

# *The* **MESSENGER**

## *Middle Tennessee Central Office Intergroup*

**MAY  
2013**

*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 Central Office.

It is also available on-line at [www.aanashville.org](http://www.aanashville.org).

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

**PLEASE MAKE A NOTE  
STATING YOUR  
DONATION IS FOR  
THE MESSENGER.**

### **INSIDE THIS ISSUE**

No Escape	1
Lifting the Burden	3
Anything & Everything	4
Events	5
Desk of Charles C	6
Meeting Changes	6
The Young One	8
Contributions	9
Financials	10
Anniversaries	11

### **N o e s c a p e - D r i n k i n g f o r r e l i e f**

The first time I drank I liked it very much, so much that I'd do it again and again for the next 25 years. I started out drinking on the weekends, then sometimes during the week. I had two children and I stopped for a few years. But I resumed my drinking and fell in love with it all over again. I felt like I was finally finding my happiness in life. It made my problems seem less like problems. It made me feel stronger, more courageous. It even made me feel smarter than everyone else. Vodka was always there for me when I needed a pick-up or an escape. I always had time for drinking. It kept me sane. Other people just didn't understand that it was a release. The world they lived in must have been boring, not like the fun world I was living in, the real world.

About 10 years ago I started drinking heavily. I was drinking 12 hours at a time. Many days, by noon it was game on, and I was free again. I stayed out of trouble most of the time. I was always careful when I drove drunk, never speeding or doing something stupid like taking my eyes off the road. I was a safe drunk. My relationship with my boyfriend suffered a bit, but we had good times and tons of laughs, too. We saw lots of the open road together.

Eventually, after about six years of ups and downs, we parted ways. Then I was really free, free at last to drink and not have to deal with someone else's anger management issues. What a blessing in disguise. For three more years I sat in the bar and enjoyed playing head games with the guy sitting next to me. Who cared

what his name was, who cared if he liked me or not? I was free.

Now I was drinking on the weekends and once or twice during the week. I had to go out; I'd go stir crazy sitting in the house. I was still going to work. I only missed one or two days of work a year because of drinking. I went to work still drunk and hid behind my computer screen until I finally managed to work my calculator and answer the phone. I did it all over again in another couple of days. Sometimes I didn't even wait that long. I managed, but going to work with a hangover was hard. I had a lot less energy. On weekends, I didn't want to leave the house during the day. I didn't like daylight. I dreaded interaction with people in general, unless I was at the bar. I dealt with work the best I could, putting up a good front.

My oldest child seemed to be withdrawn. I thought, She'll be okay. She's probably stressed out. Who isn't? I started to really dislike my responsibilities. I'd let the kids fix their own dinner. Maybe I'd make them something to eat when I got home later. I hoped they wouldn't make me mad, because that was never good.

I anxiously awaited the next opportunity to escape. I stayed out late, and I could hardly see the road sometimes, but I was on autopilot. I got home. I didn't see my old friends anymore. They were too far to drive to and I needed to be careful. The longer the drive, the more risks I took, after all. My new boyfriend was going to walk through that door any day

*(Continued on page 2)*

## No escape (con't)

*(Continued from page 1)*

now. Any day now, things will get better, I thought.

About a year ago, I realized that if I was going to keep things together (the kids were getting smarter now), I needed to be a better and more responsible mother. I had to start getting a little bit more control over how long I stayed out and how much I drank. I did have a job, after all, and I did have two children who depended on me. So I drank close to home. I tried to be home by 11 P.M. or midnight, maybe even 10:30 P.M. I only went out one or two nights on the weekends instead of all three. I started making excuses for leaving the house to sneak a drink. I had a bottle in the car, two bottles in the closet and a couple in the cabinet. It was always good to have it handy in case I needed it on the fly. I told myself that if I managed my habit, I could do this for the rest of my life. I could do this; other people did.

One day I was sitting in the bar, my safe house. I was stressed out from something that had happened that day. I was talking to a girlfriend who I had met at the bar. We had become good friends, at least at the bar. A male friend of hers sat next to me and proceeded to degrade women. This told me that he didn't care about my friend in his heart. My girlfriend told me that I should keep quiet and not argue with him. Apparently she was okay with his words. I, on the other hand, had heard enough and I couldn't believe that the bar, my safe house, was now as deplorable and as depressing as my own life.

Something snapped in me that night. Was it that guy? I have no idea, to be honest. All I knew was that I couldn't ever depend on the drink to shut up everybody else. Nor could it make me escape all the time like it was

supposed to do. What a state of depression I was in.

I walked out of that bar, and I didn't say a word to anyone. I haven't had another drink since. I was sick of being sick. I was tired of having nowhere to run. I was tired of these depressing friends, and I was tired of going to work all miserable. Was this all that I had to look forward to? My kids were fed up with my insanity and me. I couldn't take it anymore; something had to change.

I cried for hours and finally went to sleep. The next day I called into work and said I wouldn't be in. My next call was to the hospital. They said I could see a doctor the following week. I made an appointment, crying through the whole conversation, and then I called a clinic. I knew that I couldn't wait until the next week. I needed help then. The clinic said they didn't deal with people with drinking problems. I cried some more. I called number after number in the phone book. I almost lost hope, but I wasn't giving up. A thought came into my head; I remembered that a good friend of mine had a brother who'd stopped drinking several years before. I called her. I was desperate and I needed to do something.

She asked her brother to call me, and he had a woman call, too. This lady said she could take me to a meeting the next week. I didn't want to seem impolite, so I thanked her and then I cried some more, knowing that I couldn't wait until next week. The next morning, my friend's brother called me again and asked if I would like to come to a meeting at his house that evening. I was elated. I knew in my heart that I had a way out, a way to save myself from myself, from this insane vicious cycle I lived week after week.

I didn't know what was in store for me at this meeting. I was scared, but kept an open mind. I was greeted like an old friend and welcomed with open arms. I instinctively held out my hand to greet these people properly but they didn't want a handshake; they wanted a hug. I was given a token that said "One Day at a Time," and a book called Alcoholics Anonymous. They told me to read the first 164 pages--they said it would save my life.

I read the book and, indeed, to this day, five-and-a-half months later, it has saved my life and my sanity. I have not had a drink, not even a sip, and my life is already so much more satisfying; I am a thousand times less stressed out and a thousand times more grateful. I've met hundreds of new people, people who had the same story that I did, a story of despair, of depression, of a lost life and a lost will. I learned that I could turn my will and my life over to the care of God. I surrendered my problems and released the burden of trying to run my own life every day. After all, I wasn't doing a very good job of it before. I am no longer crippled by alcohol and its insanity. I am no longer alone; I am no longer afraid. I am free to be me.

I don't want it any other way. I've had enough of the other life--but I don't regret it, because that's what got me here today.

This story can help you to save your life or it can be tucked in a drawer and left as a reminder of what happened to me. It's up to you to see what you want to see.

*Sue N.- Menomonee Falls, Wis  
Copyright © The AA Grapevine, Inc.  
(Feb, 2010) Reprinted with permission.*

I had been sober in AA for two years when I went to a meeting and admitted I felt ashamed of being an alcoholic. The feedback I got was extensive and helpful, and something one fellow said to me really clicked. "It sounds as if you're ready for Step Five," he said.

I was between sponsors at the time, so I asked a woman who attended one of my regular meetings if she'd hear my Fifth Step. Using all I had learned about Step Four in the meetings, I set about writing my inventory.

Searching and fearless it was, as I proceeded to write pages that unearthed memories I'd long buried. And along with my past history, I realized I wanted to be rid of a resentment against someone I'd been carrying since getting sober. I had tried to pray for the person and to let go of the resentment, but each day my anger toward this person still simmered. I knew I was finally ready to be rid of the resentment when I admitted it was hindering my progress toward sobriety and peace.

When I finished my Step Four writing, a friend suggested that I not let too much time go by between writing my inventory and sharing it. So one cold February day in 1990, I sat at her table and read my inventory.

Before I started, however, she offered some important guidance: "Remember that our Higher Power is also here listening" and "You can trust that nothing you say will leave this room." That second statement was especially helpful because if anything was an exercise in trust for me, it was this experience.

As I read my inventory, I was sure she'd be shocked or judgmental. What a relief to encounter only understanding and acceptance. I felt my shame melt away. When I finished, she said, "The things you've talked about today are over and no longer a part of you. If you do another Step Four and Five, it won't be on what you've addressed now, for that's gone."

I left her home that day feeling relieved of a huge burden and also cleansed. Several days later, I realized I hadn't once thought of the person I'd resented so much. This was a miracle. Through Step Five, God had removed my shame about being an alcoholic as well as the resentment I'd harbored for so long. And that freedom still exists, years later.

*Teresa P.—Syracuse, New York  
Copyright © The AA Grapevine, Inc.  
(May, 2001) Reprinted with permission.*

There was this duck that walked into a bar and sat down on a stool and the bartender said, "Can I help you?"

The duck said, "quack, quack, quack, got any raisins?"

The bartender said, "NO! This is a bar and we don't sell raisins."

The duck walked out and then he came in the next day and sat on the very same stool!

The bartender walked over and asked him if he could help him? The duck said, "quack, quack, quack, got any raisins?"

The bartender said, "NO this is a BAR we don't sell raisins!" So the duck walked out again and left.

He came back the next day and sat on the same stool once again! The duck yelled at the bartender, "quack, quack, quack, got any raisins?"

The bartender said, "NO. And if you come back here once more I am gonna nail your webbed feet to the ground and you are gonna die there." The duck said, "ok", and left.

The next day came and sure enough the duck came back except he only peeped his head inside the door. He said, "quack, quack, got any nails?" The bartender replied, "No!"

The duck said "Good, then you got any raisins?"



## Anything and Everything Except Sobriety

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

By its own definition, the primary purpose of Alcoholics Anonymous is "to stay sober and help other alcoholics achieve sobriety." Are we what we say we are, or are we becoming a bunch of phonies? Have our egos let us believe we are something we are not?

Yes, I know that AA is changing in a changing world. Yes, I know that old-timers like me may be out of touch with what's going on in the world around me. Yes, I realize that the AA program has been incredibly useful and helpful in solving many other problems in living. After all, who could miss the trendy message of those who belong to more twelve-step programs than anyone else in the room? So, does that make me a bleeding-deacon, voicing alarm for the good of the cause? Or do my observations originate in a valid fear that my lifeline is being eroded?

Increasingly, I find that "problems other than alcohol" are consuming more and more of the focus of meetings in various areas. In Oregon, pot smoking, drugs, sex problems, and family relationships are the principle topics--and they are usually personal rather than general. Individuals are told to share their problems at meetings. This is then the topic for discussion, often followed by all sorts of advice. In Arizona where I spend the winter, the focus is on testifying for what Jesus has done. The

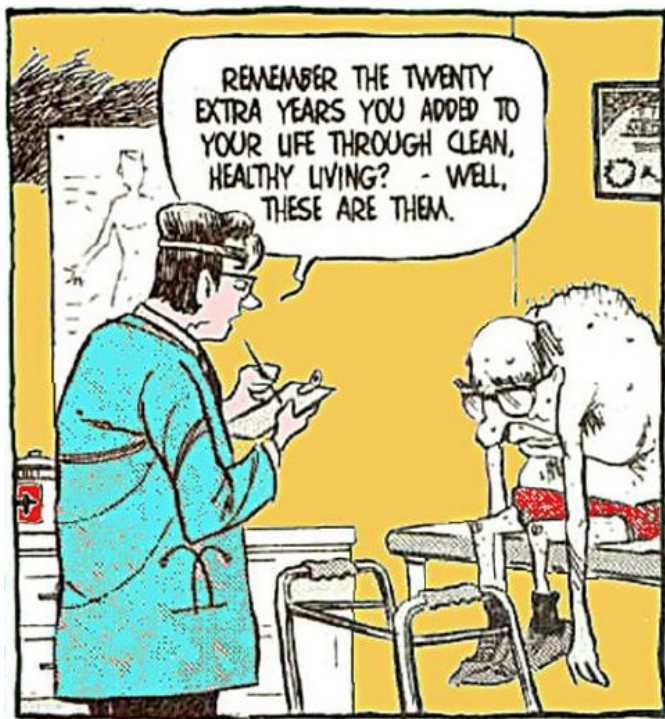
"primary purpose of the group" seems to be bringing sober AA members to Christ. A few "spiritual leaders" use meeting time to compare portions of the AA Big Book to passages in the Holy Bible, calling it "the Big Big Book."











It is sad to see some incredibly spiritual Native Americans pushed away because they don't embrace the predominant religious viewpoint. Having been vocal about pointing out page 34 in *As Bill Sees It*, I found myself shunned as a heretic who doesn't understand the AA program. That page contains the following excerpt from a 1954 letter by Bill W.:

"While AA has restored thousands of poor Christians to their churches, and has made believers out of atheists and agnostics, it has also made good AAs out of those belonging to the Buddhist, Islamic, and Jewish faiths. For example, we question very much whether our Buddhist members in Japan would ever have joined this Society had AA officially stamped itself a strictly Christian movement.

"You can easily convince yourself of this by imagining that AA started among the Buddhists and that they then told you you couldn't join them unless you became a Buddhist, too. If you were a Christian alcoholic under these circumstances, you might well turn your face to the wall and die."

*(Continued on page 7)*



## District 10—AA Annual Picnic

### Noon











**When: Saturday—June 8th, 2013**

Where: Pavilion behind Monteagle City Hall  
& Library on Hwy 41  
Monteagle, TN

Speaker: "Chainsaw Mike"

Chicken, Bread, Soda, & Water served  
**bring a Friend or Two**  
**a dish to pass**  
**a dessert**  
**a chair**

*John 423.902.1714 for info*

**Area 64****4th Quarter Voting Assembly  
October 11th—13th**

Burns, TN 615.797.3101—Hotel—\$79 a night + tax  
Cutoff 8/28 (ask for group rate)  
Call Phyllis 615.306.3805 or Gary 615.586.0470 for Info

**2013 AREA 64**  
TREATMENT COMMITTEE WORKSHOP

HOSTED BY DISTRICT 30

**AA** NASHVILLE, TN

**Saturday, May 18th, 2013**

**9am-4pm**

Holy Trinity Lutheran Church  
525 Sneed Rd.  
Nashville, TN 37221

9:00 Workshop Opens

9:15 Area 64 Treatment Committee Chairperson (William M.)

9:45 Area 64 Delegate (Jay D.)

10:30 Middle TN Intergroup Treatment Chairperson (Jonathan T.)

11:00 Bridging the Gap (Allen W.)

11:45 Lunch

12:45 Clinical Director (Barbara Larue Adams)

1:30 Q & A with Area 64 Treatment Committee Officers

3:00 Scott L.

**Alcoholics Anonymous**

**CONTACT INFO**

JON P. 615-818-9633  
AMY W. 615-260-3669

**Area 64****Public Information Workshop****Saturday June 8th****1pm—4pm**

Club 62, 329 Peachtree St. Nashville, TN 37210

Snacks &amp; Drinks Provided

Al C, Jimmy G &amp; Don R (Speakers)

Info: Jazmine 615.429.2546

**Madison/Inglewood****P.O.P. Group****Annual Old Timers Dinner****May 10th**

Brush Hill Cumberland  
Presbyterian Church -  
3705 Brush Hill Rd.  
Nashville, Tn 37216.

**Dinner 6:30pm**

Meat and drinks will be provided  
Please bring a side dish to share

<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	Sara B	615.708.0384
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		
Central Office Manager	Charles C	615.832.1136
Central Office Bookkeeper	David	615.832.1136

**FIRST TUESDAY OF  
EVERY MONTH:**

**District 32 & 35  
are now combined  
Meeting**

**When:****6:30pm – 7:30pm****Where:**

**Central Office  
Conference Room  
176 Thompson Lane**

**SECOND TUESDAY OF  
EVERY MONTH:**

**Intergroup Meeting  
(Central Office)**

**When:****5:45pm – 6:45pm****Where:**

**Central Office  
Conference Room  
176 Thompson Lane**

## From the desk of Charles C

First of all, thanks for the response to last month's appeal for contributions. Though below budget, March contributions were highest of year and as I write on April 22<sup>nd</sup>, April contributions have equaled March. Your Central Office does what it does because groups support their Central Office. A number of the new groups and some very small groups are sharing their 7<sup>th</sup> Tradition with The Central Office for the first time. This is a statement of "A.A. unity", as mentioned in First Tradition. My experience shows that groups who get involved and promote the "common welfare" are able to meet the needs of their group and continue to grow. Read pages 162-165 in the *Twelve Steps and Twelve Traditions* for the history of group contributions and Bill W's viewpoint.

The Intergroup Steering Committee has been active this year. Job descriptions for office manager and bookkeeper have been written and approved. An Intergroup spiritual inventory has been completed and recommended changes are in the works. Steering Committee elected positions are writing job descriptions. For the first time, there will be a formal job evaluation for The Office Manager. This work improves the effectiveness of The Intergroup, and thus The Central Office. More importantly, there is a path created for future Intergroup information and for The Steering Committee of the future. Transition is sometimes lacking in AA, as you know. The Middle Tennessee Central office has a rich history and continues to grow. Thanks to Cynthia S. for her leadership as chair of The Steering Committee as we do this work. These efforts will pay dividends and enhance The Central office now and for years to come.

Literature sales have been brisk this month. Our current order to World Services includes 400 soft cover Big Books. We can ship supplies to a group, so call and make arrangements for these services. With group contact information, we offer 30 day terms for these charges. There is an invoice included in the shipment. Please return promptly.

We continue to grow and look for ways to carry the important message of Alcoholics Anonymous now and in the future. We are always open to your suggestions. For information and to inquire about volunteer opportunities, call 615-831-1050. Because of you, someone will answer the phone.

NEW		MOVED	
<b>37015</b>	Valley View 109 Cumberland Street Ashland City Noon all days - M-OD, W-OD/LIT, F-OD	<b>37122</b>	Key to Sobriety Grove United Meth 6485 Central Pike Mt Juliet
<b>37016</b>	Auburntown AA Community Center 193 Main Auburntown TN Fri 7:30p OD	<b>37160</b>	Women in the Solution - Gateway Church 1304 Madison St Shelbyville
<b>37066</b>	G-AA 107 College St Gallatin Mon & Fri 8pm Sun 7pm OD	<b>37211</b>	Saturday Eyeopener Club 62 323 Peachtree Nashville 9am OD
CHANGES			
<b>37067</b>	Cool Springs Newcomers Bradford Hlth Svcs 1897 Gen George Patton Dr Franklin Mon & Wed 7pm CD/Beg	<b>37110</b>	McMinnville Serenity Group Fri & Sat now meet at 7pm
<b>37076</b>	Women's BB Study Hermitage Pres Church 4401 Lebanon Rd Hermitage Sat 3pm	<b>37174</b>	S.O.S. Sunday 6:30pm now at Peace Lutheran 762 Beechcroft Rd Springhill
<b>37115</b>	Three Legacies 4th Tues is Speaker	<b>37203</b>	Robert E. Lee Women's is now "NOW" (Nashville's Original Woman's group)
<b>37130</b>	Serenity 435 S. Molloy Lane, Murfreesboro 4p Sun	<b>37214</b>	Bikers in Recovery now meets at 7:30pm Thurs
<b>37148</b>	Portland Unity Fri 6:30pm	<b>37215</b>	LAMBDA Unitarian Church Thurs is now at 8pm
<b>37174</b>	Step Study Peace Lutheran Church 762 Beechcroft Rd (Hwy 247) Spring Hill, TN Th 7p	CANCELLED	
<b>37190</b>	Woodbury Senior Citizens Center 609 Lehman St Woodbury TN Sun 7:30pm OD	<b>37075</b>	Sat Noon REBOS Meeting
<b>37211</b>	Safe Place Oasis Church 7533 Lords Chapel Dr Tue & Thurs 6:30pm OD	<b>37129</b>	Serenity Murfreesboro 2:30 Sat OD/GLBS
<b>37211</b>	Steel Magnolia Women's Last Stop Club 2122 Utopia Sun 10am CD/WM	<b>37130</b>	Northboro Group Murfreesboro
<b>37214</b>	Freedom House - M 7pm OD Sun 10am OD	<b>37214</b>	Freedom Hour M-T-T-F 11:30 Meetings
		<b>37214</b>	Donelson Fairway Old Timers
		<b>37214</b>	Old Timers Meeting

(Continued from page 4)

The suggestion to close a meeting with the noncontroversial Serenity Prayer instead of the popular Christian Lord's Prayer brought horror to many in the group. One Native American, sober three years, found he could not stay sober under the pressure.

I have no fear about AA surviving this. I know that there will always be a couple of drunks sitting around someone's kitchen table with a pot of coffee and a Big Book, talking about sobriety--though finding such underground groups may be difficult.

So what is my concern? Well, it seems to me that the long form of the Twelve Traditions sets it out fairly clearly. Without AA unity my personal recovery may be in jeopardy. There is no question in my mind that for me to drink is to die. I definitely want to stay alive and be able to carry my own keys.

At the same time, to stay sober, I'm trying to cease fighting anyone or anything. Conflict destroys my personal happiness. The AA program and the Twelve Traditions provide a framework for living, one that makes room for differences in personalities and personal preferences--without having to go to the barricades to defend who is right. In AA it doesn't matter who is right--only who is left! I want to be able to be around for a while longer.

But how about the newcomers? What happens when they get told that AA is something it's not? It's not a place to solve domestic family issues. It's not a place to get advice on how to keep your Lithium dosage in balance. It's not a place to learn how to beat the system on drunk driving charges. And, perhaps more significantly, it's not a place to learn how to find Buddha in your liver or Jesus in your heart.

When an AA group conscience loses its primary purpose of staying sober and helping other alcoholics achieve sobriety, is it still an AA group? Does "majority rule" allow an influx of individuals with "Christian hangovers" to change the primary purpose of AA in their area? I never thought it could or would.

Since 1951, I've watched AA transcend barriers of nationality, race, culture, and religion. The bottle never demanded credentials or conformity--neither has AA. Now I observe changes occurring--trendy popular changes that appear to divert from AA's stated and primary purpose. Frankly, it frightens me.

At my age, I can probably make the rest of the trip without undue difficulty. However, I concern myself with those that follow. I have an eight-year-old granddaughter who, if genetics is a factor in alcoholism, is a sitting target for the disease. What will her chances be? Will she one day go to a gathering calling itself an AA meeting and find anything and everything except sobriety?

It is my hope that when AA members call themselves an AA group, they won't create a second requirement for membership. Then our singleness of purpose and our common welfare can prevail. I feel fairly confident this will happen if members of AA will read what is in the basic text for recovery--the AA Big Book. The answers will come. Especially if they practice that slogan, unpopular to some, but important to all: "Think, Think, Think."

Ken W.—Bandon, Oregon  
Copyright © The AA Grapevine, Inc.  
(May, 1998) Reprinted with permission.

Drunk leaves the bar and is stumbling down the sidewalk.

Up ahead he sees a nun.

He runs up to the nun and 'bam' - he knocks her to the ground and yells "take that Batman".



## The young one

### A teen AA finds that age doesn't matter when all are alcoholics

Since my first meeting, I have felt the sense of camaraderie that the Big Book describes. I was blessed to walk into a welcoming group. My parents walked me up to the church and kind folks on the entrance steps told them, "We'll take her from here. The meeting ends at 9. You can pick her up shortly after that." A man named Charlie handed me my first Big Book and guided me into the beginner's meeting. At my second meeting, Sarah extended her hand and pronounced herself my sponsor. I felt welcome.

I walked into these halls at 14, which means my first three years as a member of Alcoholics Anonymous were without a driver's license. I joined an older group--its core membership being a group of men and women 20 or 30 years my senior with long-term sobriety. The women of my home group joked about being soccer moms, calling one another to figure out, "Who's got Danna?" My parents usually dropped me off for the meeting; the AAs handled the rest. I was always brought along to dinner or the movies. My age mattered less than the fact that I identified as an alcoholic. I had a ride home even when it was out of the way or late at night. The women from my home group threw me a surprise high school graduation party and pooled to buy me a wonderful gift.

From my first meeting until now, I remain in awe of the genuineness and unconditional love of AA members.

My membership in that older group lasted about four or five years. My sponsor was the same age as my mother (and they got to be close friends!). Although some young people cycled through the group, I was the only one who remained a sober member. I attended the one young people's meeting in the area for my first 90 days of sobriety. I stopped shortly after, realizing I only went to smoke cigarettes and flirt with boys. In retrospect, I think I was too young for it. Many of my group's members had long-term sobriety, and I craved the stability they offered. The clamors of my uncomfortable adolescence could be checked at the door when I entered that church basement.

In the five years since I've left my hometown and that home group, I have gradually become more immersed in YPAA (our affectionate acronym for Young People in AA.) It has been a quiet and slow transition for me. I attribute this to the fact that, at 18 or 19 years old, I was often still the youngest member in many meetings. Now, at 24 and sober for nine-and-a-half years, my home group is a young people's meeting. I'm no longer the youngest member there, and I can enjoy being looked to as an "elder stateswoman." I am out socializing four or five nights a

week with a group of AAs my age: eating dinner, attending concerts and having fun.

Young people's AA felt too much like high school, with its incessant gossip and late nights.

At most YPAA meetings and conferences, I hear members share stories of not feeling comfortable in AA until attending a YP meeting. They admit to feeling excluded or different in "big people's AA." I am fortunate to have never heard put-downs such as "I spilled more than you drank." I was able to identify and not compare for my first few years of meetings. I never worried that I hadn't lost a husband or family--getting kicked out of high school and crashing a car were enough for me. Within YPAA, many believe they could never have gotten sober without other young people. This may be true for some, but it is not so for me. I still crave the stability of different types of meetings.

Big people's AA saved my life. Now, I'm in a place where I can repay some of that debt and help others. I feel a responsibility to share that it's possible for a young person to get sober any-where, in any group.

*Danna F—Waltham, Mass  
Copyright © The AA Grapevine, Inc.  
(July, 2009) Reprinted with permission.*



"It helps to believe in something bigger than yourself. God, nature, anything. Just as long as it's over eight inches."

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
21ST AVEUNE		
24 HOUR		
ANONYMOUS GROUPS	38	137
ANY LENGTHS		
BACK DOOR AA		
BACK ROOM	765	765
BACK TO BASICS		
BACK TO THE BIG BOOK	11	11
BAR NONE		
BELLEVUE WINNERS & BEG	25	45
BIKERS IN RECOVERY		95
BRENTWOOD FULL MOON		
BY THE BOOK (LEBANON)		
BY THE BOOK (DICKSON)		105
CAME TO BELIEVE		15
CELEBRATE SERENITY		
CHICKEN PLUCKER'S		
CLARKSVILLE		
CLUB 62 UNITY		
COLUMBIA	20	60
COMFORT ZONE		200
COMMUNICATIONS		300
COOKEVILLE		
COOL SPRGS NEWCOMERS		
CROSSVILLE NON-SMK STEP		
DAILY REPRIEVE		
DAVIDSON RD		1,200
DAVIDSON RD WOMEN'S		268
DEKALB CTY FRIENDSHIP		
DICKSON AA		
DISTRICT 9		30
DONELSON YET		
DOWNTOWN LUNCH	104	104
DOWNTOWN Y		
DROP THE ROCK		
DRUNKS IN THE PARK	291	291
EAST SIDE SATURDAY		
EASY DOES IT (McMinnville)		20
EASY DOES IT (Mt Juliet)	250	250
EVERY NIGHT AT 6		
FAIRFIELD GLADE		33
FAYETTEVILLE		20
FIRST THINGS FIRST		125
FIVE & FIVE	293	293
FRANKLIN 12 x 12		100
FRANKLIN		433
FRANKLIN MEN'S	100	100
FREE TO BE		132
G.O.D. (GRP OF DRUNKS)	274	274

Group	Mo Amt	YTD Amt
GLADEVILLE GRATITUDE		
GOODLETTSVILLE A.A.		
GRATEFUL ALIVE		125
GRATITUDE		
HAPPY HOUR	10	20
HARDING ROAD	200	200
HENDERSONVILLE BIG BOOK		
HERMITAGE		
HIGH NOON	200	200
HILLSBORO ROAD	271	466
HUMBLE HOUSE		25
IBI-UBU		100
JOELTON MEETING	100	100
JUST WEDNESDAY	25	25
KEEP IT SIMPLE BELLEVUE	20	251
KEY TO SOBRIETY		
KICKOFF'S NOT TILL NOON		
LAFAYETTE NEW HOPE		
LAMBDA		
LAST CALL		
LATE LUNCH BUNCH		612
LAVERGNE SOLUTIONS		
LAWRENCEBURG		40
LET IT HAPPEN	75	75
LIFE SAVERS		
LINDEN		
LIVING BY THE PRINT	30	30
LIVING IN THE NOW		
LOVE AND LAUGHTER		
MADE A DECISION		
MCMINNVILLE		100
MID-DAY BREAK	384	584
MT JULIET FELLOWSHIP		
MURFREESBORO		
MUSIC CITY HAPPY HOUR		50
MUSIC ROW		
MUSTARD SEED	50	100
N.O.W.		100
NATCHEZ TRACE MEETING		
NEEDED MEETING CLOSED		204
NIPPERS CORNER MEETING		47
NORTH BORO		
NORTHSIDE, CLARKSVILLE	75	75
ONE DAY AT A TIME		350
OUT TO LUNCH BUNCH		
P.O.P.		
PAY DAY		
PEACHTREE		20
PORTLAND UNITY	25	25

Group	Mo Amt	YTD Amt
PRIMARY PURPOSE		64
PULASKI		
RAY OF HOPE		
REBOS (SOBER)		
RIDGETOP BASICS		
ROAD OF HAPPY DESTINY		30
SAFE PLACE	30	30
SAT LIVING BY THE PRINT	50	50
SAT NIGHT ALIVE MEETING	30	90
SAT NIGHT LIVE		30
SEARCH FOR SERENITY		
SEEKING SANITY		398
SERENITY	50	150
SHADE TREE		
SISTERS OF FAITH		
SMITH COUNTY FRIENDSHIP		
SMOKE FREE-Sobriety 1st		
SMYRNA GRATITUDE	100	300
SUNDAY NIGHT BUNCH		100
TEMPLE HILLS		100
THE FOURTH DIMENSION		30
THE HUT		20
THE STRAGGLERS		71
THE UNITED		100
THE WAY OUT		
TRUDGING THE ROAD		
TURNING POINT		
VALLEYVIEW ASHLAND CITY		
WANGL		
WAVERLY		
WEEKENDERS		
WEST MEADE		
WEST NASHVILLE		130
WESTMINSTER	139	139
WHITE HOUSE		
WINNERS AND BEGINNERS	250	250
WOMEN IN THE SOLUTION	50	100
WOMEN'S AA		368
WOMEN'S FREEDOM MTG		375
WOMEN'S SPEAKER MTG		
WOODBURY		
YOUNG GUNS		
YOUNG TIMERS	36	67

	Mo Amt	YTD Amt
TOTAL CONTRIBUTIONS	4,371	12,324

MIDDLE TENNESSE CENTRAL OFFICE INCOME STATEMENT
---

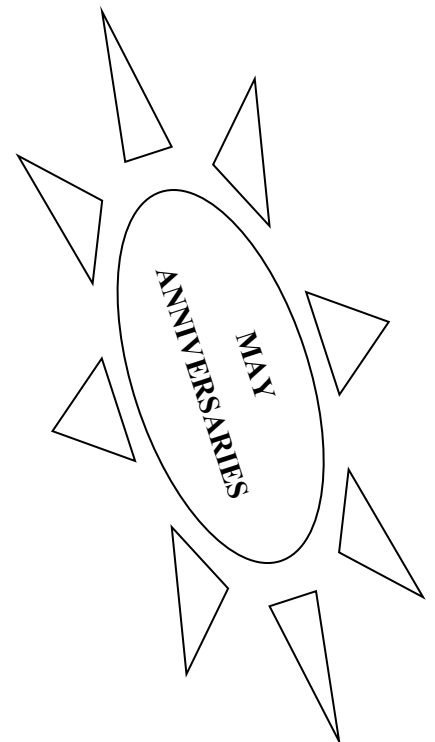
	MARCH ACTUALS	CURRENT MONTH BUDGET	ACTUALS TO BUDGET- VARIANCE	MARCH Y-T-D ACTUALS	CURRENT Y-T-D BUDGET	ACTUALS TO BUDGET- VARIANCE
<b>INCOME</b>						
LITERATURE SALES	9,932	12,163	(2,231)	32,586	36,488	(3,902)
<b>COST OF GOODS SOLD</b>						
LITERATURE	(7,333)	(8,333)	1,000	(23,134)	(25,000)	1,866
FREIGHT	(19)	-	(19)	(96)	-	(96)
DIRECTORY	-	-	-	(214)	-	(214)
<b>TOTAL COST OF GOODS SOLD</b>	<b>(7,352)</b>	<b>(8,333)</b>	<b>981</b>	<b>(23,444)</b>	<b>(25,000)</b>	<b>1,556</b>
<b>GROSS PROFIT - LITERATURE</b>	<b>2,580</b>	<b>3,829</b>	<b>(1,250)</b>	<b>9,142</b>	<b>11,488</b>	<b>(2,346)</b>
<b>OTHER INCOME</b>						
GROUP	4,653	4,833	(180)	12,788	14,500	(1,712)
INDIVIDUAL	190	685	(495)	619	2,054	(1,435)
MESSENGER	36	100	(64)	152	300	(148)
SPECIAL EVENTS	-	-	-	-	-	-
INTEREST	3	17	(14)	12	50	(38)
<b>TOTAL OTHER INCOME</b>	<b>4,882</b>	<b>5,635</b>	<b>(753)</b>	<b>13,570</b>	<b>16,905</b>	<b>(3,331)</b>
<b>TOTAL INCOME</b>	<b>7,461</b>	<b>9,464</b>	<b>(2,003)</b>	<b>22,712</b>	<b>28,393</b>	<b>(5,677)</b>
<b>EXPENSES</b>						
CASUAL LABOR	150	4,443	(4,293)	600	13,329	(12,729)
PAYROLL	5,623	-	5,623	13,811	-	13,811
LEGAL & PROFESSIONAL	122	146	(23)	412	437	(25)
SALES TAX EXPENSE	(0)	-	(0)	2	-	2
RENT	2,230	2,500	(270)	6,739	7,500	(761)
PRINTING	265	400	(135)	825	1,200	(375)
PAYROLL TAXES	430	325	105	1,084	975	109
MAINTENANCE	91	67	24	273	200	73
TELEPHONE & FAX	490	500	(10)	1,466	1,500	(34)
ANSWERING SERVICE	185	200	(15)	593	600	(7)
POSTAGE	301	150	151	584	450	134
OFFICE SUPPLIES	180	208	(28)	422	625	(203)
BANK SERVICE CHARGES	-	-	-	-	-	-
COMPUTER PROJECT	30	83	(53)	209	250	(41)
INTERGROUP EXPENSE	-	100	(100)	151	300	(150)
INSURANCE	-	171	(171)	1,216	512	704
SPECIAL EVENTS / FUNC- TIONS	-	-	-	-	-	-
REPAIR & MAINTENANCE	-	-	-	-	-	-
TRAVEL	-	150	(150)	266	450	(185)
DEPRECIATION	18	21	(3)	54	62	(7)
OVER/UNDER	-	-	-	(6)	-	(6)
<b>TOTAL EXPENSES</b>	<b>10,116</b>	<b>9,464</b>	<b>652</b>	<b>28,701</b>	<b>28,392</b>	<b>311</b>
<b>NET INCOME</b>	<b>(2,655)</b>	<b>0</b>	<b>(2,655)</b>	<b>(5,989)</b>	<b>0</b>	<b>(5,990)</b>

BACKROOM	
Bernie L	05.03.06
Cynthia S	05.10.96
Don H	05.06.11
Jennifer B	05.07.10
Jennifer S	05.11.11
<b>Jim M</b>	<b>05.28.93</b>
<b>Karen D</b>	<b>05.10.88</b>
Kim P	05.01.11
Louie M	05.03.08
Louie M	05.20.09
Pamela B	05.07.12
Pat R	05.04.02
Shirley F	05.30.11
Steve L	05.01.03
Tracy T	05.01.94
BRENTWOOD FULL MOON	
Buddy L	05.27.03
<b>Dave W</b>	<b>05.17.89</b>
Jim H	05.20.03
DONELSON YET	
Bruce W	05.12.06
Dave S	05.26.02
EASY DOES IT	
Gary	05.06.08
<b>Malcolm</b>	<b>05.23.90</b>
Mike	05.30.06
Ruby	05.28.10
FELLOWSHIP	
Amber S	05.20.09
Matt S	05.20.09
Trey A	05.27.06
FIRST THINGS FIRST	
<b>Bill H</b>	<b>05.03.79</b>
Mike G	05.30.11
Randall	05.06.06
LATE LUNCH BUNCH	
Michael S	05.17.08
<b>Olivia E</b>	<b>05.19.88</b>
Sarah T	05.29.10
LOVE AND LAUGHTER	
Josh W	05.14.12
Katie H	05.25.09
Lynch O	05.27.10
Maria D	05.06.11

MID-DAY BREAK	
Amber N	05.28.09
Ashley R	05.23.08
Cindy H	05.28.09
Doug N	05.27.97
Jesse M	05.14.01
LaShaunna W	05.21.07
Linda G	05.23.00
Michael T	05.07.09
Phillys K	05.05.09
<b>Raul M</b>	<b>05.08.88</b>
Stephen F	05.10.10
MT JULIET FELLOWSHIP	
Danny H	05.18.04
Dee Dee	05.30.11
Karen R	05.26.12
Len K	05.??.
Lou B	05.01.95
N.O.W.	
Erin J	05.03.12
Kate M	05.18.11
Megan A	05.01.12
Susan M	05.06.12
P.O.P.	
Kristal W	05.16.11
Stefanie L	05.21.09
REBOS	
LeeAnn W	05.31.10
RIDGETOP BASIC	
Angela N	05.15.05
Candi C	05.17.97
<b>Dale M</b>	<b>05.05.87</b>
Lee B	05.01.00
<b>Meg S</b>	<b>05.10.88</b>
SHADE TREE	
Alison R	05.29.01
Angela S	05.07.11
Ashokkunar P	05.04.05
Becky W	05.15.05
Bill H	05.01.04
<b>Billy W</b>	<b>05.30.90</b>
Bob A	05.06.12
Bobby A	05.18.08
Carl C	05.26.08
Chris W	05.12.07
Colleen R	05.22.12

SHADE TREE (con't)	
Dana K	05.19.08
Daniel M	05.20.09
Dave H	05.24.??
David G	05.25.06
Donny M	05.27.08
Dorris M	05.22.06
Elmer	05.27.05
Gigi B	05.10.11
Heather H	05.26.09
Joe H	05.18.03
John C	05.14.07
John P	05.14.07
Judy P	05.24.12
Kate Mc	05.18.11
Kimberly P	05.03.05
Kip F	05.15.09
Leonard W	05.24.06
Linda S	05.09.06
Loni D	05.08.07
Marilyn A	05.18.06
Mark F	05.10.08
Marla J	05.25.09
<b>Melinda K</b>	<b>05.19.87</b>
Michael P	05.13.09
Nancy P	05.23.96
<b>Norbert B</b>	<b>05.25.89</b>
Randy T	05.18.09
Rob S	05.31.05
Robert K	05.14.95
Ron C	05.04.09
Sabrina W	05.22.06
Scott D	05.17.07
Sean M	05.12.06
Shane W	05.27.05
<b>Sheila D</b>	<b>05.26.89</b>
Shelly C	05.01.08
Stacy F	05.29.12
Stephanie G	05.11.09
Stephanie M	05.17.09
Tom V	05.05.05
Tony P	05.06.07
Wanda B	05.01.12
SEEKING SANITY	
Brenda S	05.02.09
David R	05.07.11
Derrick C	05.14.07
Donna G	05.12.09
Donna V	05.01.07
Jeannie G	05.07.11
Jeri T	05.10.07
Stephanie M	05.17.09

SMYRNA GRATITUDE	
Bill F	05.02.97
Chad A	05.27.12
<b>James W</b>	<b>05.14.89</b>
<b>Jessie M</b>	<b>05.14.81</b>
<b>John D</b>	<b>05.10.87</b>
Owen	05.27.07
Paul T	05.16.09
Patrick W	05.23.08
Susan E	05.01.10
Sydney M	05.20.12
<b>Tony C</b>	<b>05.13.71</b>
Walter	05.15.04
WEEKENDERS	
<b>Bob B</b>	<b>05.12.89</b>
Leslie M	05.05.03
Randy M	05.23.02
William S	05.10.02
WOMEN'S SPEAKER	
<b>Marget D</b>	<b>05.28.81</b>



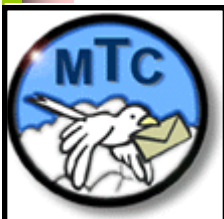
# Middle Tennessee Central Intergroup Association

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



### Time to Change?

- ☐ New / Renewal Subscription
- ☐ Address Change

*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.

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 \_\_\_\_\_