

# The MESSENGER

## Middle Tennessee Central Office Intergroup

FEBRUARY  
2015

### INSIDE THIS ISSUE

"As Bill See It"	1
Relapse	2
Mountain	4
A New Kind of Love	4
Steering Committee Change	4
Speaker Meetings	5
Meeting Changes	8
Contributions	9
Financials	10
Anniversaries	11

### The Messenger

is available at an annual subscription price of \$1,200.00\*. 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.**

\* just kidding it is still only  
\$12.00 a year—what a deal!

Excerpt from

"AS BILL SEES IT"

reprinted with permission

More than most people, I think Alcoholics want to know who they are, what this life is about, whether they have a divine origin and an appointed destiny, and whether there is a system of cosmic justice and ♥

I saw the universe to be lighted by God's ♥

I was alone no more. The ♥ of God and man we

understand not at all. Let us always ♥ the best in others; and never fear their

worst. We

just to be

are living

serve and

We never

making honesty,

♥ of man and God

living. We found the

perfect justice, forgive-

and that it would work where nothing else would.

Punishment never heals. Only ♥ can heal. Most surely,

there can be no trust where there is no ♥ nor can there be

real ♥ where distrust holds it's malign sway. It is

intended that we try to grow, and that we try to help our

fellow travelers to grow in the kind of ♥ that makes

no demands. Perhaps the secret of their power lies in the

fact that these life giving communications spring out of

living experience and are rooted in ♥

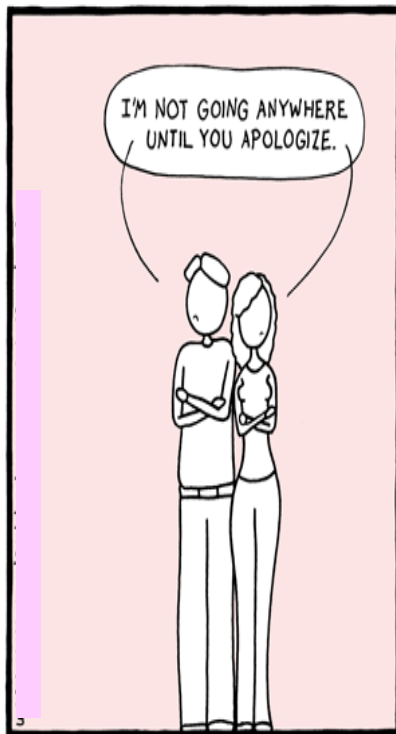


LOVE LOVE  
LOVE LOVE  
LOVE LOVE  
LOVE LOVE



sober, we  
to learn, to  
to ♥  
thought of  
tolerance, and true  
the daily basis of  
dependence upon His  
ness, and ♥ was healthy,

## RELAPSE



THE SECRET TO LONG-TERM RELATIONSHIPS.



We have heard them called "slips", "falls", "relapses", you-name-it. The import is that the alcoholic—usually having achieved some sobriety—returns to the bottle. Lest we allow newcomers to think they can get drunk again by stepping on a banana peel, it is advisable to label these regressions as "leaps" or, at least "relapses" to convey the certain message that we are always aware that we are taking that next drink. It doesn't just happen to us. At some point in the process we have invariably said "Yes".

### The Dictionary on RELAPSE

1. To slip back into a former condition after a change for the better; specif., to become ill again after convalescing, to revert to evil habits after amendment, etc.
2. To sink; lapse; as, to *relapse* into a stupor.

Our goal here is to explore the causes of alcoholic relapse, specifically, the causes set forth by the Big Book, Alcoholics Anonymous.

Before looking at causes, though, it will be enlightening to see some of the consequences of relapse. We know an old codger who always asks recent slippers what happened as a consequence of their drinking. He points out that they have been out scouting for the rest of us, and he volunteers to count their arrows with them—the ones they got shot with, that is. He suggests that his newly injured friend label each arrow and that he fasten it to a wall at home, when it's finally pulled out, as a reminder of his spree. If a museum is ever stocked with these trophies, the show-case might have Relapse Trophies with labels such as:

Jail, Homeless, Broke, Hospitalized, Fired from job, Divorced, Rejected, Despondent, etc.

### Causes of Relapse we hear in meetings.

#### Causes of RELAPSE (as offered in AA meetings)

1. Failure to go to AA meetings.
2. Failure to take the 12 steps.
3. Involvement in an emotional relationship.
4. Association with the old crowd.
5. Failure to get a sponsor.
6. Failure to read the Big Book.
7. Failure to get a job.
7. Desire to achieve oblivion.
8. etc.

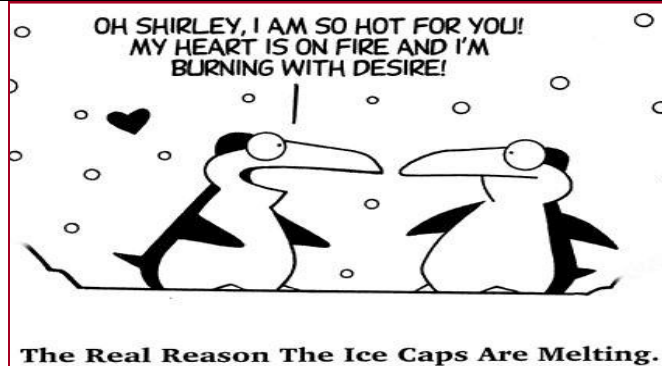
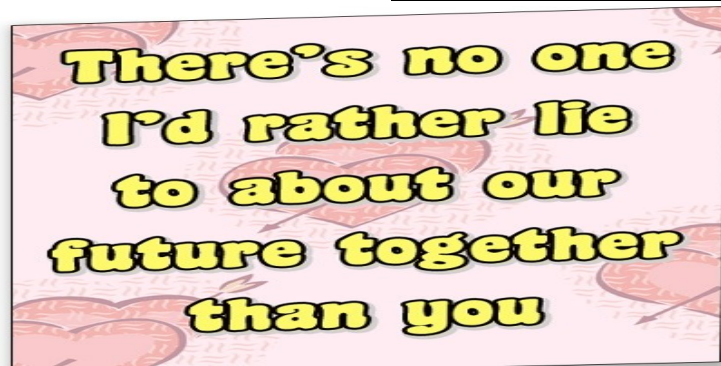
It is also interesting to think of the causes most frequently offered in AA meetings by those just returning from scouting research, or from those who tried to steer them away from it.

We think most would agree that the conventional wisdom concerning relapse as contributed in AA meetings has real value. However, not a single one of the causes in the list above is presented explicitly in the Big Book as a cause of relapse.

### Causes of Relapse in the Big Book.

Some 22 Big Book statements have been extracted. These are quoted later. We have left out the traditional **must** statements, and we have included only clear cut assertions that the alcoholic will get drunk if he does (or doesn't do) that which is described. [Actually, we did slip up by including two additional statements that just had to be in our list.]

(Continued on page 3)



The Real Reason The Ice Caps Are Melting.

(Continued from page 2)

### Here is a distillation of Big Book causes of relapse:

#### Causes of RELAPSE (according to the Big Book)

- ♦ Count of Times the Example shows up is in ( ):
  - (7) **Failure to grow spiritually**
  - (4) **Fighting with or harming others.**
  - (3) **Failure to work with other alcoholics**
  - (2) **Failure to take step 5.**
  - (2) **Attempt to shield from alcohol.**
  - (2) **Failure to make amends.**
  - (1) **Selfishness.**
  - (1) **Resentment.**

(22 examples of relapse causes selected)

We had some thoughts as to why the 'Big Book list seems to differ from that heard at meetings.

- ♦ Our founders continue to drum home the fact (with 7 causes out of 22) that our situation is hopeless without spiritual help. Failure to grow spiritually gets us drunk.

The meeting list is concerned more with physical activity (meetings, sponsors) as opposed to the personal spiritual, mental and behavioral activity in the Big Book list.

The Big Book items reflect the founder's concentration upon, "...the mental states that precede a relapse into drinking, for obviously this is the crux of the problem." [Big Book, page 35, line 1]

- ♦ The Big Book items can be restructured within the twelve steps without much reshaping or cramming. We have listed them in such a step orientation in the pages that follow.

Our efforts to select and categorize 22 causes of relapse from the Big Book can certainly be improved upon. Perhaps a more capable person, such as yourself, might get and present a different and better set. Go for it!

#### 22 Causes of relapse from the Big Book:

(numbered in the order in which they appear in the Big Book)

#### STEP 2—Failure to keep on believing

(#3) Faith has to work twenty-four hours a day in and through us, or we perish. [Big Book page 16, line 12]

#### STEP 3—Failure to maintain the Decision

(#22) Whether the family goes on a spiritual basis or not, the alcoholic member has to if he would recover. [Big Book page 135, line 1]

#### STEP 5—Failure to make confession

(#9) We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. **Trying to avoid this humbling experience**, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story. [Big Book page 72, line 28]

(#10) He trembles to think someone might have observed him. As fast as he can, he **pushed these memories far inside himself**. He hopes they will never see the light of day. He is under constant fear and tension—that makes for more drinking. [Big Book page 73, line 19]

#### STEP 7—Failure to remove Our Shortcomings

(#6) So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be **rid of the selfishness**. We must, or it kills us! [Big Book page 62, line 14]

(#7) But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of **resentment** is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die. [Big Book page 66, line 13]

(#16) In our belief any scheme of combating alcoholism which proposes to **shield the sick man from temptation** is doomed to failure. If the alcoholic tries to shield himself he may succeed for a time, but he usually winds up with a bigger explosion than ever. We have tried these methods. These attempts to do the impossible have always failed. [Big Book page 101, line 16]

(#17) *After all, our problems were of our own making. Bottles were only a symbol. Besides, **we have stopped fighting anybody or anything**. We have to!* [Big Book page 103, line 18]

(#19) We never, never try to arrange a man's life so as to

(Continued on page 6)



**"The way to make a mountain out of a mole hill is to add dirt."**

Before recovery, anything that went wrong – or didn't go my way – easily became an impending disaster. Toothache? Must be a root canal. Boss not smiling? Probably going to get fired. Left to myself, my incessant negative thinking was quick to add dirt to any mole hill until the mountain of imaginary evidence overwhelmed me.

When I entered recovery, my sponsor was quick to point out a few tools I might find useful for my distorted thinking. The first was, "One day at a time." "You're not having a root canal, nor are you being fired today, are you?" he asked. "No," I grudgingly replied. "Then take it easy," he suggested. Next, he taught me to "Take the next indicated action." Calling my dentist was a manageable action, whereas worrying endless about an imagined root canal wasn't. Using these and other tools of recovery helped restore me to sanity.

Today I'm quick to recognize a mole hill when one comes up, and I have the tools to keep it from becoming a mountain. My three favorites are to remember:

#1: There is a solution.

#2: Whatever is happening it is temporary.

#3: God is in charge.

By focusing on God – and not the problem – I get to experience serenity while the situation sorts itself out – as it always does. And by not adding dirt to the mole hill, I avoid the imaginary mountain that used to make my life unmanageable.

*Anonymous*

**A NEW KIND OF LOVE**

***In sobriety, she learned how to love herself and others.***

I'm sitting at the base of Greylock Mountain, in Atlanta, Idaho. It's very quiet and I have the gift of this opportunity to contemplate. Soon, I will have my three-year sobriety birthday. It doesn't sound like long, but it's not been easy for me.

I am one who has had to work at it. It took lots of changes, transformations, experiences to get here. It's been worth it, though. My heart is beating a sober rhythm. I feel so clear and am filled with gratitude. I am experiencing a love I have never known and it truly is grace.

I've done a lot of things in my drinking days that I'm not proud of. Even sitting here, in Atlanta, I have memories of these woods—

<b>CENTRAL OFFICE OFFICERS</b>	<b>NAME</b>	<b>PHONE #</b>
Chairperson	Michael A	615.497.6617
Central Office Manager	Charles C	615.973.9898
Central Office Bookkeeper	David W	615.973.9962
Vice Chairperson	Cathy M	615.500.0863
Secretary	Whitney J	615.533.2308
Treasurer	Chris K	615.689.2706
Public Information/Cooperation with the Professional Community	Paul S	615.556.3357
Corrections	Charlie B	615.554.9085
Treatment Facilities	George S	615-636-6798
Archives	Everett C	615.226.4880
Sobriety Dinner	Cathy M	615.500.0863

falling on the way back to the cabin, of conversations in the bar that are embarrassing to remember, of all that beer breath I woke up with.

I used to drive up here while drinking. It's a miracle that I am not in prison for all the drunk driving I did. I can see that now. Back then, I couldn't see a thing except how to get drunk and stay drunk, and sober up enough just to work, until I couldn't even do that anymore.

Walking into these rooms of AA when I was lost, blind, and when I was at the end, was the best thing I ever did for me.

As I sit here in the mountains, away from the city, away from meetings, away from fellowship, I notice that this love, this peace and serenity I feel is due to finally learning how to care for myself. I am able to sit still and breathe mountain air. I can have a clear, coherent conversation with my friend. I can live and function on a daily basis. I can do all these things without a beer by my side.

Most importantly, I learned how to love. This love is not the slurry, blurry, mushy, crazy, on a buzz, calling people at two in the morning love. This is a love that comes from a place of peace and serenity inside. It is not clouded by alcohol. It is inner truth. It is clear. It is still. It is silence. It is a love I have never known, and I'm so excited for more! I am beginning to experience some happiness.

My heart is full and resonates like a drum to the rhythm of a sober walk. It's because of the program of AA that I am here. For this, I continue to buy a ticket for a seat in this place! What a great ride!

*Brenda M., Boise, Idaho  
February 2015  
Reprinted with permission:  
AAGrapevine.org*



**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: Monday (this has changed  
due to conference room conflict)**

**April 27th 5:45pm – 6:45pm**

**Where: Central Office  
417 Welshwood**

Where I got sober, there was a speaker every Sunday Morning—the turnout was always “packed with standing room only”. It really helped me hearing—What it had been like—What happened—What they were like now. This was comforting, knowing I was working a program that would allow me to “be what they were like now”. So, I have included the Speaker Meetings listed on our [aanashville.org](http://aanashville.org) website. Do you find this Speaker Meetings Listing beneficial? Do you have a story to add? I would love to include your comments in future edition of The Messenger. Just send your comments to: [blamethemessenger@gmail.com](mailto:blamethemessenger@gmail.com)

City	Zip Code	Day↓	Time	Type	Group	Location	Location
Shelbyville	37160	Thu	7:30 PM	<u>OS/NS</u>	<u>SHELBYVILLE GROUP</u>	First Presbyterian Church	600 N Britten
Nashville	37211	Thu	8:00 PM	<u>SP/OS</u>	<u>VOLVER A NACER (SPANISH)</u>	421 Elysian Fields Rd	
Old Hickory	37138	Thu	8:00 PM	<u>OD/OS</u>	<u>805 GROUP OF OHV</u>	Old Hickory United Methodist Church	1216 Hadley Ave
Paris	38242	Thu	8:00 PM	<u>OS/NS</u>	<u>PARIS SERENITY GROUP</u>	302 S. Poplar St	(Little House)
Lebanon	37087	Tue	8:00 PM	<u>OS</u>	<u>WILSON COUNTY FRIENDSHIP GRP</u>	206 South College St.	
Nashville	37211	Tue	8:00 PM	<u>SP/OS</u>	<u>VOLVER A NACER (SPANISH)</u>	421 Elysian Fields Rd	
Nashville	37211	Wed	6:00 PM	<u>SP/OS</u>	<u>VOLVER A NACER (SPANISH)</u>	421 Elysian Fields Rd	
Nashville	37203	Fri	5:00 PM	<u>OD+OS</u>	<u>FIVE &amp; FIVE GROUP</u>	Friendship House	202 23rd Ave N
Nashville	37211	Fri	6:00 PM	<u>SP/OS</u>	<u>VOLVER A NACER (SPANISH)</u>	421 Elysian Fields Rd	
Murfreesboro	37130	Fri	7:00 PM	<u>OS</u>	<u>THE CAMELS GROUP</u>	Bradyville Church of Christ	1265 Bradyville Pike
Brentwood	37027	Fri	7:30 PM	<u>CS/CD/MEN</u>	<u>FRIDAY NIGHT PRIMETIME</u>	Brentwood United Methodist Church	309 Franklin Rd
Nashville	37205	Fri	7:30 PM	<u>WMN/CS</u>	<u>WOMEN'S SPEAKER GROUP</u>	Concordia Lutheran Church	3501 Central Ave
Lebanon	37087	Fri	8:00 PM	<u>OS</u>	<u>NEW LIFE GROUP</u>	206 S College St	
Nashville	37216	Fri	8:00 PM	<u>OS</u>	<u>P.O.P. GROUP</u>	Brush Hill Cumberland Presby Church	3705 Brush Hill Rd
Smyrna	37167	Fri	8:00 PM	<u>OS</u>	<u>SMYRNA GRATITUDE GROUP</u>	Smyrna Air Base	298 Fitzhugh Blvd@ 10 Ave
Nashville	37221	Sat	10:00 AM	<u>OS/OD</u>	<u>KEEP IT SIMPLE</u>	Holy Trinity Lutheran Church	525 Sneed Road, Bellevue
Nashville	37203	Sat	5:00 PM	<u>OS/BD</u>	<u>FIVE &amp; FIVE GROUP</u>	Friendship House	202 23rd Ave N
Lebanon	37087	Sat	6:00 PM	<u>OS</u>	<u>THE SOBRIETY FIRST GROUP</u>	Our House	115 N. Greenwood
Tulahoma	37388	Sat	6:00 PM	<u>OS</u>	<u>SATURDAY NIGHT ALIVE</u>	Serenity House	313 N. Collins Street
Franklin	37064	Sat	7:00 PM	<u>OS</u>	<u>CAME TO BELIEVE</u>	First Presbyterian Church	The Legends Ln
Cookeville	38501	Sat	8:00 PM	<u>OD/OS</u>	<u>WEEKEND RECOVERY GROUP</u>	The 1224 House	1224 W Broad St (Hwy 70 N)
Dickson	37055	Sat	8:00 PM	<u>OS</u>	<u>DICKSON GROUP</u>	DAFA House	110 S Main St
Hendersonville	37075	Sat	8:00 PM	<u>OS</u>	<u>NEW LIFE GROUP</u>	Good Shepherd Methodist Church	525 New Shackle Island Road
Murfreesboro	37130	Sat	8:00 PM	<u>OS</u>	<u>MURFREESBORO GROUP</u>	801 N. Maney Ave.	
Nashville	37205	Sat	8:00 PM	<u>OS</u>	<u>HILLWOOD FAMILY MEETING</u>	Brookmeade Congregational Church	700 Bresslyn Road
Nashville	37203	Sat	8:00 PM	<u>OS</u>	<u>CENTENNIAL GROUP</u>	Friendship House	202 23rd Ave N
Nashville	37211	Sat	8:00 PM	<u>SP/OS</u>	<u>VOLVER A NACER (SPANISH)</u>	421 Elysian Fields Rd	
Old Hickory	37138	Sat	8:00 PM	<u>OS</u>	<u>805 GROUP OF OHV</u>	Old Hickory United Methodist Church	1216 Hadley Ave
Clarksville	37040	Sun	2:00 PM	<u>OS</u>	<u>ROAD OF HAPPY DESTINY</u>	First Christian Church	516 Madison Street
Nashville	37214	Sun	2:00 PM	<u>OD/OS-3RD SUNDAY</u>	<u>SHADE TREE GROUP</u>	Andrew Price Memorial Methodist Church	2846 Lebanon Pike
Nashville	37211	Sun	6:00 PM	<u>SP/OS</u>	<u>VOLVER A NACER (SPANISH)</u>	421 Elysian Fields Rd	
Nashville	37221	Sun	6:00 PM	<u>OS</u>	<u>KEEP IT SIMPLE</u>	Holy Trinity Lutheran Church	525 Sneed Road, Bellevue
Nashville	37211	Sun	8:00 PM	<u>OD/OS</u>	<u>WOODBINE GROUP</u>	The Last Stop Club	2122 Utopia
Nashville	37205	Sun	8:00 PM	<u>OS &amp; OD</u>	<u>COMMUNICATIONS GROUP</u>	Concordia Lutheran Church	3501 Central Ave
Nashville	37203	Sun	8:00 PM	<u>CS/DN/MEN</u>	<u>SUNDAY NIGHT MENS GROUP</u>	Friendship House	203 23rd Ave N
Nashville	37211	Sun	8:00 PM	<u>SP/OS</u>	<u>VOLVER A NACER (SPANISH)</u>	421 Elysian Fields Rd	

## 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.

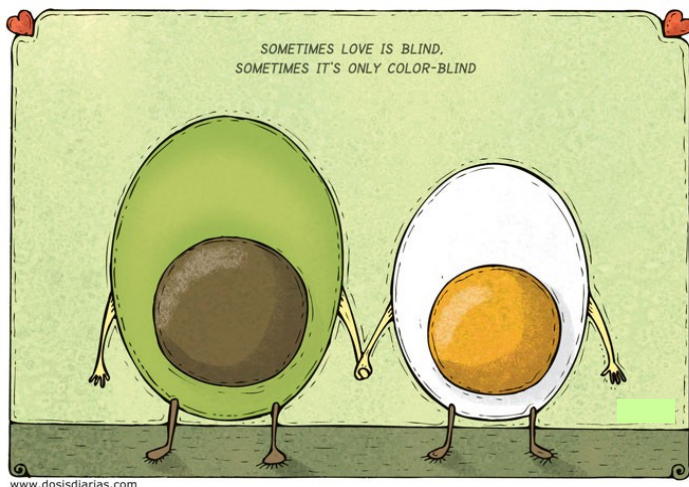
This Web site will be updated as more information becomes available. Also, watch for articles in *Box 4-5-9* that is mailed to the general service representative of every group in the U.S. and Canada listed with G.S.O. and is also posted on the Web site.

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](http://www.aa.org)

**We look forward to seeing you in Atlanta!**

**REGISTRATION PACKAGES**  
**ARE NOW AVAILABLE**  
**AT THE CENTRAL OFFICE**



## RELAPSE (con't)

(Continued from page 3)

shield him from temptation. The slightest disposition on your part to guide his appointments or his affairs so he will not be tempted will be noticed. Make him feel absolutely free to come and go as he likes. This is important. If he gets drunk, don't blame yourself. God has either removed your husband's liquor problem or He has not. If not, it had better be found out right away. Then you and your husband can get right down to fundamentals. If a repetition is to be prevented, **place the problem, along with everything else, in God's hands.** [Big Book page 120, line 22]

### STEP 9—Failure to make amends

(#11) Arranging the best deal we can we let these people know we are sorry. Our drinking has made us slow to pay. We must **lose our fear of creditors** no matter how far we have to go, for we are liable to drink if we are afraid to face them. [Big Book page 78, line 12]

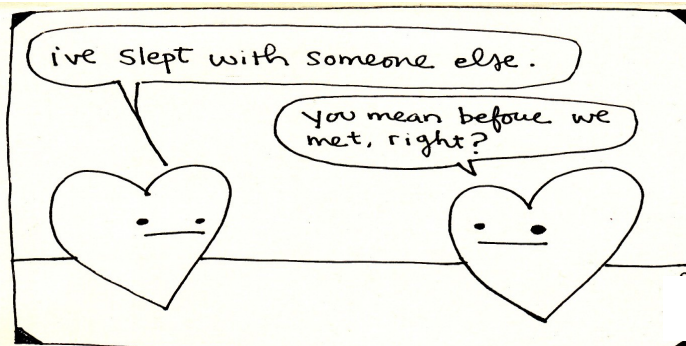
(#12) After consulting with his wife and partner he came to the conclusion that it was better to take those risks than to stand before his Creator guilty of such ruinous slander. He saw that he had to **place the outcome in God's hands** or he would soon start drinking again, and all would be lost anyhow. [Big Book page 80, line 21]

### STEP 10—Failure to make daily Inventory & Amends

(#8) Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth. It depends on us and on our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. **If we are not sorry, and our conduct continues to harm others,** we are quite sure to drink. We are not theorizing. These are facts out of our experience. [Big Book page 70, line 5]

(#15) After they have seen tangible results, the family will perhaps want to go along. These things will come to pass naturally and in good time provided, however, the alcoholic continues to demonstrate that he can be sober, considerate, and helpful, regardless of what anyone says or does. Of course, we all fall much below this standard many times.

(Continued on page 7)





## RELAPSE (con't)

(Continued from page 6)

But we must try to repair the damage immediately lest we pay the penalty by a spree. [Big Book page 99, line 9]

(#20) In the first flush of spiritual experience they forgave each other and drew closer together. The miracle of reconciliation was at hand. Then, under one provocation or another, the aggrieved one would unearth the old affair and angrily cast its ashes about. A few of us have had these growing pains and they hurt a great deal. Husbands and wives have sometimes been obliged to separate for a time until new perspective, new victory over hurt pride could be re-won. In most cases, the alcoholic survived this ordeal without relapse, but not always. So we think that unless some good and useful purpose is to be served, **past occurrences should not be discussed**. [Big Book page 124, line 25]

### STEP 11—Failure to engage in Prayer & Meditation

(#5) All went well for a time, but he **failed to enlarge his spiritual life**. To his consternation, he found himself drunk half a dozen times in rapid succession. [Big Book page 35, line 27]

(#13) It is easy to **let up on the spiritual program of action and rest on our laurels**. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee—Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will. [Big Book page 85, line 13]

(#18) Perhaps your husband will make a fair start on the new basis, but just as things are going beautifully he dismays you by coming home drunk. If you are satisfied he really wants to get over drinking, you need not be alarmed. Though it is infinitely better that he have no relapse at all, as has been true with many of our men, it is by no means a bad thing in some cases. Your husband will see at once that he must **redouble his spiritual activities** if he expects to survive. [Big Book page 120, line 6]

### STEP 12—Failure to have Spiritual Awakening

(#1) the sense of ease and comfort which comes at once by taking a few drinks—drinks which they see others taking

with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can **experience an entire psychic change** there is very little hope of his recovery. [Big Book page xxvii, line 1]

### STEP 12—Failure to Practice These Principles

(#4) Most of us sense that real tolerance of other people's shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others. Our very lives, as ex-problem drinkers, depend upon our **constant thought of others and how we may help meet their needs**. [Big Book page 19, line 30]

(#2) My friend had emphasized the absolute necessity of **demonstrating these principles** in all my affairs. Particularly was it imperative to work with others as he had worked with me. Faith without works was dead, he said. And how appallingly true for the alcoholic! For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank, he would surely die. Then faith would be dead indeed. With us it is just like that. [Big Book page 14, line 28]

### STEP 12—Failure to Carry the AA Message

(#14) PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as **intensive work with other alcoholics**. It works when other activities fail. [Big Book page 89, line 51]

(#21) ...let him go as far as he likes in **helping other alcoholics**. During those first days of convalescence, this will do more to insure his sobriety than anything else. Though some of his manifestations are alarming and disagreeable, we think dad will be on a firmer foundation than the man who is placing business or professional success ahead of spiritual development. He will be less

Reprinted with permission: The Big Book Bunch group of Alcoholics Anonymous, whose origins are the Students of the Big Book group, which has met in Woodland Hills, California since December of 1985

*You have to walk carefully in the beginning of love; the running across fields into your lover's arms can only come later when you're sure they won't laugh if you trip.*  
**Happy Valentine's Day!**



Meeting Changes		GROUP CONTRIBUTIONS THRU DEC 2014			
NEW		GROUP/MEETING	Dist	Dec	YTD
Garden Variety - St Andrew's Lutheran - 908 Murfreesboro		21ST AVENUE	30	17	17
<b>37064</b>	Rd Hwy 96 - Tues & Thurs 7:15p OD/Lit/DN	24 HOUR	32		600
<b>37066</b>	Gallatin AA - Tues Noon OD, Wed 8p OD/Lit, Thur Noon OD	60 MINUTES			50
<b>37072</b>	Made A Decision-Parkway Bapt 505 Cunniff Pkwy M-8p OD	ANONYMOUS S CONTRIBUTIONS	0	34	648
3 Fingers - Cumberland Heights IOP Bldg 745 S Church St		ANY LENGTHS	13		75
<b>37130</b>	Suite 505 Murfreesboro 5:30 p 1st Sat	AUBURN TOWN AA			50
<b>37205</b>	F.L.O. - Thu 7pm CD/WMN/GAY	BACK ROOM	35	1,520	6,214
S.O.S. - Belle Meade United Meth - 121 Davidson Rd F- 9a		BACK TO THE BIG BOOK	12	20	192
<b>37205</b>	OD/Lit/Wmn	BAR NONE			100
Every Sat Nite at 7 OD - House of Blessing Church 900		BELLEVUE	35		100
<b>37206</b>	Gallatin, Nashville	BELLEVUE WINNERS AND			
<b>37209</b>	WANGL - BBStudy 6:30p Mon Quaker House 530 26th Ave N	BEGINNERS	35		100
Steel Magnolias Wmn Last Stop 2122 Utopia TH - 6:30p		BILL WILSON LITERARY SOCIETY	31		134
<b>37211</b>	CD/LIT/WMN	BRADFORD BEGINNERS			199
Bradford Newcomer Group - Bradford Health Services 1410		BRENTWOOD FULL MOON	33		860
<b>37217</b>	Donelson Pike, Suite A7, Mon 7pm OD Beg	BY THE BOOK (LEBANON)	13		15
<b>38401</b>	Lunch Bunch Tues (OD) 12p & Thus 12p	BY THE BOOK -DICKSON	15		332
MOVED		CAME TO BELIEVE	33		100
IBI-UBU - Healing Broken Vessels 311 College Street - Sat,		CAMELS			125
<b>37087</b>	Mon, Tues 11am	CELEBRATE SERENITY			600
CANCELLED		CHICKEN PLUCKERS MENS MTG	33		240
<b>37027</b>	Free Thinkers	CLARKSVILLE AA (6&8)	14		50
<b>37130</b>	Murfreesboro Group - Tues 8p	COLUMBIA	40	20	240
<b>37130</b>	Serenity Group - Sun 4p & Sat 10a	COMFORT ZONE			502
Robertson County - Tu 8pm downtowners- W Noon 208B -		COOL SPRINGS NEWCOMERS			383
<b>37172</b>	Th 7p 208B	CROSSVILLE NON-SMOKING STEP	9		40
<b>37174</b>	RUSSH Hour - Sunday 7:01 Young People	DAVIDSON ROAD	30		5,250
<b>37207</b>	Seven Dips Tu 11a & Tu 7p	DAVIDSON ROAD WOMEN'S MTG			470
<b>37210</b>	Young Timers Wed 8p	DICKSON AA	15		390
<b>37210</b>	Last Call Group	DONELSON YET	31		100
<b>37334</b>	Fayetteville Group - W & Sa cancelled	DOWNTOWN LUNCH	32		649
<b>38401</b>	Columbia Group - all noon meetings cancelled	DROP THE ROCK		150	150
<b>38464</b>	Lawrenceburg Group Tues, Fri, & Sat 7pm cancelled	DRUNKS IN THE PARK	33	164	2,577
<b>38562</b>	Old Time AA - 8p Fri	EAST NASHVILLE 86'ers	34		185
<b>38565</b>	Grimsley - 5:30 p Tue	EAST NASHVILLE WOMENS MTG	31		224
CHANGES		EAST SIDE SATURDAY MTG			2,150
<b>37066</b>	Gallatin AA - 2nd Sun Eating/Speaker	EASY DOES IT (Mt Juliet)	31		500
<b>37115</b>	Search for Serenity-Tu OD/Beg - W OD/BB aln-F OD/GV aln	EVERY NIGHT AT 6	32		218
<b>37130</b>	Serenity Group - Thur CD, no Lit study - Sun 8 pm no ALN	FAIRFIELD GLADE	9		208
<b>37174</b>	Twisted Pickles moved to Spring Hill Pres Ch 5344 Main St	FAIRVIEW	33		14
<b>37174</b>	RUSSH Hour - Speaker meeting is 1st Thurs - Sun 5:30 is Lit	FAYETTEVILLE	40	20	100
<b>37204</b>	Vine Hill Thurs - now meets at 3pm	FIRST THINGS FIRST	34		700
<b>37205</b>	SOS - Meeting on Fri - 9:30 not 9:00	FIVE & FIVE	30	90	913
Eastside Men's Stag Woodland Pres Ch. 211 N. 11th St		FRANKLIN 4TH BB STUDY	33		200
<b>37206</b>	Thurs - 7p Men (not Wed)	FRANKLIN	33		1,400
<b>37210</b>	Come as You Are	FRANKLIN MENS	33		1,000
<b>37210</b>	The Spiritual Giants	FRANKLIN ROAD WOMEN'S	33		200
<b>37210</b>	Young Guns	FREE TO BE MTG	31		900
<b>37210</b>	Last Call Group	G.O.D. ( OF DRUNKS)	40	150	310
<b>37210</b>	Unity Group	GALLATIN AA (GAA)			25
<b>37210</b>	Saturday Eye Opener Group	GLADEVILLE GRATITUDE	13		113
<b>37210</b>	Peachtree Group	GOODLETTSVILLE A.A.	34	100	367
Serenity Cellar West End Baptist Church 200 Morgan Ave					
<b>37334</b>	Fayetteville Tu - 7p CD - Sa - 9a OD				



GROUP/MEETING	Dist	Dec	YTD
GRATEFUL ALIVE	33		335
GRATITUDE	11		275
HAPPY HOUR -LEWISBURG	40		50
HAPPY HOUR- COOKEVILLE	9		150
HARDING ROAD	30	150	600
HENDERSONVILLE BIG BOOK	34		50
HERMITAGE	31		300
HIGH NOON	34		723
HIGHER POWERED	32		133
HILLSBORO ROAD	32		1,000
IBI-UBU	13		250
JOELTON MTG	34		150
KEEP IT SIMPLE BELLEVUE (d35)	33	43	433
KEY TO SOBRIETY	31	200	340
KICKOFF ISN'T UNTIL NOON	33	601	776
LADIES NIGHT OUT	34		100
LAFAYETTE NEW HOPE	13	50	50
LATE LUNCH BUNCH	33		1,950
LAWRENCEBURG	41		100
LET IT HAPPEN	35	50	200
LIFE SAVERS	30		200
LIVE AND LET LIVE	9		25
LIVING IN THE NOW, PRIME-	33		86
MADE A DECISION		145	260
MCMINNVILLE	12		100
MIDDAY BREAK	32		1,009
MONDAY NIGHT PRIME TIME	33		20
MT JULIET FELLOWSHIP	31	150	900
MURFREESBORO	12	15	150
MUSTARD SEED	32	100	550
(N.O.W.) NASHVILLE ORIGINAL WOMENS	30	20	20
NEEDED MTG CLOSED	35		216
NEW ATTITUDES			43
NEW BEGINNINGS( Dist 12)	12	20	220
NIPPERS CORNER MTG	32		73
NO NAME YET			40
NORTHSIDE , CLARKSVILLE	14		375
ONE DAY AT A TIME	31		900
ONE STEP CLOSER	33		698
OUT TO BREAKFAST	30		215
PAY DAY	15		125
PEACHTREE			45
PORTLAND UNITY	13	65	125
PRIMARY PURPOSE	34		338
PULASKI	40		50
REBOS (SOBER)	34		180
RIDGETOP BASICS	34		115
ROAD OF HAPPY DESTINY	14		55
SAFE HARBOR (D14)	14		50
SANGO SOLUTIONS			20
SATURDAY LIVING BY THE PRINT	30	75	450

GROUP/MEETING	Dist	Dec	YTD
SATURDAY NIGHT ALIVE MTG	11	30	360
SEARCH FOR SERENITY	34		233
SEEKING SANITY	31		1,442
SERENITY (12)	12	50	450
SHADE TREE	31		4,030
SHELBYVILLE	11		200
SMITH COUNTY FRIENDSHIP	13		300
SMYRNA GRATITUDE	12	100	1,231
SPRING HALL FALL EVENT			287
TCYPAA	32		16
TEMPLE HILLS	33		250
THE BASEMENT BUNCH OF MURFREESBORO	12		300
THE STRAGGLERS	33		182
THE UNITED	13		125
THE WAY OUT	33		100
TRINITY	11		100
TRUDGING THE ROAD	33	90	165
TURNING POINT	33		478
WANGL	30		187
WAVERLY	15		30
WAVERLY-BELMONT	32		100
WEDNESDAY STUDY	11		20
WEEKENDERS	34		50
WEST NASHVILLE	35		98
WESTMINSTER	30		789
WHITE HOUSE	34		80
WILSON COUNTY FRIENDSHIP	13		25
WINNERS AND BEGINNERS	35		50
WOMAN'S WAY		120	120
WOMEN IN THE SOLUTION	11		135
WOMEN'S FREEDOM MTG	30		304
WOMEN'S OPEN DOOR MTG	30	256	256
WOMENS SPEAKER MTG	30	370	670
WOODBINE	32		25
YOUNG GUNS	32		52
<b>Grand total:</b>		<b>4,984</b>	<b>60,134</b>

*Loving is not just looking  
at each other,  
it's looking in the same direction.*



**MIDDLE TENNESSEE INTERGROUP ASSOCIATION STATEMENTS OF ACTIVITIES ACTUAL AND BUDGETED-  
FOR THE MONTH AND TWELVE MONTHS ENDING DECEMBER 31, 2014**

	<b>Dec-14 Actual</b>	<b>Dec-14 Budget</b>	<b>Dec-14 Budget- Variance</b>	<b>2014 YTD Actual</b>	<b>2014 YTD Budget</b>	<b>2014 YTD Budget- Variance</b>
<b>INCOME</b>						
LITERATURE SALES	10,393	11,363	(970)	162,708	136,360	26,348
LITERATURE PURCHASES	(6,615)	(8,333)	1,718	(113,724)	(100,000)	(13,724)
FREIGHT IN	(21)	-	(21)	(406)	-	(406)
NET LITERATURE SALES	3,757	3,030	727	48,578	36,360	12,218
COFFEE	-	-	-	0	-	0
GROUP	5,018	5,070	(52)	60,379	60,836	(457)
INDIVIDUAL	818	517	301	4,351	6,200	(1,849)
MESSENGER	24	92	(68)	424	1,100	(676)
SPECIAL EVENTS	280	417	(137)	6,312	5,000	1,312
INTEREST	1	18	(17)	18	210	(192)
TOTAL INCOME	9,898	9,142	756	120,062	109,706	10,356
<b>EXPENSES</b>						
CASUAL LABOR	200	200	-	2,350	2,400	(50)
PAYROLL	4,190	4,453	(263)	52,402	53,437	(1,035)
EMPLOYEE BENEFITS	1,200	400	800	1,200	1,200	-
LEGAL & PROFESSIONAL	350	217	133	2,232	2,600	(368)
SALES TAX EXPENSE	6	-	6	6	-	6
RENT	946	1,137	(191)	12,534	13,648	(1,114)
PRINTING	-	400	(400)	2,109	4,800	(2,691)
PAYROLL TAXES	641	340	301	4,009	4,077	(68)
MAINTENANCE	99	83	16	1,128	1,000	128
TELEPHONE & FAX	544	722	(178)	5,647	8,667	(3,020)
COMMUNICATIONS	-	-	-	-	-	-
ANSWERING SERVICE	195	253	(58)	2,618	3,040	(422)
POSTAGE	106	200	(94)	1,956	2,400	(444)
OFFICE SUPPLIES	88	208	(120)	3,251	2,500	751
BANK SERVICE CHARGE	-	-	-	(10)	-	(10)
MOVING EXPENSES	-	-	-	1,965	-	1,965
COMPUTER PROJECT	276	200	76	977	2,400	(1,423)
EMPLOYEE BENEFIT	-	-	-	-	-	-
INTERGROUP EXPENSE	-	63	(63)	932	750	182
INSURANCE	-	200	(200)	1,752.00	2,400	(648)
SPECIAL EVENTS / FUNCTIONS	-	167	(167)	2,482	2,000	482
REPAIR & MAINTENANCE	-	83	(83)	-	1,000	(1,000)
CUSTODIAL	-	50	(50)	100	600	(500)
TRAVEL	611	666	(55)	3,327	3,487	(160)
DEPRECIATION	(292)	-	(292)	304	-	304
OVER/UNDER	-	-	-	7	-	72.8
TOTAL EXPENSES	9,160	10,042	(882)	103,277	112,406	(9,129)
NET INCOME	738	(900)	1,638	16,784	(2,700)	19,484





**Middle Tennessee  
Central Intergroup  
Association**

417 Welshwood Drive  
Suite 207  
Nashville, TN 37211

615.832.1136  
800.559.2252

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

## RETURN SERVICE REQUESTED

Middle TN Central Intergroup Association  
417 Welshwood Drive, Suite 207  
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)



### 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.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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