

The **MESSENGER**

Middle Tennessee Central Office Intergroup

**NOVEMBER
2013**

INSIDE THIS ISSUE

Is this all there is?	2
Breakneck speed	3
Events	4-5
Desk of Charles C	6
Meeting Changes	7
Perception	8
Moment of Grace	8
Contributions	9
Financials	10
Anniversaries	11

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.

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.**

MIDDLE TENNESSEE CENTRAL OFFICE

ANNUAL DINNER

A CELEBRATION OF SOBRIETY

FRIDAY NOVEMBER 22, 2013

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

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**

615.831.1050 TO VOLUNTEER OR FOR MORE INFORMATION

Is This All There Is?

An AA checks his supply of spiritual oxygen --Step Eleven

It was a weekday night early in my recovery. I had come home from a day at work without the large bottles of wine, the kind with caps and no cork, that I used to load up on at the liquor supermarket in order to drink myself into unconsciousness. My wife was home, and we had a quiet, modest dinner. If there was a question mark next to the marriage, at least I wasn't tearing the loft apart in the drunken rages that marked my active years. I was a year and a half into recovery and progressing nicely, I thought. In fact, I was more than halfway through the Ninth Step, as I understood the Ninth Step to be at the time.

But all was not right. A mood came over me, a feeling of doubt and despair. In sobriety, I had generally been full of hope. Now, however, things appeared darker. Suddenly I had reservations about the growth I could achieve in AA. It was as if I had come up against a ceiling in recovery when I had thought the sky and beyond were the limit. I have experienced fear, and even terror, in sobriety, but I don't know that anything has matched the concern and despair I experienced fearing that I had exhausted the supply of spiritual oxygen available to me. By definition, an alcoholic is a seeker, someone who cannot accept limits and is always striving to expand into new dimensions. And now it seemed I had reached the limits of those dimensions.

I had relied on alcohol to avoid facing doubts about my marriage and unpublished manuscripts and all the other problems in my life. And I had come to expect that AA would provide me with that same space. But instead of expanding, it seemed now that my life was contracting. Everything my eyes took in irritated me--the poorly furnished loft, the stack of manuscripts, my wife, my life.

I called my sponsor and gave him my complaint in a tone of reproach, as if both he and AA were guilty of having deceived me. "Is this all there is? I feel terrible," I said, not realizing that in articulating the problem, I was making myself ready for the answer, which he provided with a statement that was to transform my life. "It's time for the Eleventh Step," he said calmly but firmly. The only answers I had ever found for emotional pain and distress were the bottle and drugs, and here was this man pointing me to a Step I knew precious little about. "Here's what you do," he said. "Sit in a hard chair with your spine straight. Then close your eyes and focus on your breath. Just be aware of yourself breathing in and breathing out. Do this for five minutes."

I did exactly as he had suggested. In fact, I sat at the very table where I had drunk myself into oblivion most nights in the last phase of my drinking life. It's not that bells and whistles went off in that five-minute period, or that I saw bright lights or envisioned eternity. And yet something profound did happen. In the course of those five minutes, my sense of discomfort, of irritability--of disease--fell away. I recognized the efficacy of the answer he had provided me. More than that, I intuitively understood that this was where the journey was to be found. It was as if I had been delivered to a path of freedom and of unending growth. And I can say something else --to this day, that horrible doubt about AA that had entered my mind that night has never returned. In fact, my relationship to AA has only grown stronger.

As I recall, the experience of meditation in the early stages was extremely joyful. A rush of happiness, even ecstasy, would overcome me, surpassing anything I had ever felt while drinking or using drugs. And the effect was not

short-lived. In one instance, a brief period of meditation resulted in a sensation of spiritual intoxication that lasted for most of the day. Because I was a complete novice--and in a technical sense probably still remain so--my sponsor suggested that I purchase a book on meditation, *Journey of Awakening*, by Ram Dass, and visit a meditation center. The book offered useful tips on how to meditate, a variety of ways to approach it, and other practical information. At the center, I took part in group meditations and even was assigned a meditation instructor, who was quite helpful in regard to technique. But I suspect I was a poor student, because twenty-one years later, I still do what I did that first night: sit in a chair with my eyes closed and focus on my breath.

In this period, I established a routine of forty-five-minute meditation periods on Saturdays and Sundays. (It did not occur to me that I could get up early and do the same during the work week as well.) Like many who are trying to dig out from under the rubble of active alcoholism, I had my list of things that needed to get done, and one Saturday morning I rushed out the door with list in hand, having decided that I could do without meditation that morning. Outside I found a bright and clear day, but for some reason, my insides did not match it. A mood of irritability had come over me and stayed with me through the day. Although I pushed on and did my chores, I sensed that I was not relaxed and happy in the way that I might have been had I given myself my forty-five minutes of meditation. I resolved not to make that mistake again.

I believe the Big Book speaks to what had happened in the line that reads, "We have a daily reprieve from alcohol contingent on the maintenance of our spiritual

(Continued on page 4)

BREAKNECK SPEED

I don't like going to doctors.

But this sponsor of mine has a rule: if it bleeds, swells, or hurts for more than twenty-four hours, call a doctor. So, "Call your doctor," was his suggestion when, one day, I casually mentioned a dull pain around my right ear, an annoyance more than anything, although at times it throbbed a bit. And no, I didn't know why it was hurting, though I thought it might have had something to do with swimming a couple days earlier and, yes, it had been going on for a few days.

I've heard that some people do what their sponsors suggest at breakneck speed, but I'm not in that group. A week went by, and my sponsor said, "How's the pain? Have you called your doctor yet?" I answered the questions in order: "Still as it was, but not getting any worse" and, "No; I tried, but his phone was busy."

Silence from him.

Then: "Don't you think you need to do a little more work on your Tenth Step?"

Tenth Step? What did the Tenth Step have to do with it? Personal inventory. . .when wrong. . .admitted it. What did this have to do with an earache? "Just read the Step," he suggested. "You've heard the words at every meeting. But maybe you need to understand more of what they mean."

So I did what was suggested. Not at breakneck speed, of course, but I did it. "Continued to take personal inventory":

"Continued" was easy enough, since it refers to an ongoing process I do frequently--sometimes daily or even minute-by-minute.

"Inventory" was also easy. It was an echo of the Fourth Step, where I did an inventory of myself.

But then I noticed a difference. It was always there, so how did I miss it? In the Fourth Step, the inventory was "moral"; in the Tenth Step, it is "personal." Was the different wording significant? Perhaps it was; perhaps more than I'd first noticed.

Bill W. warned us against complacency or self-congratulation ("After Twenty-Five Years," Grapevine, March 1960) and reminded us that, unless we keep growing, we fall back. It seems to me that one of the major purposes of the last three Steps is to keep us from complacency, to keep us growing so that we don't fall back into our old, sick ways and perhaps even

into active alcoholism.

Of course, that growth needs to continue on the moral level and we need to "inventory" it. But my inventory, and growth, also need to include all that I am as a "person," and that includes my spiritual, mental, emotional, and physical dimensions, to say nothing of how I relate to other people. And so, taking a "personal" inventory means that I attend to all aspects of myself, of my "person," including, but not only, the "moral" part of me.

"And when we were wrong, promptly admitted it." Over the years, how often had I heard that line and misunderstood it? At first, I thought that it meant to pay attention only to my faults or character defects. But that's not what the Step says; and, in fact, in the "Twelve and Twelve," Bill W. writes that we need to be aware not only of our limitations, defects, and shortcomings, but also of our strengths, talents, and successes. In short, we need to take a balanced approach to ourselves. Should my "personal inventory" reveal that I am off-balance in any aspect of myself, I should "promptly admit it."

"Admit it": This is not a mere acknowledgment that something about my person is off-balance, that some aspect of me needs correcting, but, once that's done, I must take action on restoring the balance. From first to last, AA is a of program of action. It is not particularly useful for me simply to admit that some aspect of myself needs correcting and then to do nothing about it. Admission that something is the matter is the doorway to growth; but there will be no growth unless I follow up the admission with action. My meditation on the Tenth Step showed me some powerful ways of applying it to my life that I had not seen before. Since alcoholism is an illness that affects all aspects of me, recovery from alcoholism must then include all aspects of me. For me, working the Tenth Step properly means being attentive to my moral growth--as well as my spiritual life, my mental and physical health, my emotional well-being, and my relationships with others. Should I find anything "wrong" about any of these aspects of me, I need to correct it as soon as I can.

"How's the pain now?" my sponsor asked some weeks later. "Gone," I replied. "Ear infection. Good antibiotics. Good doctor."

And, I thought, Great Tenth Step!

Anonymous

(Continued from page 2)

condition." The fact was simply that while I had conditioned myself for the day physically by showering and shaving, I had not conditioned myself spiritually, and as a consequence, I felt irritable and the world looked ugly.

A life doesn't change simply on the basis of a few periods of meditation, but now, at least, I had discovered where the journey was to be found, and it was not in the bottle or the drug or the relationship or in any of the externals that most of us want and in some degree need. The journey was an internal one, an "inside job," as we say in the Fellowship. And having found some of it, I now wanted and needed more. Spiritual hunger is as insatiable as the thirst for the next drink, with the difference, of course, that while alcohol contracts us, a life in God offers unlimited expansion. The goal was only to have a changed mind, a changed consciousness, a new way of seeing life. As the Big Book says, "The main problem of the alcoholic

centers in his mind rather than in his body."

I had also learned another simple thing: prayer was not enough. It may be for some, but that was not the case with me.

When the Eleventh Step says "Sought through prayer and meditation," to me it means that what I need to develop is a daily practice. It is not something for me to do on a hit-or-miss basis or if my schedule permits or on those occasions when I am feeling bad or stressed out. It is for good weather and bad weather and just your average cloudy day. So in the years that have passed, I have tried to develop a daily practice, and clarity, focus, and awareness have entered my life in a way and to a degree that would not have been possible without it. The strongest, most consistent message I receive from the Higher Power is love yourself, respect yourself. Love is the absolutely crucial, indispensable ingredient in recovery. We get that

love from the AA group when we are new, and then, through the first Nine Steps, we uncover and discover that which has been there within us all along, a loving God. AA didn't install that God in me; AA didn't provide me with a God bearing its own trademark. The first Nine Steps allowed me to tune in, to access, what had been there all along. Love is the thing that heals us, and only when we feel loved can we give the love that makes the Twelfth Step possible.

At some point in early recovery, I began praying that the Higher Power would teach me to love. That has remained a daily prayer. Without the Higher Power, I know how to fear you, hate you, envy you, compete with you, seek to control you. Alcoholics Anonymous has taught me that there is no love of God without love of people. It is a lesson I have a lifetime, one day at a time, to assimilate.

David S—New York, NY
Copyright © The AA Grapevine, Inc.
Reprinted with permission

47th Annual Women's Holiday Party

hosted by the NOW* AA group

Sunday, December 22 4 pm

Trevecca Community Church Auditorium
Trevecca Nazarene University-
335 Murfreesboro Rd., Nashville

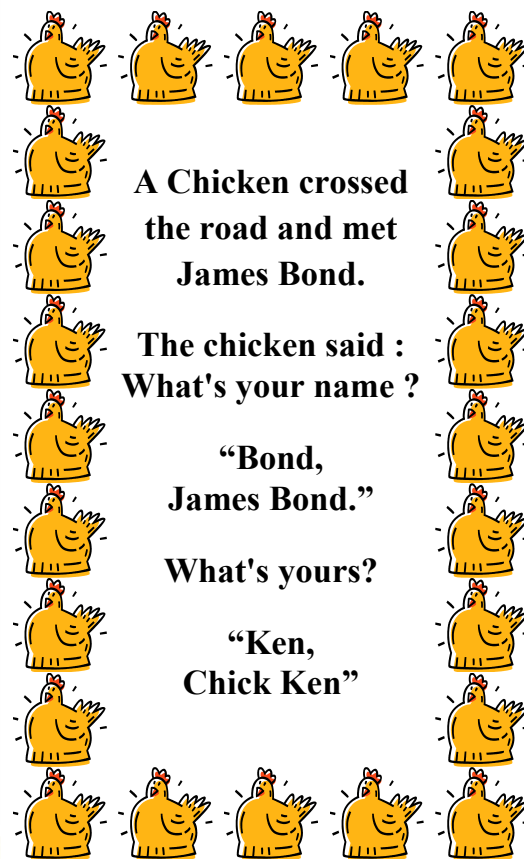
AA speaker at 5 pm
Please arrive at 4 to mix and mingle.

Finger foods and desserts and coffee will be served.
Please **bring a finger food or dessert** in a
disposable container to share.

We hope you will support this event with a suggested donation of
\$6.00**

No one will be turned away.

For more details, visit <http://nowaaholidayparty.weebly.com/>



A Chicken crossed
the road and met
James Bond.

The chicken said :
What's your name ?

"Bond,
James Bond."

What's yours?

"Ken,
Chick Ken"

Middle Tennessee Combined Districts Present:

New Years Eve Dance

December 31

2013

7:00 pm - Midnight

7:00 - Doors Open
8:00 - Guest Speaker
9:00 - DJ Spinnin' Tunes
9:01 - Drunks Start Dancin'

Where { The Woodbine Gym @
 Connection Pointe Church
 3016 Nolensville Pike
 Nashville TN, 37211

Questions { Contact Phyllis A.
 (615) 306-3805

Bring finger foods and desserts to share
 \$10 Donations encouraged - Contact your GSR for tickets
 Proceeds to benefit the 2015 4th quarter voting assembly

Annual POP Christmas Dinner

Dinner starts at 6:30pm

Speaker at 8pm

Meat and drinks provided.

Please bring a covered dish.

3705 Brush Hill Road

Nashville, TN 37216

Friday, December 13th

From the desk of Charles C *NEW LEASE AND MOVE OF OFFICE*

Central Office was informed our lease would not be renewed for July, 2014 due to landlord's need for office space for personal company. The landlord recommended a broker who provided numerous leads and recommendations which were investigated, but none were within our current \$2,300 price, or met our need for Intergroup meeting space.

One property at corner of Thompson Lane and Dobbs avenue by Wingate Church of Christ had a long and narrow converted garage, with a window unit and a space heater at one end. The unfinished basement was large enough but uneven with numerous leaks. Rent was \$1,300 - plus utilities for a 12 month lease only.

Other properties considered were prohibitively expensive or completely unacceptable - for various reasons. A partial list includes the following:

1. Strip mall on East Thompson Lane next to Kroger at \$3,300 monthly - plus utilities and upgrades. They wanted traditional retail clients for attraction also.
2. Yellow Brick building at 201 Thompson Lane currently housing Nationwide insurance - had smaller offices upstairs, no room for bookstore or meetings.
3. Former restaurant was rented by Enterprise Rentals at price above our budget.
4. Property at 3706 Nolensville Pike had no parking - except gravel lot in rear - accessible by steep narrow driveway.

In conjunction with using a broker - we were lucky enough to have Aaron S. inform us of a house owned by the Nashville Fire Fighters Association Local Union, when we announced the landlord's decision at our Intergroup meeting. They opened the house to us and Intergroup members and other interested parties have had the chance to view it. The Fire Fighters Association offered use of the Houses' Union hall for our monthly Intergroup meeting. Although the space for this meeting was a bit of a challenge, there were only two other locations of the 8 we looked at with enough space for Intergroup meetings. Since we also have freight deliveries with pallets of books, this is one of the best locations to accommodate us and a great improvement over our current location. We receive almost 20 pallets of books a year.

So, overall, this location meets our criteria the most. The property is a single tenant building with 20 plus parking spaces and a circular drive - plus extra parking at the Firefighters building next door. It is located at: 102 Arlington, Nashville, TN 37210

The cost of \$1,350 monthly, length of lease, cap on renewal and a \$300 utility allowance will affirm a sound economic future for Middle Tennessee Central Office. Commercial space in our price range will have limitations, but I am sure we can adapt and compensate in ways not yet considered for carrying the message.

The moving date depends on variables around completion of agreed modifications. I believe a move by December 1, 2013 is the earliest possible date, with notice to current landlord. We will inform all as plans and dates are affirmed. Current landlord will impose no penalty for a move before end of our lease, due to their desire for office use.

The move itself will be a challenge requiring good organization and willing volunteers. I am recommending professional movers to move racks, large furniture and heavy items. A committee would be nice, as we will be working and moving, hopefully with little down time for the office. A member of TCYPAA, Lauren O, says TCYPAA will take on moving as a service project.

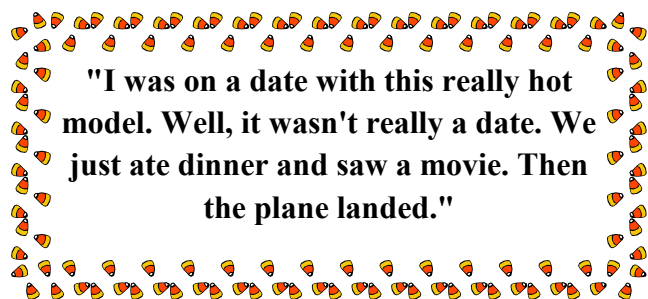
We welcome all your help and input, as always.

October 18, 2013 — UPDATE: Since Property Report above:

The Steering Committee met October 16th, and voted to pursue "other options" in next 30 days. The intention, as to the property below, is to ask The Nashville Fire Fighters Union as owners of the property to wait yet another 30 days. I have seen no formal request from Steering Committee as of this date. Once again, I am reminded of Tradition Two:

"For our group purpose there is but one ultimate authority---a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Per our bylaws, your Middle Tennessee Central Office has agreed to conduct business by The Traditions of Alcoholics Anonymous.



FIRST TUESDAY OF EVERY MONTH:

District 30
Meeting

When:
6:30pm – 7:30pm

Where:
5925 O'Brien Ave

SECOND TUESDAY OF EVERY MONTH:

Intergroup Meeting
(Central Office)

When:
5:45pm – 6:45pm

Where:
Central Office
Conference Room

CENTRAL OFFICE OFFICERS	NAME	PHONE #
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	530.218.8176
	Jody C	931.319.3446
Treatment	Jon T	804.306.6256
Archives	"OPEN"	
Central Office Manager	Charles C	615.832.1136
Central Office Bookkeeper	David	615.832.1136

NEW

Valley View 109 Cumberland Street Ashland City Noon -
37015 M-OD, W-OD/LIT, F-OD

Auburntown AA Community Center 193 Main Auburn-
37016 town TN Fri 7:30p OD

Late Lunch Bunch 309 Franklin Rd Brentwood Sat & Sun
37027 1p Beg

37066 G-AA 107 College St Gallatin Mon & Fri 8pm Sun 7pm OD

Cool Springs Newcomers Bradford Hlth Svcs 1897 Gen
37067 George Patton Dr Franklin Mon & Wed 7pm CD/Beg

Ladies Night Out 200 E Cedars @ Church St. Goodlettsville
37072 Fri 6pm OD/Lit

Women's BB Study Hermitage Pres Church 4401 Lebanon
37076 Rd Hermitage Sat 3pm

37087 IBI-UBU 407 Park Ave Lebanon Fri 6:30p OD

37115 Three Legacies 4th Tues is Speaker

37130 Serenity 435 S. Molloy Lane, Murfreesboro 4p Sun

Bill Wilson Literary Society Old Hickory Pres Church 801
37138 Jones Old Hickory W 7:30p OD/Lit

Jacob's Well Woman's Meeting 1053 Donelson St Old
37138 Hickory 37138 Sun 10:15 am OD

37148 Portland Unity Fri 6:30pm

Step Study Peace Lutheran Church 762 Beechcroft Rd
37174 (Hwy 247) Spring Hill, TN Th 7p

Woodbury Senior Citizens Center 609 Lehman St Wood-
37190 bury TN Sun 7:30pm OD

Safe Place Oasis Church 7533 Lords Chapel Dr Tue & Thurs
37211 6:30pm OD

37211 Woodbine 2122 Utopia M - W - F 6:30pm OD

Steel Magnolia Women's Last Stop Club 2122 Utopia Sun
37211 10am CD/WM

37211 Unity Group Club 62 329 Peachtree - Fr 6pm OD

Just Wednesday Lighthouse Fellowship Church 5100 Blue
37211 Hole Rd Antioch Tn 6:30 p wed CD

37214 Freedom House - M 7pm OD Sun 10am OD

**MOVED**

Key to Sobriety Grove United Meth 6485 Central Pike Mt
37122 Juliet

Women in the Solution - Gateway Church 1304 Madison
37160 St Shelbyville

Saturday Eyeopener Club 62 323 Peachtree Nashville 9am
37211 OD

CHANGES

37110 McMinnville Serenity Group Fri & Sat now meet at 7pm

Camel Group 1265 Bradyville Pike (Church of Christ) Mur-
37130 freesboro

S.O.S. Sunday 6:30pm now at Peace Lutheran 762 Beech-
37174 croft Rd Springhill

Robert E. Lee Women's is now "NOW" (Nashville's Origi-
37203 nal Woman's group)

37214 Bikers in Recovery now meets at 7:30pm Thurs

37215 LAMBDA Unitarian Church Thurs is now at 8pm

37216 New Beginnings Now Begins at 8pm

CANCELLED

37046 College Grove Meetings

37075 Sat Noon REBOS Meeting

37086 LaVergne Solutions Group - M Tu Th Fr- 5pm

37129 Serenity Murfreesboro 2:30 Sat Od/GLBS

37129 Serenity Murfreesboro 6:45 Fri

37130 Northboro Group Murfreesboro

37166 Dekalb County Friendship Thurs

37167 Ladies Life Change

37167 Smyrna Serenity

37174 S.O.S. Mon & Fri

37209 Music City Happy Hour Thurs 6pm

37212 Women Veterans AA Meeting

37214 Freedom Hour Mon thru Sat 11:30 Meetings

37214 Donelson Fairway Old Timers

37214 Old Timers Meeting

37221 BYOBB

Perception

I've always heard that alcoholism is a disease of perception. For example, when I first got sober I kept hearing that it was a disease, but I never really saw it that way. Once I started to work my program and learned more about it though, I began to look at it differently, and sure enough it changed! I now see it as the disease it is.

As I continued to work my steps and recovery, I began changing the way I looked at a lot of things and they too, began to change. For example, my past used to be a source of shame and regret, but when I looked at it as a source of experience, strength and hope that I could use to help another, my feelings about it changed as well. Looking at it this way, I gained a new appreciation for it and my very past seemed to change as well.

Today I know that every situation in life is open to interpretation depending on how I choose to look at it. To help me gain perspective, I sometimes pretend I'm part of a debating club and have been assigned the task of building a case for the opposite point of view. Forcing myself to look at something differently changes my opinion and, seemingly, the thing itself.

It always comes back to how I look at things. Once I change that, everything else changes as well.

anonymous



"You'll experience denial, anger, bargaining, depression, acceptance, and finally, stuffing."

Moment Of Grace

When I was three days sober, I felt the presence of God for the first time. It happened at my second AA meeting, a young people's meeting, on a Saturday night.

I was weak and uncomfortable from detoxing, but I had made it through the day. I felt safe that night at that meeting. I had a sense that I was going to make it, and that I had a chance.

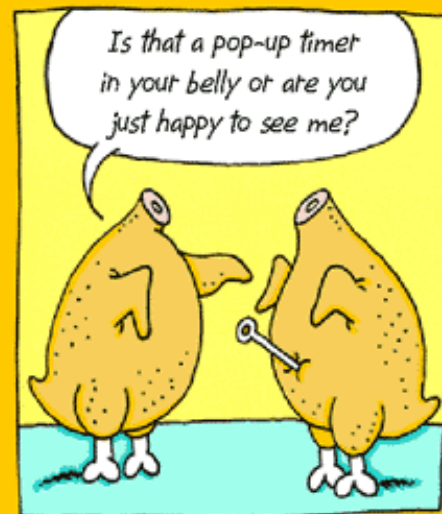
At the end of the meeting, a young man came up to me and said, "Congratulations on three days," and handed me a name and phone number. I didn't feel as if he was trying to get something from me. It seemed genuine.

I asked him to be my sponsor and he accepted, with some simple conditions. I left and went home. Physically, I was weak, but I realized that I had left the meeting with something I had not arrived with--hope.

I knew then that I wouldn't be keeping myself sober. I realized a Higher Power had given me the courage to go to that meeting and had placed a sponsor in my path. It was God who spoke the words: "My name is Jason and I have three days" because I didn't have the strength to speak them. God gave me that strength.

Jason J.—New York, New York

Copyright © The AA Grapevine, Inc. Reprinted with permission



Turkey Pick-up Lines

Group	Mo	YTD	Group	Mo	YTD	Group	Mo	YTD
21ST AVENUE	40	184	GALLATIN BIG BOOK STUDY (GAABS)		126	PRIMARY PURPOSE		236
24 HOUR		250	GARDEN VARIETY		236	PULASKI	5	30
ANONYMOUS (ALL) CONTRIBUTIONS	36	949	GLADEVILLE GRATITUDE	125	125	RAY OF HOPE	200	200
ANY LENGTHS		35	GOODLETTSVILLE A.A.		163	RIDGETOP BASICS		98
BACK ROOM	468	3,044	GRATEFUL ALIVE		277	ROAD OF HAPPY DESTINY		90
BACK TO THE BIG BOOK		75	HAPPY HOUR - LEWISBURG	35	55	SAFE PLACE	35	90
BELLEVUE WINNERS AND BEGINNERS		125	HAPPY HOUR-COOKEVILLE		50	SANGO SOLUTIONS	10	30
BIKERS IN RECOVERY		198	HARDING ROAD	150	550	SATURDAY LIVING BY THE PRINT		50
BRADFORD BEGINNERS		101	HERMITAGE		50	SATURDAY NIGHT ALIVE (11)		210
BRENTWOOD FULL MOON		1,000	HIGH NOON		200	SATURDAY NIGHT LIVE		30
BY THE BOOK (LEBANON)		15	HIGHER POWERED	164	164	SEARCH FOR SERENITY		150
BY THE BOOK -DICKSON		227	HILLSBORO ROAD	300	766	SEEKING SANITY		1,582
CAME TO BELIEVE	15	45	HUMBLE HOUSE		25	SERENITY	50	500
CELEBRATE SERENITY		125	IBI-UBU		200	SHADE TREE	730	2,190
CHICKEN PLUCKERS MENS		400	JOELTON		200	SHELBYVILLE		145
CLUB 62 UNITY		20	JUST WEDNESDAY		45	SMYRNA GRATITUDE	100	900
COLUMBIA	20	180	KEEP IT SIMPLE BELLEVUE	51	809	SOBRIETY-SERENITY-SERVICE (S.S.S.)		130
COME AS YOU ARE		100	LADIES NIGHT OUT		50	SUNDAY NIGHT BUNCH		200
COMFORT ZONE		575	LAFAYETTE NEW HOPE		75	TEMPLE HILLS		100
COMMUNICATIONS		300	LATE LUNCH BUNCH		1,622	THE BASEMENT BUNCH OF MURFREESBORO		275
COOKEVILLE		45	LAWRENCEBURG		100	THE FOURTH DIMENSION		30
COOL SPRGS NEWCOMERS		300	LET IT HAPPEN		150	THE HUT		20
CUMBERLAND UNITY		25	LIFE SAVERS		100	THE STRAGGLERS	85	181
DAVIDSON RD	500	4,455	LIVING BY THE PRINT		30	THE UNITED		300
DAVIDSON ROAD WOMEN'S		268	LIVING IN THE NOW, PRIMETIMERS		360	TRUDGING THE ROAD		100
DISTRICT 11		300	MCMINNVILLE		100	TURNING POINT		876
DISTRICT 9		30	MID-DAY BREAK	540	1,894	VALLEYVIEW-ASHLAND CITY		390
DOWNTOWN LUNCH		292	MONDAY NIGHT		140	WANGL		250
DOWNTOWN Y		23	MT JULIET FELLOWSHIP		400	WAVERLY-BELMONT		100
DRUNKS IN THE PARK		880	MURFREESBORO	15	66	WEDNESDAY STUDY		10
EAST NASHVILLE 86'ers	24	24	MUSIC CITY HAPPY HOUR		50	WEST MEADE	200	200
EASY DOES IT (McMinnville)		20	MUSIC ROW		100	WEST NASHVILLE		269
EASY DOES IT (Mt Juliet)		250	MUSTARD SEED	50	450	WESTMINSTER	152	754
EVERY NIGHT AT 6	10	70	(N.O.W.) NASHVILLE ORIGINAL WOMENS		200	WHITE HOUSE		40
FAIRFIELD GLADE	33	165	NEEDED CLOSED		204	WINNERS & BEGINNERS		400
FAYETTEVILLE		65	NEW BEGINNINGS (12)		5	WOMEN IN THE SOLUTION		250
FIRST THINGS FIRST		425	NEW FAITH		20	WOMEN'S FREEDOM		375
FIVE & FIVE	148	664	NIPPERS CORNER	78	125	WOMENS AA		368
FRANKLIN 12&12		100	N.SIDE-CLARKSVILLE		225	WOMENS SPEAKER		225
FRANKLIN 4TH BB STUDY		50	ONE DAY AT A TIME		350	WOODBINE	20	40
FRANKLIN		1,510	OUT TO BREAKFAST		78	WOODBURY		180
FRANKLIN MENS		950	P.O.P.		200	YOUNG GUNS	13	13
FRANKLIN ROAD WOMEN'S	40	90	PAY DAY		75	YOUNG TIMERS	4	105
FREE TO BE		450	PEACHTREE		49			
G.O.D. (OF DRUNKS)	209	483	PORTLAND UNITY		50	Grand total:	4,655	43,903

MIDDLE TENNESSE CENTRAL OFFICE INCOME STATEMENT

	September Actual	Current Month Budget	Budget- Variance	September YTD Actual	Year To Date Budget	Budget- Variance
INCOME						
LITERATURE SALES	9,242.08	12,162.67	(2,920.59)	98,807.64	109,464.03	(10,656.39)
LITERATURE PURCHASES	(7,330.01)	(8,333.33)	1,003.32	(72,784.05)	(74,999.97)	2,215.92
FREIGHT IN	(9.25)	0.00	(9.25)	(288.57)	0.00	(288.57)
DIRECTORY	0.00	0.00	0.00	(214.10)	0.00	(214.10)
NET LITERATURE SALES	1,902.82	3,829.34	(1,926.52)	25,520.92	34,464.06	(8,943.14)
CONTRIBUTIONS	0.00	0.00	0.00	0.70	0.00	0.70
GROUP	4,478.85	4,833.33	(354.48)	44,141.85	43,499.97	641.88
INDIVIDUAL	682.37	684.53	(2.16)	3,771.44	6,160.77	(2,389.33)
MESSENGER	144.00	100.00	44.00	1,052.00	900.00	152.00
SPECIAL EVENTS	0.00	0.00	0.00	0.00	0.00	0.00
INTEREST	1.11	16.67	(15.56)	20.68	150.03	(129.35)
TOTAL INCOME	7,209.15	9,463.87	(2,254.72)	74,507.59	85,174.83	(10,667.24)
EXPENSES						
CASUAL LABOR	0.00	166.67	(166.67)	1,500.00	1,500.03	(0.03)
PAYROLL	4,093.78	4,276.37	(182.59)	39,902.80	38,487.33	1,415.47
LEGAL & PROFESSIONAL	150.00	145.83	4.17	1,312.34	1,312.47	(0.13)
SALES TAX EXPENSE	2.66	0.00	2.66	6.21	0.00	6.21
RENT	2,296.60	2,500.00	(203.40)	21,849.21	22,500.00	(650.79)
PRINTING	265.00	400.00	(135.00)	2,810.00	3,600.00	(790.00)
PAYROLL TAXES	313.17	325.00	(11.83)	3,080.15	2,925.00	155.15
MAINTENANCE	95.00	66.67	28.33	856.51	600.03	256.48
TELEPHONE & FAX	506.58	500.00	6.58	4,454.89	4,500.00	(45.11)
COMMUNICATIONS	0.00	0.00	0.00	0.00	0.00	0.00
ANSWERING SERVICE	194.00	200.00	(6.00)	1,975.00	1,800.00	175.00
POSTAGE	78.42	150.00	(71.58)	1,358.20	1,350.00	8.20
OFFICE SUPPLIES	214.67	208.33	6.34	1,743.63	1,874.97	(131.34)
COMPUTER PROJECT	0.00	83.33	(83.33)	209.26	749.97	(540.71)
EMPLOYEE BENEFIT	0.00	0.00	0.00	0.00	0.00	0.00
INTERGROUP EXPENSE	50.00	100.00	(50.00)	273.75	900.00	(626.25)
INSURANCE	0.00	170.83	(170.83)	1,216.00	1,537.47	(321.47)
SPECIAL EVENTS / FUNCTION	0.00	0.00	0.00	0.00	0.00	0.00
TRAVEL	152.99	150.00	2.99	751.50	1,350.00	(598.50)
DEPRECIATION	18.00	20.83	(2.83)	162.00	187.47	(25.47)
OVER/UNDER	0.00	0.00	0.00	(11.68)	0.00	(11.68)
TOTAL EXPENSES	8,430.87	9,463.86	(1,032.99)	83,449.77	85,174.74	(1,724.97)
NET INCOME	(1,221.72)	0.01	(1,221.73)	(8,942.18)	0.09	(8,942.27)

BACKROOM		FELLOWSHIP		MID-DAY BREAK (con't)		SHADE TREE (con't)	
Bill L.	11.07.11	Bethany R.	11.26.04	Lorrilee R.	11.24.09	Mark B.	11.10.04
Chuck P.	11.30.86	Herman B.	11.10.96	Renata J.	11.30.12	Matt D.	11.19.05
Jen H.	11.05.05	Jessica K.	11.15.10	Rita J.	11.23.89	Micki R.	11.29.10
Jody R.	11.28.05	Kevin M.	11.04.94	Shellie F.	11.26.07	Mike B.	11.04.06
John G.	11.18.01	Lindsay R.	11.21.10	Valerie A.	11.01.82	Rick S.	11.09.05
Kelly D.	11.30.06					Tim H.	11.13.99
Kim B.	11.25.11	GRATEFUL ALIVE		NEW FAITH		Tommy A.	11.29.88
Matt F.	11.28.02	Andrew S.	11.16.04	Chris P.	11.26.07	SMYRNA GRATITUDE	
Mindy B.	11.24.07			Paul C.	11.25.91	Ernie D.	11.20.87
Robin W.	11.01.99	IBI-UBU				Evan M.	11.27.03
Sonia C.	11.02.95	Daniel D.	11.03.12	NOW		Jackie M.	11.07.12
		Demetri A.	11.30.09	Susan	11.21.11	Jerold B.	11.09.12
		Jennifer R.	11.30.11			John M.	11.05.10
DICKSON		John W.	11.03.12	P.O.P.		Kelly D.	11.30.06
Anthony F.	11.29.12	Lindsey R.	11.15.12	Susan S.	11.19.04	Mark F.	11.12.87
Ashley	11.16.11	Natasha W.	11.15.12	Tom A.	11.29.88	Mimi B.	11.14.11
Berna S.	11.05.07					Sonny P.	11.01.04
Cathey S.	11.18.99					WEEKENDERS	
Daniel A.	11.15.12	LATE LUNCH BUNCH		PORTLAND UNITY		Keith S.	11.26.12
James J.	11.30.12	Andrea M.	11.11.02	Linda B.	11.13.12	Tom A.	11.29.88
Jason C.	11.10.89	Ben E.	11.17.94	Odis D.	11.13.12	WOMEN IN THE SOLUTION	
Jessica B.	11.12.09	Jess A.	11.27.10			Debbie H.	11.24.04
Jim W.	11.11.12	John A.	11.18.10	REBOS		Jessica A.	11.02.12
Joe R.	11.24.10	JT C.	11.07.10	Brandon G.	11.27.12	Sandy Z.	11.18.83
Kristen W.	11.12.12	Kara R.	11.10.10			WOMEN'S SPEAKER	
Kriston G.	11.25.12	Ken R.	11.21.10	SEEKING SANITY		Brenda P.	11.18.88
Larry	11.05.10	Kim M.	11.14.11	Barb T.	11.01.09	NOVEMBER ANNIVERSARIES	
Mechele B.	11.18.12	Malia	11.24.10	Joanie F.	11.24.10		
Melissa B.	11.26.11			Laura F.	11.22.10		
Mo F.	11.07.09	MID-DAY BREAK		Michelle R.	11.10.08		
Pamela H.	11.19.10	Able P.	11.15.10	Theron T.	11.20.06		
Phillip P.	11.31.09	Barry L.	11.15.12	Wilma W.	11.03.08		
Rachel K.	11.24.10	Cathy C.	11.20.10				
Steven	11.16.11	Darin T.	11.05.11	SHADE TREE			
Tanner L.	11.23.12	Evan M.	11.27.03	Anthony S.	11.19.02		
		Jennifer V.	11.21.06	Barbara M.	11.11.03		
EASY DOES IT		Jim F.	11.27.01	Brian E.	11.08.00		
Steve	11.03.93	Kat H.	11.27.09	Charles L.	11.15.08		
Mike	11.12.88	Leon L.	11.19.81	Gordon L.	11.09.05		

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

NAME _____

ADDRESS _____

CITY _____ STATE _____

PHONE _____ ZIP _____