

The **MESSENGER**

Middle Tennessee Central Office Intergroup

**OCTOBER
2014**

INSIDE THIS ISSUE

New Beginnings	2
Promise	3
Intergroup Info	4
Meeting Updates	5
Fear Inventory	6 & 7
International	8
Financials	9
Contributions	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.**

Annual Celebration of Sobriety Dinner

A Middle Tennessee Intergroup Potluck

Friday, November 21, 2014 at

Woodmont Hills

Church

3710 Franklin Road at

Woodmont Boulevard

Reception 6:00 pm | Dinner 7:00 pm | Speakers 8:00 pm
Tickets \$10

Meat & Drinks

will be provided

Please bring one of the following in a covered
(throw away) dish:

**DESSERT | SALAD | BREAD |
PASTA | CASSEROLE |
SIDE ITEM**



The 2014 Middle Tennessee Central Offices' Annual Celebration of Sobriety Dinner is looming (see front page).

The doors will open at 6 p.m. and the speaker will start at 8 p.m. This is a very exciting event—last year about 450 people showed up from different AA groups across Middle Tennessee. This fundraiser is the Central Office's largest source of income.

Tickets will remain \$10 (same as last year) and we ask that you bring a side dish or dessert to share. We provide the meat, drinks, and the speaker. This year Sam G has graciously offered to share his story and Greg H will MC. Both these men work a great program and are hilarious to listen to!

All proceeds will go to support the Central Office, which provides your conference approved literature and chips / medallions. These dedicated individuals also assist groups with taking 12 step calls and manages a hot line—provided for the sole purpose of helping alcoholics. Come on out for great food, fellowship, and a terrific cause! It would also be great to see your friends, family, and sponsees.

See you Friday, November 21st.

NEW BEGINNINGS FOR AN OLD GROUP

Known to many Nashville old-timers as "the \$2 meeting," the Let It Happen Group has embraced group service with new fervor for the first time in its history. Our departed member Henry C. started the group roughly twenty years ago as a discussion meeting in the bar at the Denny's restaurant at Metro Center – Henry though Nashville had too many speaker meetings on Saturday nights. They would pass the basket once for the Seventh Tradition, and then again to collect tips for the waitress serving everyone's coffee (hence, "the \$2 meeting"). Having met in West Nashville at 5925 O'Brien Avenue for over a decade now, the Let It Happen Group's geographical proximity to Cumberland Heights, Vanderbilt University Medical Center, and a number of halfway houses has helped drive increases in membership and in the capacity for service and desire to contribute.

But that wasn't always the case.

The elder statesmen of the original group would not read the Twelve Traditions in the meeting opening, or the Ninth Step Promises in the closing, for many years. Like Dr. Bob once warned Bill W. about the dangers of making A.A. too complicated, the Let It Happen Group's founding members preferred to keep things as simple as possible. Recovery from this fatal disease occurs when one alcoholic works with another, and that was all the group would need, they insisted.

But as the years came and went, and the group went through seasons of growth and hibernation, the Let It Happen Group eventually began reading the Twelve Traditions and Ninth Step Promises at every meeting. The Twelve Traditions are, after all, what protect groups from the temporary whims of the very drunks that comprise their membership, and the Ninth

Step Promises describe the mental states that define Dr. Silkworth's "entire psychic change."

This past May, the Group Conscience of the Let It Happen Group steering committee decided it would fill a number of the more traditional service positions that it had never before filled in all its years of existence: Group Service Representative, Alternate G.S.R., intergroup Representative, Literature Representative, Grapevine Representative, and Treatment Center Representative. These would all supplement the existing Chairman, Treasurer, and Secretary positions the group had always filled. The new trusted servants were nominated by group members, and confirmed by the Group Conscience, at the June steering committee meeting.

So far, nothing has been so complicated as to threaten the fabric of the group, or any of the individuals serving in these new capacities. It's amazing what happens in spite of ourselves when we simply "let it happen." As we grow in understanding and effectiveness as individuals through working the Twelve Steps, so too does the group grow through service of its members.

We hope to see you soon on the Broad Highway, so you can share in our service journey with us, and we may learn from you. The Let It Happen Group holds Open Discussion meetings at 5925 O'Brien Avenue every Monday, Wednesday, and Saturday at 8:00 p.m., and a Big Book study every Monday, also at 8:00 p.m. May God bless and keep you until then.

George—October 2014

THE BIG DAY FOR REGISTRATION HAS OCCURRED (SEE PG 8)

PACKAGES FOR THE 2015 INTERNATIONAL CONFERENCE ARE AVAILABLE.

IF YOU ARE NEW AND HAVE NEVER GONE TO A CONVENTION OR CONFERENCE

—THIS IS THE ONE FOR YOU! DON'T BE INTIMIDATED—

ASK QUESTIONS AND SHOW UP FOR A MIND BLOWING EXPERIENCE.

YOU WON'T BE THE ONLY NERVOUS ONE

—JUST REMEMBER—

WE ARE ALL THERE FOR RECOVERY.

IT'S CLOSE—ATLANTA

Perhaps the most important promise in the Big Book is stated in the top paragraph of page 85: *"The problem has been removed. It does not exist for us."*

When I take just one shot of whiskey, I immediately experience an overwhelming craving which often rockets me into never-never land for days on end. The Big Book tells me that this is a permanent allergy for which there is no cure. *Once an alcoholic, always an alcoholic — I will never be able to drink like a gentleman!*

The good news is that this doesn't amount to a hill of beans so long as I don't take that first drink. My problem is not — has never been — **after** the first drink; my only problem with booze is my strange ability to *knowingly* believe a lie **before** that first drink. This is called a mental

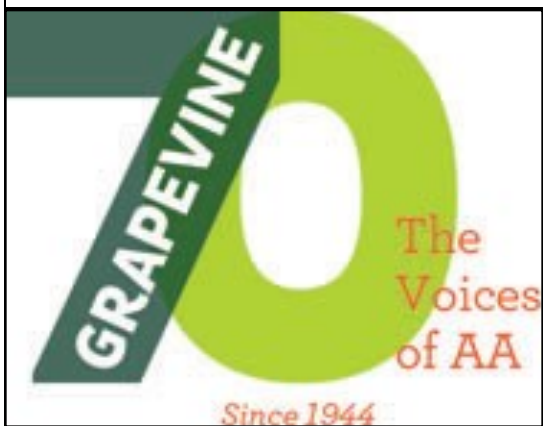
obsession. Happily, this is exactly what the program of action of Alcoholics Anonymous promises to remove! Yes, and miraculously, even to the extent that it no longer appears to exist for us. What wonderful news! And better yet we get to keep this wonderful release so long as we remain in a fit spiritual condition!

Yet, although this release *may* last for a lifetime, it exists only as a *conditional* state of being — a fully 'recovered' alcoholic could be drunk before next Thursday if he or she throws God and AA out the window. I must never forget to strive to remain in a fit spiritual condition. Dr. Bob ends his Big Book story saying: *"Your Heavenly Father will never let you down."* He hasn't yet!

Bob S., Richmond, IN

7 LOVELY LOGICS

- 1) Make Peace with your Past
So it doesn't spoil your Present.
- 2) What others Think of you is
None Of your Business.
- 3) Time Heals Almost Everything,
Give the Time, Some Time.
- 4) No one is the Reason of your Happiness
Except You yourself.
- 5) Don't compare your Life with others,
You have No Idea what their journey is all about.
- 6) Stop Thinking too much,
It's Alright not to know all the answers.
- 7) Smile, you don't own
All the Problems in the World.

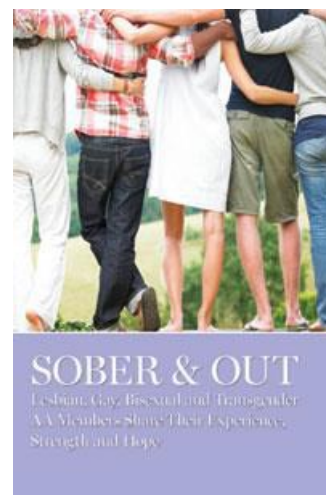


Introducing Grapevine's new book *Sober & Out*

At the suggestion of the Grapevine Conference Committee, Grapevine has published a new book on the topic of GLBTs in AA, featuring members' stories.

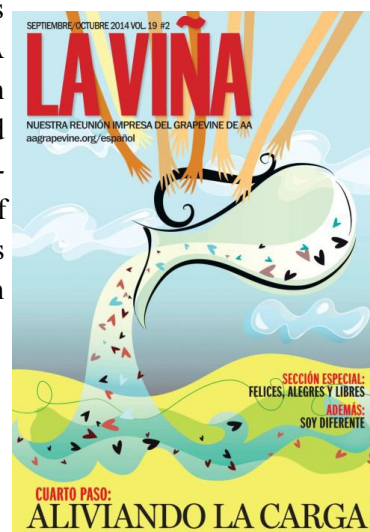
Sober & Out
available September 5.
Visit

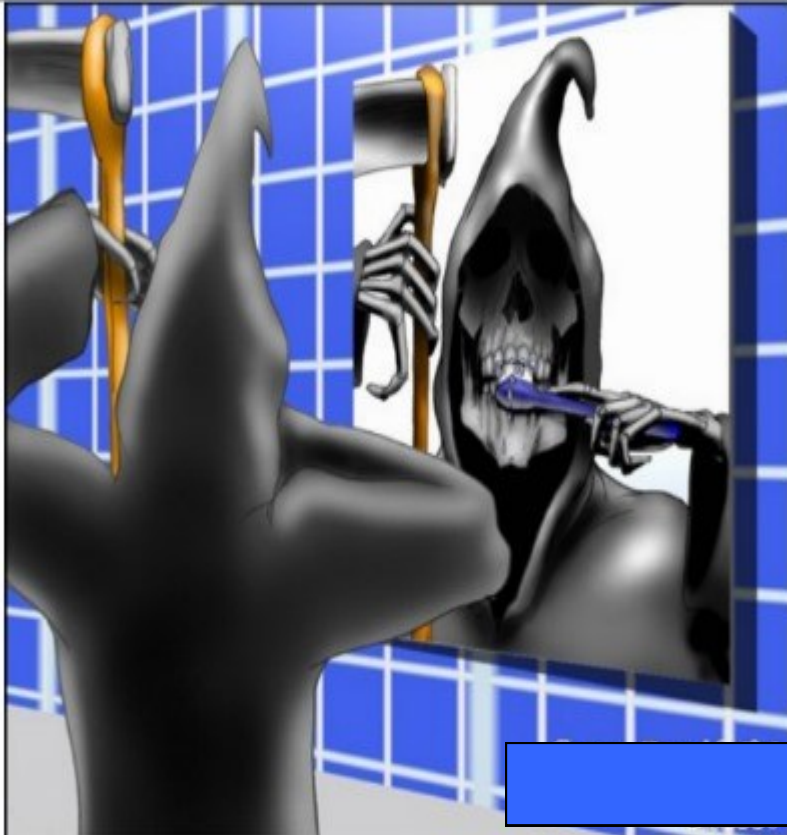
www.aagrapevine.org/books
to learn more.



"On a Sunday morning my wings dissolved and I landed in an AA room", writes the author (from Brazil) of one of the stories included in this issue's special section: *Happy, Joyous and Free*, reminding us of how, for alcoholics in AA, ideas about happiness and freedom take on a new dimension.

www.aagrapevine.org





A Brush With Death



CENTRAL OFFICE OFFICERS	NAME	PHONE #
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Treasurer	Chris K	615.689.2706
Public Information/Cooperation with the Professional Community	Paul S	615.556.3357
Corrections	Charlie B	615.554.9085
Special Needs	Leigh W	615.566.4170
Archives	Everett C	615.226.4880
Sobriety Dinner	Cathy M	615.500.0863



FIRST TUESDAY OF EVERY MONTH:

District 30 Meeting

When: 6:30pm – 7:30pm

Where: 5925 O'Brien

SECOND MONDAY OF EVERY MONTH:

Intergroup Meeting

When: 5:45pm – 6:45pm

**Where: Central Office
417 Welshwood**

STEERING COMMITTEE

When: Thursday October 23rd

5:45pm – 6:45pm

**Where: Central Office
417 Welshwood**

NEW	CHANGES
37027 Rule 62 added 11:30 OD on Tues & Thurs	S.W.A.T.T Sun 3:30 OD/WMN St. Mark's Episcopal Church
37130 Back to the BB Group added Wed 7p BB CD	37013 3100 Murfreesboro Rd
Right Direction Southpoint Comm. Church 7227 Haley	No Name Yet is now 60 Minutes and the meetings are
37135 Industrial Rd #1000 Nolensville Th 7p	37013 now OD
Bill Wilson Literary Society Old Hickory Pres Church 801	37027
37138 Jones Old Hickory W 7:30p OD/Lit	37055 Dickson Sun 8p is Grapevine Mtg
37174 RUSSH Hour Sun 7p Wmn CD	Ladies Nite Out Now Mixed meeting - Grapevine Meeting
Eastside Men's Stag Woodland Pres Ch. 211 N. 11th St	37072 Friday 6p
37206 Mon - 7p Men	IBI-UBU Group Mon - 11 & 6:30 Book (Lit) - Sun 11 Medi-
Lost Marbles Men's Meeting OD Dream Center,	37087 tation
37209 Crosspoint Church 4007 Delaware Ave	37087 Sobriety First Fri is now 6p
Let It Happen 5925 O'Brien M 8p OD/BB two meetings	37110 McMinnville Serenity Group Fri & Sat now meet at 7pm
37209 W-Sa 8p OD	37115 3 Legacies now meets at 6:30p Tuesdays
37210 Late Nite News Club 62 329 Peachtree St Th 10:30p OD	Robertson County Sun 10a & 7p OD/CD Wed Noon Thur
37211 No-Nonsense Last Stop Club M-W-F 6:30p CD	37172 7p Grapevine
37211 Woodbine Group Last Stop Club Sun 6:30p OD	Crossroads Trevecca Towers II 60 Lester Ave Chapel Tue
Volver a Nacer 421 Elysian Fields Rd	37210 11:45a
M thru Su 12-1:30p CD	37211 Sunday Night Bunch is now at 7p
M-Tu-Sa 6-7:30p OD W-F-Su 6-7:30p OS Th 6-7:30p LIT	37211 Last Call now 10:30p
37211 M-W 8-10p TT Tu-Th-Sa-Su 8-10p OS Fr 8-10p OD	37209 West Nashville Group Tue 8p Lit
37214 Shade Tree Andrew Price Meth Ch Sat 7a OD	37214 Bikers in Recovery now meets at 7:30pm Thurs
Freedom House - M 7pm OD Sun 10am OD Thu 6:30 EM	37221 Keep It Simple Sat 6p OS - now meets on Sunday 6p
37214 7:30 O	37334 Fayetteville Group Mon is CD - Last Thurs is SP & Meal
37214 Shade tree Sat 5:30p Young & Sober OD	37334 Serenity Celler Wed is CD
Lions Den Ernest Newman UMC 2001 Manchester Ave	37335 Manchester Noon Fellowship is now 12/24 Group
37218 8p Wed OD 8p Fri CD/Lit	37335 Manchester Mon Night AA MTG is now at 7:30
37221 Keep It Simple Sat 6p OS	38588 Sat Fairfield Glade Group - 481 Snead Dr (not Rd.)
Winners 219 Commerce St Loretto, TN - Tues 7p CD Sat	38588 Tues Fairfield Glade Group - 481 Snead Dr
38469 6p CD	CANCELLED
38501 Live & Let Live Mon 5p OD	37030 Smith County—Friday Meeting
38549 By the Book - Byrdstown Smyrna Church Thurs 7p OD	37072 Made a Decision
MOVED	37075 Straight from the Book
Smith County Friendship Carthage United Methodist	37122 Mt Juliet Fellowship Sat 7p
609 main st (basement) Mon 7 pm BB - Wed 7p OD- Sun	37130 Murfreesboro Group - M-W-Th-Su 8p & Fri 9:30p
37030 7p OD	37174 Sisters of Sobriety (SOS)
Kick Off isn't Until Noon - moved to Classroom A & B on	37205 Communications Group Thursday Night
37064 1st floor of Williamson Medical Center	37210 Crossroads Trevecca Fri 2p
The Three Legacies City Road Chapel United meth Ch	37211 Woodbine Group Last Stop Club Sun 1:30p
3115 701 Gallatin Pike Madison	37217 Camino A La Sobriedad Sun & Mon 8p
Key to Sobriety Grove United Meth 6485 Central Pike	38464 There is a Solution - Lawrenceburg
37122 Mt Juliet	38469 Loretto 417
Women in the Solution - Gateway Church 1304 Madi-	38478 Closed Women's AA Meeting
37160 son St Shelbyville	38501 Live & Let Live Mon 6p
37209 WANGL - Quaker House 530 26th Ave N	
37211 Viviendo Sobrio 4813 Nolensville Pike	

October 2014—blame the messenger—Nashville, TN

PAGE 68: "Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse."
(It is suggested you complete COLUMN 3 from top to bottom. Do nothing with Column 4 or 5 until column 3 has been completed.)

[illegible]

2015 INTERNATIONAL CONVENTION OF ALCOHOLICS ANONYMOUS

July 2 - 5, 2015
Atlanta, Georgia



The 2015 International Convention of Alcoholics Anonymous will be held July 2 - 5, 2015 in Atlanta, Georgia with the theme "80 Years – Happy, Joyous and Free." A.A. members and guests from around the world will celebrate A.A.'s 80th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Georgia Dome. Other meetings, scheduled or informal, will take place throughout the weekend in the Georgia World Congress Center and local hotels.

We know many are excited about the International Convention and eager for detailed information. As the time gets closer, additional information about the Convention and Atlanta, our host city, will be provided.

This Web site will be updated as more information becomes available. Also, watch for articles in *Box 4-5-9* that is mailed to the general service representative of every group in the U.S. and Canada listed with G.S.O. and is also posted on the Web site.

Convention registration and housing reservations will open in fall 2014. All necessary information will be included in the registration packet which will be available in September 2014. This packet will list numbers to call for answers to specific questions about housing, the program, etc. The information will be mailed to A.A. groups, offices and contacts around the world and posted on the Web site.

www.aa.org

We look forward to seeing you in Atlanta!

REGISTRATION PACKAGES
ARE NOW AVAILABLE
AT THE CENTRAL OFFICE



"So tell me, do I come here often?"

NAME	DIST	MO	YTD
24 HOUR	32		600
ANONYMOUS (ALL) CONTRIBUTIONS	0	25	453
ANY LENGTHS	13		35
BACK ROOM	35		3,790
BACK TO THE BIG BOOK	12	22	142
BELLEVUE	35		100
BELLEVUE WINNERS AND BEGINNERS	35		50
BILL WILSON LITERARY SOCIETY	31		134
BRADFORD BEGINNERS			79
BY THE BOOK -DICKSON	15		268
CAME TO BELIEVE	33	25	75
CAMELS		20	100
CELEBRATE SERENITY		200	400
CHICKEN PLUCKERS MENS MTG	33		240
COLUMBIA	40	20	160
COMFORT ZONE			432
COOL SPRINGS NEWCOMERS			80
DAVIDSON RD MTG	30	1,000	4,250
DAVIDSON ROAD WOMEN'S MTG			470
DICKSON AA	15		390
DONELSON YET	31		100
DOWNTOWN LUNCH	32		424
DRUNKS IN THE PARK	33	158	1,730
EAST NASHVILLE 86'ers	34		185
EAST NASHVILLE WOMENS MTG	31		224
EAST SIDE SATURDAY MTG			1,850
EASY DOES IT (Mt Juliet)	31	250	500
EVERY NIGHT AT 6	32		218
FAIRFIELD GLADE	9	33	165
FAIRVIEW	33		14
FAYETTEVILLE	40		60
FIRST THINGS FIRST	34		500
FIVE & FIVE	30		823
FRANKLIN 4TH BB STUDY	33		150
FRANKLIN	33		1,400
FRANKLIN MENS	33		500
FRANKLIN ROAD WOMEN'S	33		100
FREE TO BE	31	201	722
G.O.D. (OF DRUNKS)	40		160
GALLATIN AA (GAA)			25

NAME	DIST	MO	YTD	NAME	DIST	MO	YTD
GLADEVILLE GRATITUDE	13		113	PEACHTREE			45
GOODLETTSVILLE A.A.	34		125	PORTLAND UNITY	13		40
GRATEFUL ALIVE	33		306	PRIMARY PURPOSE	34		267
GRATITUDE	11		100	PULASKI	40	5	35
HAPPY HOUR -LEWISBURG	40		50	REBOS (SOBER)	34		180
HAPPY HOUR- COOKEVILLE	9		125	ROAD OF HAPPY DESTINY	14	25	55
HARDING ROAD	30		300	SAFE HARBOR (D14)	14		50
HENDERSONVILLE BIG BOOK	34		50	SATURDAY LIVING BY THE PRINT	30	100	275
HERMITAGE	31		200	SATURDAY NIGHT ALIVE MTG(11)	11	60	240
HIGH NOON	34		436	SEARCH FOR SERENITY	34		233
HIGHER POWERED	32		133	SEEKING SANITY	31		1,016
HILLSBORO ROAD	32	500	1,000	SERENITY (12)	12	50	250
IBI-UBU	13	50	150	SHADE TREE	31		2,710
JOELTON MTG	34		100	SHELBYVILLE	11		200
KEEP IT SIMPLE BELLEVUE (d35)	33		271	SMITH COUNTY FRIENDSHIP	13		100
KEY TO SOBRIETY	31		140	SMYRNA GRATITUDE	12	100	831
KICKOFF ISN'T UNTIL NOON	33		175	TCYPAA	32		9
LADIES NIGHT OUT	34		50	TEMPLE HILLS	33		250
LATE LUNCH BUNCH	33		1,550	THE BASEMENT BUNCH OF MURFREESBORO	12		300
LAWRENCEBURG	41	100	100	THE STRAGGLERS	33		82
LET IT HAPPEN	35		150	THE UNITED	13		100
LIFE SAVERS	30		200	THE WAY OUT	33		100
LIVE AND LET LIVE	9		25	TRINITY	11		50
LIVING IN THE NOW, PRIMETIMERS	33		86	TRUDGING THE ROAD	33		75
MADE A DECISION			115	TURNING POINT	33		476
MCMINNVILLE	12		100	WANGL	30		187
MIDDAY BREAK	32	181	747	WAVERLY	15		30
MONDAY NIGHT PRIME TIME	33	20	20	WAVERLY-BELMONT	32	100	100
MT JULIET FELLOWSHIP	31		600	WEEKENDERS	34		50
MURFREESBORO	12	15	120	WEST NASHVILLE	35		53
MUSTARD SEED	32	50	400	WESTMINSTER	30		584
NEEDED MTG CLOSED	35		216	WHITE HOUSE	34		80
NEW ATTITUDES			43	WILSON COUNTY FRIENDSHIP	13		25
NEW BEGINNINGS(Dist 12)	12	20	120	WINNERS AND BEGINNERS	35		50
NIPPERS CORNER MTG	32	44	73	WOMEN IN THE SOLUTION	11		50
NO NAME YET			40	WOMEN'S FREEDOM MTG	30		304
NORTHSIDE , CLARKSVILLE	14		300	WOMENS SPEAKER MTG	30		300
ONE DAY AT A TIME	31		900	WOODBINE	32		25
ONE STEP CLOSER	33		441	YOUNG GUNS	32		52
PAY DAY	15		125				
				TOTAL CONTRIBUTIONS		3,490	42,457

MIDDLE TENNESSEE INTERGROUP ASSOCIATION STATEMENTS OF ACTIVITIES ACTUAL AND BUDGETED

FOR THE MONTH AND EIGHT MONTHS ENDING AUGUST 31, 2014 AND 2013

	<u>Current</u> <u>Month</u> <u>Actual</u>	<u>Current</u> <u>Month</u> <u>Budget</u>	<u>Current</u> <u>Month</u> <u>Budget</u>	<u>Year To</u> <u>Date</u> <u>Actual</u>	<u>Year</u> <u>To Date</u> <u>Budget</u>	<u>Year To</u> <u>Date</u> <u>Budget</u>
INCOME						
LITERATURE SALES	13,792	11,363	2,428	106,920	90,907	16,014
LITERATURE PURCHASES	(9,743)	(8,333)	(1,410)	(75,843)	(66,667)	(9,176)
FREIGHT IN	(59)	-	(59)	(283)	-	(283)
NET LITERATURE SALES	3,990	3,030	960	30,795	24,240	6,555
COFFEE	-	-	-	0	-	0
GROUPS	3,490	5,070	(1,579)	42,673	40,557	2,115
INDIVIDUAL	211	517	(306)	2,287	4,133	(1,847)
MESSENGER	24	92	(68)	324	733	(409)
SPECIAL EVENTS	-	417	(417)	-	3,333	(3,333)
INTEREST	2	18	(1,527)	14	140	(126)
TOTAL INCOME	7,717	9,142	(1,425)	76,092	73,137	2,955
EXPENSES						
CASUAL LABOR	400	200	200	1,750	1,600	150
PAYROLL	4,190	4,453	(263)	35,641	35,625	17
LEGAL & PROFESSIONAL	350	217	133	1,532	1,733	(201)
SALES TAX EXPENSE	10	-	10	(4)	-	(4)
RENT	946	1,137	(191)	7,568	9,099	(1,531)
PRINTING	-	400	(400)	2,066	3,200	(1,134)
PAYROLL TAXES	321	340	(19)	2,406	2,718	(312)
MAINTENANCE	198	83	115	828	667	162
TELEPHONE & FAX	397	722	(325)	3,698	5,778	(2,080)
COMMUNICATIONS	-	-	-	-	-	-
ANSWERING SERVICE	195	253	(58)	1,829	2,027	(198)
POSTAGE	164	200	(36)	1,520	1,600	(80)
OFFICE SUPPLIES	433	208	225	2,405	1,667	738
BANK SERVICE CHARGE	-	-	-	(10)	-	(10)
MOVING EXPENSES	-	-	-	1,965	-	1,965
COMPUTER PROJECT	99	200	(101)	648	1,600	(952)
EMPLOYEE BENEFITS	-	-	-	-	-	-
INTERGROUP EXPENSE	299	63	237	908	500	408
INSURANCE	-	200	(200)	1,216	1,600	(384)
SPECIAL EVENTS /FUNCTIONS	-	167	(167)	-	1,333	(1,333)
REPAIR & MAINTENANCE	-	83	(83)	-	667	(667)
CUSTODIAL	50	50	-	50	400	(350)
TRAVEL	(159)	166	(325)	954	1,325	(370)
DEPRECIATION	25	-	25	521	-	521
OVER/UNDER	(3)	-	(3)	7	-	7
TOTAL EXPENSES	7,915	9,142	(1,228)	67,500	73,137	(5,637)
NET INCOME	(198)	0	(198)	8,592	0	8,592

INDEPENDENT ACCOUNTANT'S COMPILATION REPORT

HOME GROUPS

WHERE DOES THE MONEY YOU PUT IN THE BASKET GO?

GROWTH IN THE PROGRAM INCLUDES ACCOUNTABILITY FOR ALL THE MONEY YOUR HOME GROUP RECEIVES -
HAVE YOU EVER ATTENDED YOUR BUSINESS MEETING?

Dude, I told you.

One day a man was walking along the beach and found a bottle. He looked around and didn't see anyone so he opened it. A genie appeared and thanked the man for letting him out.

The genie said, "For your kindness I will grant you a wish, but only one."

The man thought for a minute and said, "I have always wanted to visit Hawaii but have never been able to because I'm afraid of flying and ships make me seasick. So I wish for a road to be built from here to Hawaii."

The genie thought for a minute and said, "No, I don't think I can do that. Just think of all the work involved: the pilings needed to hold up the highway, how deep they would have to be to reach the bottom of the ocean. Think of all the pavement that would be needed. No, that is just too much to ask."

The man thought for a minute and then told the genie, "Well, there is one other thing that I have always wanted. I would like to be able to understand my girlfriend. What makes her laugh and cry, why is she temperamental, why is she so difficult to get along with? Basically, what makes her tick?"

The genie considered for a few minutes and said, "So, do you want two lanes or four?"

**Middle Tennessee
Central Intergroup
Association**

417 Welshwood Drive
Suite 207
Nashville, TN 37211

615.832.1136
800.559.2252

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