affairs, has come to mean an awful lot to me. For me it means, don't be a two-stepper, don't take the parts of the program you like and leave the rest out, don't settle for half-measures in your practice of the program. It means these principles won't work for me unless I take them out of the AA meetings and carry them over into my home, business and social life.

The first 100 members of this Fellowship, who hammered out the Twelve Steps, knew what they were doing. They could have made it two steps or ten steps or twenty-five steps, but they didn't. I don't think they put anything in they didn't think they needed. They were working the whole program, not because they were saints, but because they were drunks who wanted to get well. I have no reason to suppose I'm any less sick than they were; I have no reason to suppose I need any less of the program than they did.

I think I want to "keep it simple" as much as the next guy, but I also think my sobriety, my sanity and my very life depend on keeping all of it.

*T. P., Jr. - Hankins, New York - May 1967
Reprinted with permission: AAGrapevine*

DID YOU LOOK HIM IN THE EYES?

When I was sober four months I made a geographical cure South. I had gotten divorced after almost 20 years of marriage and wanted to get as far away as I could.

I was in Florida a couple of months when I started dating this man who was sober 17 years. I told him that he was the first relationship after my divorce and that he would not be the last. We would not be together forever nor would we ever live together. The sex was good, and if he could deal with that, then it was good.

I found a sponsor and began working through the Steps. I remember her asking me many times if this man understood where I was emotionally and if I was being open and honest with him. She asked if I really looked into his eyes.

After being together two and half years, he said he couldn't do it anymore. The more I worked the Steps as I grew in the program, the more I realized how I used this man. I did a Fourth Step around that relationship, and he was one of the hardest amends I ever had to make

L.J.R., Vernon, Conn

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The Cup Of Life

It takes a steady hand to hold a full cup

We have a saying in AA where I live: "Looking for a relationship in AA is like shopping for a new car in a wrecker's yard!" Not only recovering alcoholics but all sorts of emotionally immature people can make impulsive blunders in the relationship area. But the price they pay for relationship folly usually does not include insanity and death! Hence AA's caution not to start relationships in the first year of recovery that is urged upon newcomers.

Sure it's hard having to "do life" guided by a higher set of principles than non-recovering folk can get by on, damn hard! But the Big Book says, "Yes, there is a long period of reconstruction ahead" and that must be our primary purpose in AA--not bedding that luscious newcomer!

The wonderful thing about AA is that with so many warm friendships of both genders available, the pressure I felt while drinking to find someone, anyone, to go to bed with became much less intense. My sex life finally became manageable! But in early sobriety, I remember moaning to another member about how I didn't have a relationship, I didn't have a new car, and I didn't have a flashy job. He replied: "It takes a steady hand to hold a full cup!" Instantly, I knew where my priorities lay. I would be best served by focusing not on what God had put (or had not) in my cup of life, but on the need to steady my juvenile demands for instant and full gratification. Older AA members never fill the nervous newcomers' cups of coffee to the brim for much the same reason: they could spill it, make a big fool of themselves, and never come back!



Graham M.—Canberra

Reprinted with permission: AAGrapevine - February 2003

EVENTS

46th ANNUAL ROBERT E LEE* WOMEN'S AA HOLIDAY PARTY SUNDAY DECEMBER 9TH 4PM

Trevecca Community Church Auditorium
Trevecca Nazarene University~
335 Murfreesboro Road
Nashville, TN.

Finger foods and desserts and coffee will be the only refreshments.

Please bring a finger food or dessert in a disposable container to share

This is a speaker meeting-speaker will be at 5PM

Please arrive at 4pm to mix & mingle

We will pass the basket and donations are requested to cover the cost of the party.

*Robert E Lee Women's group is the oldest women's meeting in this area. It was named after the apartment building in which the first meetings were held. The meeting has been held at Friendship House at "202" 23rd Avenue North for a long time.

POP Principles Over Personalities Group Annual Christmas Dinner Friday, December 14, 2012

Brush Hill Cumberland Presbyterian Church
3705 Brush Hill Road
Nashville, TN 37216
Dinner at 6:30pm
Speaker at 8pm

**Meat and drinks provided,
please bring a covered dish.**



MEETINGS—NEW—MOVED—CHANGES—CANCELLED**NEW**

37046	College Grove United Methodist Church 8568 Horton Hwy College Grove Tue & Thur 6:30am OD
37061	Erin AA Lockharts Chapel Methodist Church 2385 Hwy 149 Erin Tues & Thurs 7pm OD
37064	Road to Recovery Fellowship Bible Church 1725 Columbia Ave Suite 100 Rm 102 Franklin Tues 8p CD
37066	G-AA 107 College St Gallatin Mon & Fri 8pm Sun 7p OD
37067	Cool Springs Newcomers Bradford Hlth Svcs 1897 Gen George Patton Dr Franklin Mon & Wed 7pm CD/Beg
37076	Women's BB Study Hermitage Pres Church 4401 Lebanon Rd Hermitage Sat 3pm
37082	Comfort Zone Oak Street House 335 Oak street Kingston Springs Wed Noon
37115	Serenity House 102 Harris St. Madison TT Wed 8pm
37127	Back to the Big Book 4321 Woodbury Pike Murfreesboro Sat 8:30am BB/CD
37148	Portland Unity Fri 6:30pm
37174	S.O.S. Womens Mtg Peace Lutheran Church 726 Beech- croft Rd Springhill Mon & Fri 10am BB
37206	Eastside Women's Eastwood Christian Church 1601 East- land Ave Tues 6:30pm
37211	Safe Place Oasis Church 7533 Lords Chapel Dr Tue & Thurs 6:30pm OD
37211	Steel Magnolia Women's Last Stop Club 2122 Utopia Sun 10am CD/WM
37211	The Spiritual Giants Club 62 329 Peachtree St M-W-Sa 6p
MOVED	
37027	Drunks in the Park 7105 Crossroads Blvd #107 Brentwood
37211	Saturday Eyeopener Club 62 323 Peachtree Nashville 9am OD
37221	Twenty Four Bellevue Pres Church 100 Cross Timers @ Hwy 70
CHANGES	
37013	Higher Powered Fri 8pm
37174	Women's AA Mtg name change S.O.S. (Sisters of Sobriety)
37204	Vine Hill Vine Hill Towers 625 Benton Ave Thurs 9am is now at 4pm
CANCELLED	
37027	Prime Time - Tues night
37027	Drunks in the Park Tues 6:30
37066	Turning Point
37086	LaVergne Solutions Saturday
37087	Lebanon By the Book Mon 6:30pm
37172	Robertson County Wed & Sun night
37203	Rarely Fail
37212	Natchez Trace Thurs Noon
38501	Cookeville Weekend Recovery Thurs 6pm

Three Wise Women (as opposed to Three Wise Men)

Do you know what would have happened if there had been Three Wise WOMEN instead of Three Wise MEN?

The WOMEN would have:

- ◊ Asked directions,
- Arrived on time,
- Helped deliver the baby,
- Cleaned the stable,
- Made a casserole, and
- Brought practical gifts (like diapers!)

When four of Santa's elves got sick, the trainee elves did not produce toys as fast as the regular ones, and Santa began to feel the Pre-Christmas pressure.

Then Mrs Claus told Santa her Mother was coming to visit, which stressed Santa even more.

When he went to harness the reindeer, he found that three of them were about to give birth and two others had jumped the fence and were out, Heaven knows where.

Then when he began to load the sleigh, one of the floorboards cracked, the toy bag fell to the ground and all the toys were scattered.

Frustrated, Santa went in the house for a cup of apple cider and a shot of rum.

When he went to the cupboard, he discovered the elves had drank all the cider and hidden the liquor.

In his frustration, he accidentally dropped the cider jug, and it broke into hundreds of little glass pieces all over the kitchen floor.

He went to get the broom and found the mice had eaten all the straw off the end of the broom.

Just then the doorbell rang, and irritated Santa marched to the door, yanked it open, and there stood a little angel with a great big Christmas tree.

The angel said very cheerfully, 'Merry Christmas, Santa. Isn't this a lovely day? I have a beautiful tree for you. Where would you like me to stick it?'

And so began the tradition of the little angel stuck on top of the Christmas tree . . .

Respect for the dignity of others is the foundation for all our efforts to carry the message to alcoholics with special needs, with emphasis on identification rather than on how we are different. As one deaf A.A. put it, "I'm just an alcoholic, like everyone else here. I have the same need to be a 'worker among workers' and not be singled out for special treatment. If you can just make the program available to me, I'll do what I have to do to work it." The goal is to include all alcoholics in the wonderful experience of belonging to a group and partaking of a full range of benefits of membership.

Beyond helping those in your own group or committee, others may be informed about carrying the message to alcoholics with special needs through workshops and presentations at A.A. gatherings, such as area assemblies, conventions, conferences, round-ups and Regional Forums.

SUMMARY

Our Big Book says, 'We are people who normally would not mix,' and this is especially true when someone is a little "different" from the others. But the rewards of giving this kind of service to a fellow alcoholic are immense! Group unity grows stronger, the person with special needs is included and respected as a fully-participating member of the group, and everyone's sobriety is strengthened.

When faced with the challenges of accommodating a special need, we would do well to remember: 'When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible.'

Excerpt from AA Guidelines of the General Service Office —
you can find the whole article at www.aa.org

Accessibility Survey for Middle Tennessee AA Meetings

PLEASE MAKE SURE YOUR GROUP PROVIDES THIS INFORMATION

Questions	Answers
Name of Group/Meeting:	
Person Providing info:	
Phone:	
Name of Facility/Building:	
Address of Meeting:	
Zip Code:	
Are Handicapped Parking spaces available?	Yes _____ No _____
Is the Main Building Wheelchair accessible?	Yes _____ No _____
Are Bathrooms Accessible?	Yes _____ No _____
Is there a handicap stall?	Yes _____ No _____

Accessible not only means a ramp is available but doors of building are wide enough for chairs and scooters.

It also means bathrooms have wide, open access to commodes and sinks, as well as wide doors.

**Call Si W., your Intergroup Special Needs Committee Chair at 615.714.0460
or Central Office at 615.831.1050, if there are any questions.
You may cut out and email this form to mtcoaa@aol.com or fax to 615.834.1050.
Mailing address is MTCO, 176 Thompson Lane, Nashville, TN 37211**

YOUR PROMPT RESPONSE IS APPRECIATED.

To people familiar with endless drives for charitable funds, AA presented a strange and refreshing spectacle. . . They pointed out that the irresponsible had become responsible, and that by making financial independence part of its tradition, AA had revived an ideal that its era had almost forgotten.

- Twelve Steps and Twelve Traditions, p. 165

Group	Mo Amt	YTD Amt	Group	Mo Amt	YTD Amt	Group	Mo Amt	YTD Amt
21ST AVEUNE		210	GLADEVILLE GRATITUDE	60	60	PULASKI	5	35
24 HOUR		160	GOODLETTSVILLE A.A.		450	RAY OF HOPE		200
ANONYMOUS GROUPS	61	1,099	GRATEFUL ALIVE	98	341	REBOS (SOBER)		307
ANY LENGTHS		150	GRATITUDE		113	RIDGETOP BASICS		134
BACK DOOR AA		100	HAPPY HOUR	5	180	ROAD OF HAPPY DESTINY	20	60
BACK ROOM	1,317	5,093	HARDING ROAD		650	ROBERT E. LEE WOMEN'S		150
BACK TO BASICS		25	HENDERSONVILLE BIG BOOK	50	50	SANGO SOLUTIONS	10	55
BAR NONE		100	HERMITAGE	150	150	SAT NIGHT ALIVE MEETING	30	300
BELLEVUE		274	HIGH NOON		725	SEARCH FOR SERENITY		120
WINNERS AND BEGINNERS	25	130	HILLSBORO ROAD	467	1,390	SEEKING SANITY	187	1,166
BIKERS IN RECOVERY	71	351	IBI-UBU	100	325	SERENITY	50	550
BRENTWOOD FULL MOON		600	KEEP IT SIMPLE BELLEVUE	81	745	SHADE TREE	1,200	2,222
BY THE BOOK (LEBANON)		25	KEY TO SOBRIETY		86	SISTERS OF FAITH		75
BY THE BOOK (DICKSON)	97	151	KICKOFF'S NOT TILL NOON		283	SMOKE FREE-Sobriety 1st		167
CAME TO BELIEVE	25	75	LAFAYETTE NEW HOPE		75	SMYRNA GRATITUDE	100	1,000
CELEBRATE SERENITY		123	LAMBDA		150	SUNDAY NIGHT BUNCH		300
CHICKEN PLUCKER'S		250	LAST CALL		25	TEMPLE HILLS		150
CLARKSVILLE		50	LATE LUNCH BUNCH		1,462	THE BASEMENT BUNCH		200
CLUB 62 UNITY		12	LAVERGNE SOLUTIONS		175	THE HUT	20	40
COLUMBIA	20	200	LAWRENCEBURG		40	THE STRAGGLERS	25	100
COMFORT ZONE		500	LET IT HAPPEN		50	THE UNITED	100	400
COMMUNICATIONS		157	LIFE SAVERS	100	250	THE WAY OUT		950
COOKEVILLE		150	LINDEN		100	TRUDGING THE ROAD	100	200
COOL SPRINGS NEWCOMERS	51	51	LIVING BY THE PRINT		300	TURNING POINT		704
CROSSVILLE NON-SMK STEP		71	LIVING IN THE NOW		35	VALLEYVIEW ASHLAND CITY		160
DAILY REPRIEVE		146	LOVE AND LAUGHTER		25	WANGL		128
DAVIDSON RD	400	4,100	MCMINNVILLE		100	WAVERLY		120
DAVIDSON RD WOMEN'S		241	MID-DAY BREAK		1,130	WEEKENDERS		100
DAVIDSON RD WOMEN'S	30	30	MT JULIET FELLOWSHIP		125	WEST MEADE		200
DONELSON YET	5	105	MURFREESBORO	1	52	WEST NASHVILLE		210
DOWNTOWN LUNCH		280	MUSIC CITY HAPPY HOUR		100	WESTMINSTER		676
DOWNTOWN y	70	70	MUSIC ROW	150	300	WHITE HOUSE		160
DROP THE ROCK		100	MUSTARD SEED	50	500	WINNERS AND BEGINNERS	38	256
DRUNKS IN THE PARK	112	674	NATCHEZ TRACE MEETING		220	WOMEN IN THE SOLUTION	50	200
EAST SIDE SATURDAY	450	750	NEEDED MEETING CLOSED		144	WOMEN'S AA	30	20
EASY DOES IT		130	NIPPERS CORNER MEETING		28	WOMEN'S SPEAKER MEETING		115
EVERY NIGHT AT 6		339	NORTH BORO		50	WOODBURY		780
FAIRFIELD GLADE	20	114	NORTHSIDE, CLARKSVILLE		225	YOUNG GUNS		92
FAYETTEVILLE		40	OUT TO BREAKFAST		60	YOUNG TIMERS		90
FIRST THINGS FIRST		503	OUT TO LUNCH BUNCH	125	445			
FIVE & FIVE		1,009	P.O.P.		400			
FRANKLIN		1,485	PAY DAY		75			
FRANKLIN WOMEN'S		150	PEACHTREE		50			
FREE TO BE		596	PORTLAND UNITY		60			
G.O.D. (GRP OF DRUNKS)		300	PRIMARY PURPOSE	25	245			

	Mo Amt	YTD Amt
TOTAL CONTRIBUTIONS	6,182.	46,714..

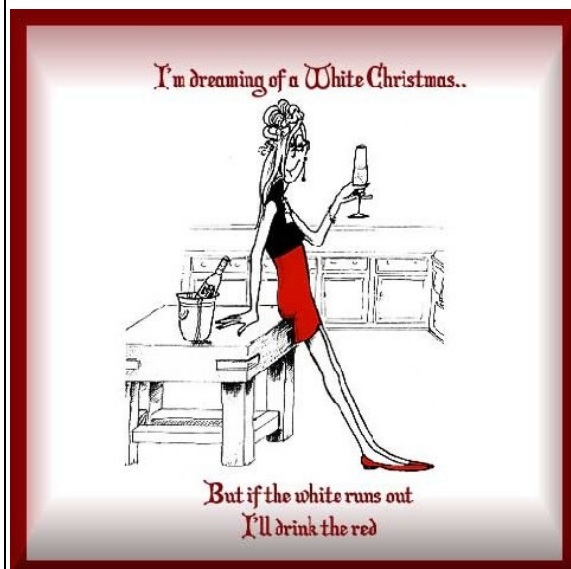
OCTOBER 2012 FINANCIALS

	OCTOBER ACTUALS	CURRENT MONTH BUDGET	ACTUALS TO BUDGET- VARIANCE	OCTOBER Y-T-D ACTUALS	CURRENT Y-T-D BUDGET	ACTUALS TO BUDGET- VARIANCE
INCOME						
LITERATURE SALES	10,996	12,435	(1,439)	121,867	124,349	(2,481)
COST OF GOODS SOLD						
LITERATURE	(7,700)	(8,333)	633	(83,983)	(83,333)	(650)
FREIGHT	(17)	-	(17)	(328)	-	(328)
DIRECTORY	(128)	(438)	310	(1,851)	(4,375)	2,524
TOTAL COST OF GOODS SOLD	(7,845)	(8,771)	926	(86,162)	(87,708)	1,546
GROSS PROFIT - LITERATURE	3,151	3,664	(513)	35,705	36,640	(936)
OTHER INCOME						
COFFEE	-	-	-	-	1	2
GROUP	5,807	4,667	1,140	46,703	48,625	(1,922)
INDIVIDUAL	141	292	(151)	8,564	2,917	5,647
MESSENGER	60	208	(148)	1,155	2,083	(928)
SPECIAL EVENTS	-	333	(333)	-	3,333	(3,333)
INTEREST	5	17	(12)	83	167	(83)
TOTAL OTHER INCOME	6,013	5,517	496	56,505	57,125	(619)
TOTAL INCOME	9,164	9,181	(17)	92,210	93,766	(1,555)
EXPENSES						
CASUAL LABOR	150	150	-	1,050	1,500	(450)
PAYROLL	3,861	4,122	(261)	44,341	43,097	1,244
LEGAL & PROFESSIONAL	145	155	(10)	1,440	1,554	(114)
SALES TAX EXPENSE	10	-	10	6	-	6
RENT	2,255	2,197	58	22,354	21,971	383
PRINTING	311	413	(102)	3,075	4,125	(1,050)
PAYROLL TAXES	295	314	(19)	3,315	3,280	35
MAINTENANCE	91	74	17	787	742	46
TELEPHONE & FAX	486	475	11	4,832	4,750	82
ANSWERING SERVICE	292	191	101	1,806	1,905	(99)
POSTAGE	297	100	197	1,385	1,000	385
OFFICE SUPPLIES	240	167	74	1,914	1,667	247
BANK SERVICE CHARGES	-	-	-	68	-	68
COMPUTER PROJECT	-	83	(83)	824	833	(10)
INTERGROUP EXPENSE	-	83	(83)	280	833	(553)
INSURANCE	-	175	(175)	1,695	1,750	(645)
SPECIAL EVENTS / FUNCTIONS	-	167	(167)	105	1,667	(1,561)
REPAIR & MAINTENANCE	-	-	-	44	-	44
TRAVEL	758	274	484	1,691	2,741	(1,050)
DEPRECIATION	-	42	(42)	272	417	(145)
OVER/UNDER	(2)	-	(2)	(57)	-	(57)
TOTAL EXPENSES	9,188	9,180	8	91,227	93,830	(2,604)
NET INCOME	(25)	0	(25)	984	(64)	1,049

BACK ROOM	
Amy F	12.01.89
Pat P	12.17.90
Phil P	12.15.80
BRENTWOOD FULL MOON	
Andrea W	12.04.08
Brent S	12.02.04
Caleb V	12.12.04
Joseph M	12.25.09
Matthew K	12.14.08
Tyler H	12.09.08
DONELSON YET	
Charlie B	12.12.05
Dorris M	12.12.08
Gerardo S	12.03.89
Jason L	12.01.07
John Mc	12.05.85
Liston K	12.07.82
Nicole N	12.26.08
Stacy H	12.28.03
EASY DOES IT	
Bill	12.16.89
Lisa	12.05.10
FIRST THINGS FIRST	
Hayes P	12.26.11
Rick F	12.27.97
Terry M	12.28.11
GRATEFUL ALIVE	
Catie L	12.10.09
Don S	12.05.84
JC S	12.15.94
Jim C	12.27.00
Keith E	12.22.11
Laura S	??
KEEP IT SIMPLE	
Bjorn G	12.12.11
Bob E	12.21.97
David R	12.27.97
Hunter W	12.09.09
Joshua G	12.21.10
Kay H	12.01.89
Tegie J	12.30.87
LATE LUNCH BUNCH	
Cathy J	12.20.09
Check S	12.24.09

LATE LUNCH BUNCH con't	
John C	12.12.05
Lauri N	12.08.09
Rich M	12.27.09
MID-DAY BREAK	
Audrye S	12.01.08
Diane B	12.26.09
Ivan L	12.21.10
Jeff S	21.21.10
Jim G	12.03.08
John N	12.26.94
Judy T	12.27.07
Katie C	12.21.??
Maudelle R	12.12.00
Morris B	12.06.09
Nicole N	12.16.00
Si W	12.08.91
Stephanie D	12.01.11
Terrie W	12.23.08
Wayne B	12.28.07
MT JULIET FELLOWSHIP	
Bill K	12.05.05
NEW FAITH	
Dan M	12.07.09
Melissa H	12.11.87
Robert M	12.19.05
PORTLAND UNITY	
Fred G	12.09.09
Keith O	12.27.92
Sandye S	12.01.09
REBOS	
Ted G	12.03.93
Victor E	12.04.11
ROBERT E. LEE WOMEN'S	
Brooke L	12.08.07
Julia B	12.03.10
LeAnna A	12.10.11
Marianna B	12.05.11
SEEKING SANITY	
Bianca	12.29.09
Fate T	12.17.06
Lynn H	12.31.10
Nick C	12.29.87
Peggy D	12.13.02
Scott W	12.17.06
Tanja M	12.28.03

SHADE TREE con't	
Adam S	12.08.06
Anthony L	12.22.04
Bill G	12.21.09
Bobby D	12.14.07
Brandon E	12.28.07
Brian K	12.08.08
Buster B	12.07.86
CJK	12.20.05
Charles C	12.09.87
Cindy R	12.31.03
Craig P	12.13.08
Dan C	12.29.04
Jason C	12.08.10
Jeff S	12.11.06
Jim H	12.14.01
John Mc	12.12.83
Julie D	12.02.02
Karen C	12.30.08
Kathy W	12.06.06
Kelly B	12.17.08
Ken F	12.07.05
Lahi R	12.24.09
Leroy H	12.28.05
Lisa B	12.13.05
Lucy A	12.15.10
Mary C	12.04.05
Matt L	12.17.05
Megan B	12.20.04
Michael B	12.28.09
Nate B	12.11.09
Randall C	12.12.04
Randy D	12.07.04
Robert W	12.08.05
Scott S	12.17.07
Stephen M	12.02.06
Stephen Ma	12.31.10
Steve Mc	12.27.99
Susie M	12.03.98
Tanya M	12.28.03
Tony B	12.26.05
SMYRNA GRATITUDE	
Craig M	12.19.80
Clint M	12.14.92
Jan Rae S	12.03.85
Oakley (Joe) Jr	12.19.95
John P	12.25.84
Michel J	12.03.09
Michael G	12.20.90
WOMEN'S SPEAKER	
Wendie O'F	12.14.85



It's your Anniversary!

Many AA members across the country share their Anniversary by giving a dollar or two, for each year of their sobriety to their Intergroup Office. This insures that the same help that they received will be available to others who are new to the fellowship.

Start this year.

It is not how much you give that's important. It's thinking of others on your special day that makes it so special. This is a wonderful way to express your gratitude by helping others receive the blessings of sobriety.

Group contributions and individual contributions are the life support of Alcoholic Anonymous.

There is no such thing as a small contribution.



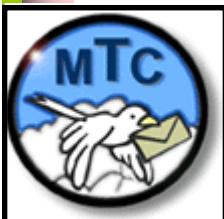
Middle Tennessee Central Intergroup Association

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