

The **MESSENGER**

Middle Tennessee Central Office Intergroup

**MAY
2015**

INSIDE THIS ISSUE

Wild Geese	1
Bubbly	2
Principles	3
Intergroup	4
Puzzle	5
Events / Jokes	6
Meeting Changes	8
Contributions	9
Financials	10
Automatic Writing	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.

**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!

Wild Geese - He wandered from job to job and from home to home until he got sober

I was a teenager in the post war years. It was a time of "block parties" and celebrating the return to normalcy. "Let's drink some beer," a friend suggested one day. We did. I got drunk and woozy. The room was spinning when I went to bed. But despite all that, the voice within me said, "Grab your coat. We are off to the races."

I lost interest in school and so I quit and started working. I didn't find that very fulfilling either so I joined the U.S. Navy. I figured I could see the world. While in the Navy, I would go out drinking, come back late, get restricted, go out and get drunk, come back even later and then wind up in the brig. Finally I stayed out too long and I was discharged for bad conduct. The Navy said goodbye to me and I was out. I didn't get this first clue about my drinking and it's effects on my life.

After leaving the Navy, I fell in love with a woman and we married. Our daughter was born not long later. I was going from job to job, never realizing I was an alcoholic. The days were getting darker and darker. Finally, I abandoned my family and wandered off.

I was lonely and desperate, moving aimlessly from place to place. A long time later, I returned home as a dead beat dad. My wife served me

with divorce papers and I lost all parental rights to my daughter.

I straightened up a little and got back on my feet. I re-married and we had two daughters together. We also were raising my wife's son. I was still drinking though and struggling. The days and months and years were very dark for me and my loved ones.

Around this time, I reached out for help and spoke to an alcohol counselor. I went to some AA meetings. I shared at meetings and took speaking commitments but I never got a sponsor or did the Steps. I didn't have a Higher Power so my demons came back. And I went back to drinking.

This time, I drank myself right out of the house and into a furnished room a few blocks away from my family. I never really asked God to help me. I guess I just accepted these things as consequences for my "bad conduct."

But then, after crawling across the floor of that furnished room one dawn, hoping I still had a cold one left to get me started, and in such a state of despair that I couldn't imagine going on living such a hopeless life, nor taking my life, I asked, "Please, no more misery, no more woes, no more

(Continued on page 2)

(Continued from page 1)

fears of the unknown!"

I entered a 10-day detox program. One day, sitting on the end of my bed, alone in the ward, I asked someone where everyone had gone. I was told that they had all gone to an AA meeting. I had nothing else to do, so I went to the meeting. There were two speakers. One was an attractive, mature woman who looked good.



She had a red flower on her black dress. The other speaker was a middle-aged man in a suit with a red tie and shined shoes. I don't recall where they were from nor what they said, but I do remember thinking to myself, I should be sober.

I left detox and started going to AA. I got a sponsor and went on spiritual retreats. I became part

of a circle of people and we eventually started a new meeting. Needless to say, my life got better. My life became filled things I had never dreamed of nor hoped for. The search was over. I found me. I am standing hand in hand with that Higher Power I had heard about years before.

I have a copy of "The Man on the Bed," in which one of the Twelve Steppers is wearing a red tie. It reminded me of the two speakers I had heard. I hung the picture up on my wall.

Today, all these years later, I still meet people who attend the meeting I helped start in my early days. It reminds me of how many people's lives have been touched by Alcoholics Anonymous.

I am blessed every day with a wife who is in Al Anon. We have a new home that overlooks a pond filled with wild geese and all the rest of God's wonders.

Joseph C., Rock Hill, S.C.

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The Pink and the Bubbly

Alcohol made her feel happy and fun when she was a schoolgirl trying to fit in, but it didn't last

I started drinking in my late teens. Everyone I hung around with, including my brothers and sisters, drank but it was mostly a weekend or party thing. I remember my first drink of a pink and bubbly wine while camping with girlfriends. Even though I called them friends, I never really felt good enough to be their friend. A lot of the time, I pretended that everything was OK but it wasn't.

After I had a glass or two, I felt pink and bubbly myself. And happy. I was having fun. The wine blocked out my low self-esteem and fears. I felt comfortable with these girls.

As a little girl, I was very shy and would hang onto my older brothers a lot. My very first day of school, I was so afraid, I made a mess in my underwear and one of the older girl students washed them for me in the

brook nearby. I was afraid to go to sleep at night in case I died. I had a strange habit at night of getting out of bed, going to the window down the hall, and watching when a car drove by. There were few cars, if any, on the dirt road in the village of less than one hundred people where I lived with my nine brothers and sisters and our Mom and Dad.

Many of my childhood memories in this small Nova Scotia seaside village are happy ones. Swimming in the salt water. Climbing trees with my brothers and sisters and friends. Building camps in the woods out of moss and sticks. Most of these happy memories are of me and my young siblings and friends playing outside.

We moved when I was 11 to a larger community just outside the capital city of Nova Scotia, Halifax. This is a beautiful

community with lakes and winding roads and hills full of trees. I did very well in school but sometimes felt sad for no reason that I can now remember and would go off on my own in the woods or sit on a rock in the warm sunshine by myself.

I was a very sensitive person, as many of us alcoholics seem to be. When a young boy cheated on me with another girl, I was devastated and could not get over it. I could not accept the thing I couldn't change and move on. I had a mental breakdown and developed an eating disorder by starving myself.

Along with my alcoholism, I suffered with anorexia and bulimia for many years. Dare I say, as if by some miracle, my terribly painful eating disorder quieted down when I got sober.

(Continued on page 3)

Back in June of 2012, I had the honor of participating in a Woman's Retreat on the Principles of the program. I have been asked to include the principles we put down on paper for each "Step and Tradition" in *The Messenger*, until all have been presented. The Principles set out may come directly from The Big Book" or "The Twelve and Twelve", along with our own Principles developed as a reward of this "Program of Recovery". It was a wonderful weekend of Fellowship and the coming together of our new way of life. I hope you find these helpful! *If you would like to add to our list, please send your insights to me.*

Editor—Blame The Messenger

blamethemessenger@gmail.com

Step 5 Integrity

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

- ♦ We become willing to discuss our moral inventory with another to help obtain practical insight and knowledge of our personality flaws and how to work on them with HP's help
- ♦ We no longer live alone with our conflicts, instead, admitting them to HP and another human being, for this is the only way we will know and admit the truth about ourselves.
- ♦ We admit to HP out loud becoming humble enough to deflate the ego.
- ♦ We strive for integrity, the stat of being whole and intact.

Tradition 5

**What is my purpose?
What is our purpose?**

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

- ♦ It is better to do one thing well, rather than many things badly, that is our primary purpose.



The Pink and the Bubbly (con't)

(Continued from page 2)

When I discovered alcohol, it took away my pain and sadness, my shyness, my fears and my loneliness. It gave me courage and made me feel beautiful as if I were a movie star. I thought to myself—maybe alcohol can help me manage my eating. Maybe it can take away this awful anxiety and sadness I carry around all day but won't let anyone see. Others saw me as withdrawn and sad at times, but as outgoing and happy at others.

Part of me did not want anyone to see my pain or to admit I had this terrible dark side. Another part of me, however, did want someone to come along, pick me up as if I were a small child, cover me with a soft, warm blanket, and carry me through life. I felt so afraid.

I made the round of doctors, psychiatrists, psychologists, specialists, therapists. You name it—I tried it. Self-help books and tapes. Medication after medication. I never gave anything a chance to work.

Eventually, I gave in to alcohol. I never tried to quit or thought I should or wanted to because it helped me cope with life. Even as sad and afraid and confused as I was all the time, I never thought alcohol contributed to any of my problems. I loved my Friday nights alone with my large bottle of wine after working all week.

For roughly 15 years, I drank more and more. I lost job after job. I somehow stayed in a relationship for many of these years but he liked to drink as much as I did. My

eating disorder continued to haunt me.

The last five years or so before getting sober, everything fell apart. I isolated from almost everyone. My relationship broke up. I drank more and more. I was suicidal. I didn't know what to do. I thought I had tried everything but do not remember ever hearing of Alcoholics Anonymous before my first meeting.

My older brother is a friend of Bill W. and Dr. Bob. He took me to my first meeting after I had another mental breakdown. That was the beginning of my second chance at life.

Today, I have 28 years of sobriety. I have learned so much in these

(Continued on page 4)

The Pink and the Bubbly (con't)

(Continued from page 3)

years. I have had pain and sadness and even suffered another breakdown, but I have not picked up a drink.

Today, I keep my Higher Power close to me each moment and both ask and listen for guidance. I have studied our Twelve Steps and feel I have a good understanding of them and use them also each day. I have a sponsor who is more like a friend. I am treasurer of my home group. I have been involved in service work at both the district and

central service levels.

And, yet, my nature is still to run away and hide which I do at times. I have a wonderful man in my life. He is strong where I am weak. And I think vice versa. I am in my tenth

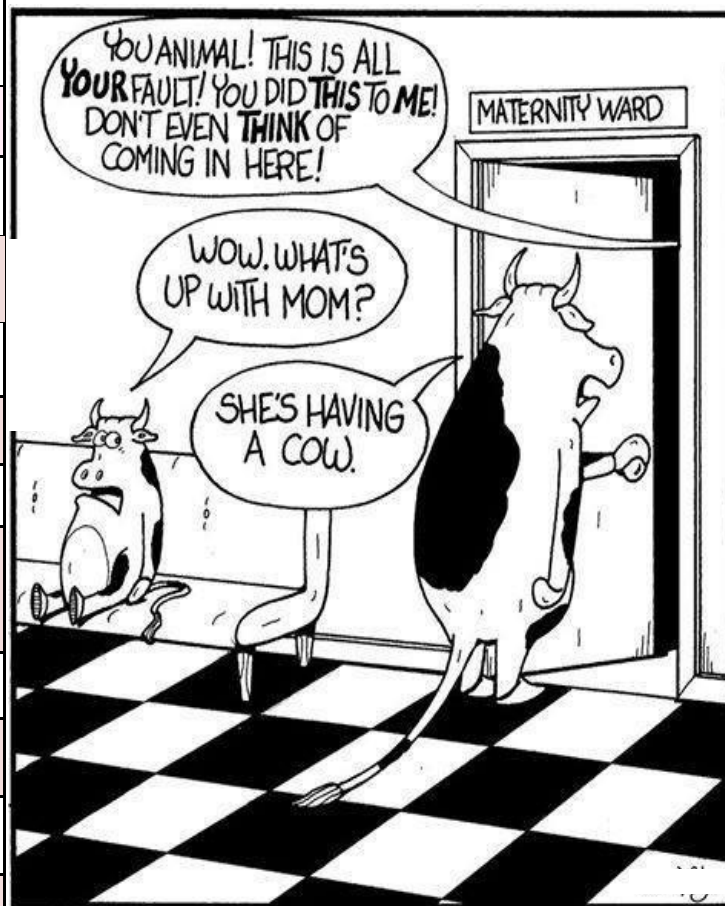


year of working as a public servant. When I get resentments at work, I pray to my Higher Power.

At times, I feel complacent, but I continue to go to my home group every Sunday night because I want AA to always be there for the next suffering alcoholic. I am still sad and afraid at times and happy other times. I ask for help in the morning and say thank you at night. I do not have to pick up a drink. And I do not want to.

—Judy H., Halifax, Nova Scotia
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CENTRAL OFFICE OFFICERS	NAME	PHONE #
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



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—July 27th

5:45pm – 6:45pm

Where: Central Office
417 Welshwood

3rd STEP PRAYER

Find the hidden words (below in **BOLD CAPITALS**) in this puzzle

K	Q	O	K	U	F	C	H	A	M	X	O	J	B	P	G	E	B	L	Z
L	D	W	H	J	G	U	Y	A	S	Y	R	O	T	C	I	V	F	I	P
V	G	E	B	Q	P	U	G	Y	X	Y	B	B	W	A	M	C	T	O	W
V	R	W	D	M	W	M	N	E	V	P	D	K	R	F	L	B	W	A	I
P	S	V	S	I	Q	C	Y	B	T	P	P	Q	U	Y	Q	E	J	L	J
W	S	I	L	E	Q	P	G	S	L	B	U	I	L	D	R	B	Y	G	N
I	E	L	N	R	L	C	Q	M	E	D	H	M	I	E	C	P	T	V	J
W	F	I	G	H	E	F	I	L	G	L	V	F	V	F	J	F	E	J	E
X	A	I	E	W	P	T	V	G	O	M	F	T	T	T	F	G	Z	M	N
E	Q	Z	U	G	E	D	T	Q	O	I	Q	L	F	D	A	A	R	J	S
Z	S	R	E	L	I	E	V	E	C	I	B	A	K	D	V	R	C	F	N
Y	R	Z	I	C	R	V	H	U	B	G	D	Z	N	S	Q	S	L	T	W
Z	P	C	A	L	P	Q	L	P	G	P	B	O	T	V	K	W	L	K	A
N	X	J	R	O	L	T	H	N	T	P	B	Z	O	T	G	I	P	R	I
X	F	P	Q	V	I	F	M	X	N	O	R	E	L	F	W	T	G	A	R
P	B	E	A	E	B	C	R	E	I	W	J	E	A	X	F	N	Z	C	Q
D	N	Z	S	A	F	E	S	U	U	U	F	V	K	R	S	E	K	X	V
X	A	L	W	A	Y	S	P	P	U	Z	K	U	Y	A	H	S	R	V	F
C	P	T	A	K	W	M	F	Q	P	R	A	T	O	K	T	S	S	P	D
T	Q	G	S	A	V	L	X	C	L	I	S	A	Y	C	I	O	U	L	V

God,

I **OFFER MYSELF** to Thee—To **BUILD** with me and do with me as Thou **WILT**.

RELIEVE me of the **BONDAGE** of **SELF** that I may **BETTER** do Thy **WILL**.

TAKE away my **DIFFICULTIES**, that **VICTORY** over them may **BEAR WITNESS** to those I would help of Thy **POWER**, Thy **LOVE**, and Thy Way of **LIFE**.

May I do Thy will **ALWAYS**!

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

To Maintain A Healthy Level Of Insanity

1. Every Time Someone Asks You To Do Something, ask If *They Want Fries with that.*
2. In the Memo Field Of All Your Checks, Write *"For Marijuana".*
3. Order a *Diet Water* whenever you go out to eat, with a serious face.
4. Specify That Your *Drive-through Order Is 'To Go'.*
5. Sing Along At The *Opera.*
6. *Five Days In Advance,* Tell Your Friends You Can't Attend Their Party Because You have a *Headache.*
7. When The Money Comes Out The ATM, Scream *'I Won! I Won!'*
8. When Leaving the Zoo, Start Running towards the Parking lot, Yelling *'Run For Your Lives! They're Loose!'*

And The Final Way To Keep A Healthy Level Of Insanity

9. PICK UP A BOX OF *CONDOMS* AT THE PHARMACY, GO TO THE COUNTER AND ASK WHERE THE *FITTING ROOM* IS.

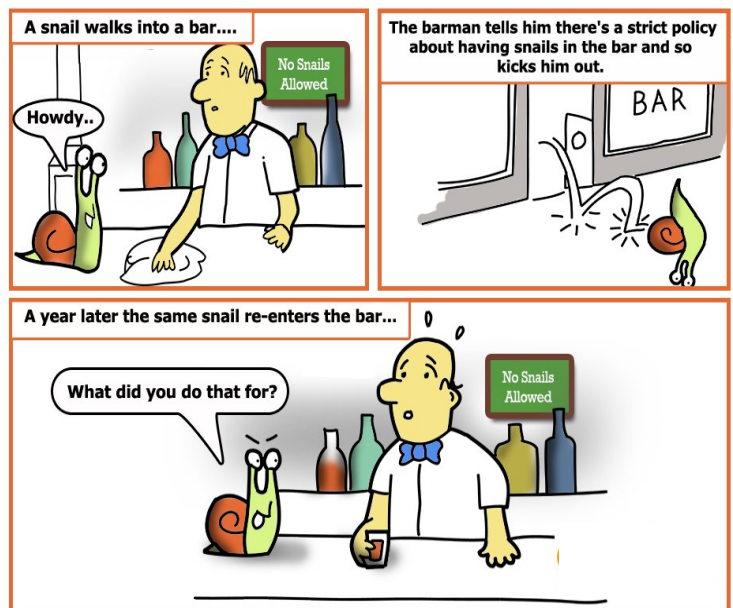
A golf club walks into a local bar and asks the barman for a pint of beer.

The barman refuses to serve him. "Why not," asks the golf club.

"You'll be driving later," replies the bartender.



"Is that Nat with a G?"





"I've bought you a drink... Now can I sniff your bottom?"

A husband and wife were sitting in their living room.

The wife said, "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

Her husband got up, unplugged the TV, and threw out all of her beer.

Search For Serenity Workshop



Anonymity In The Digital Age

Panelists

Al C, Shadetree
Dan T, Murfreesboro
Cynthia S, Brentwood
Mike A, Nashville

102 Harris St
Madison, TN 37115
Saturday, May 2nd
2pm - 4pm

Spring Fling
Bar-B-Que Provided
 (Please bring a side dish or dessert if you can)

Gallatin Civic Center
210 Albert Gallatin Rd
Gallatin, TN 3066



May 2, 2015



Doors will open for setup at 12 noon

1:00 PM - - - Lunch

2:00 PM - - - Speaker Marathon
Games

Pie Your Sponsor
Silent Auction

5:00 PM - 6:00 PM - - -Clean Up
Supportive event for District 13

For more information or to volunteer call
David P 615-403-1857
If you have a classic
show it off!

POP Old Timers Dinner

Friday May 15th, 2015

Dinner at 6:30

Sobriety Countdown starts at 8
Meat and drinks will be provided
Please bring a covered dish to share

3705 Brush Hill Road
Nashville, TN 37216

DRUNKS IN THE PARK

3rd Annual Family Picnic

Saturday, June 20, 2015

2p—6p



Pinkerton Park
405 Murfreesboro Rd—Franklin, TN
37064

Join us for a family-friendly picnic.
Games, Corn Hole, Face Painting
Food will be provided.—
Bring an instrument
Questions?
drunksinthepark@gmail.com

MOVES / CHANGES		MEETING CHANGES	
		NEW	
Smith County Friendship - Carthage United Methodist Church 608 Main Street N 37030		37062 Psychic Change - 112 Hwy 96 N Fairview TN Wed 7:30 OD	
		Garden Variety - St Andrew's Lutheran - 908 Murfreesboro Rd Hwy 96 - Tues & Thurs 7:15p OD/Lit/DN 37064	
DAFA phone # for Clubhouses and for Dickson Group 37055 615-326-8669		37066 Gallatin AA - Tues Noon OD, Wed 8p OD/Lit, Thurs Noon OD	
		37072 Made A Decision - Parkway Bapt 505 Cunniff Pkwy M-8p OD	
Psychic Change - 112 Hwy 96 N Fairview TN 37062		37130 Haven At Last Wed 7:30p OD/Lit/CDLT	
		37205 S.O.S. - Belle Meade Unit Met - 121 Davidson Rd F- 9a Wmn	
No Boundaries - 1531 Hunt Club Blvd #300 - Sun 9:30a OD/Meditation 37066		37206 Every Sat Nite at 6:30p OD - House of Blessing Ch 900 Gallatin	
		37209 WANGL -BBStudy 6:30p Mon Quaker House 530 26th Ave N.	
Gallatin AA - 2nd Sun Eating/Speaker 37066		Steel Magnolias Wmn Last Stop 2122 Utopia TH - 6:30p CD/ 37211 LIT/WMN	
		37211 Last Stop Club - Men's OD 6:30p Tues	
IBI-UBU - Healing Broken Vessels 311 College Street - Sat, Mon, Tues 11am 37087		Bradford Newcomer Group - 1410 Donelson Pike, Suite A7, Mon 7pm OD Beg 37217	
		37388 Sat Night Alive - Thurs 7p OD	
Search for Serenity - Tu OD/Beg-W OD/BB aln-F OD/ GV aln 37115		38401 Columbia Group - added Sat 9a OD/WMN	
		38401 Lunch Bunch Tues (OD) 12p & Thus 12p	
Key to Sobriety - Wed now 7p OD/Lit/Wmn 37122		CANCELLED	
		37013 Just Wednesday - Lighthouse Fellowship Church	
Serenity Group - Thurs is CD only, no Lit study - Sun 8 pm no ALN 37130		37027 Free Thinkers	
		37040 Road of Happy Destiny - Wed 7p & Thurs Noon	
New Beginnings - Murfreesboro - Tues & Thurs now at 6p 37130		37055 142 Group	
		37055 Solutions Group	
Right Direction - Southpointe Comm Church 7227 Haley Industrial Rd #1000 Mon 7p OD 37135		37062 Psychic Change - Sat 7:30p	
		37087 Any Lengths - 8am Sun	
Ruts Group new address UAW Union Hall (Local 1853) 125 Stephen P. Yokich Parkway 37174		37115 Halfway There Meeting	
		37115 Three Legacies of Madison	
RUSSH Hour - Speaker meeting is 1st Thurs - Sun 5:30 is Lit Workshop 37174		37130 Murfreesboro Group - Tues 8p	
		37130 Serenity Group - Sun 4p & Sat 10a	
Vine Hill Thurs - now meets at 3pm 37204		Robertson County - Tu 8pm downtowners- W Noon 208B - Th 7p 208B 37172	
		37174 Spring Hill Twisted Pickles	
SOS - Meeting on Fri - 9:30 not 9:00 37205		37174 RUSSH Hour - Sun 7:01 Young People & Sun 5:3p Lit	
		37205 F.L.O. - Thu 7pm CD/WMN/GAY	
11th Step Meeting - Belle Meade United Meth - now 10am Sat 37205		37207 Seven Dips	
		37210 Young Timers Wed 8p	
Women's Speaker - now 7p Fri 90 minute meeting 37205		37210 Last Call Group	
		37212 (L.O.C.A.L.) Library of Conf Approved Literature	
Eastside Men's Stag Woodland Pres Ch. 211 N. 11th St Thurs - 7p Men (not Wed) 37206		37214 Freedom Hour Meeting	
		37217 Love & Laughter - Thurs 6:30p	
Next Right Thing - Crosspoint Dream Center - 4007 Delaware Ave - Wed 10a WMN/OD 37209		37334 Fayetteville Group - W & Sa cancelled	
		38401 Columbia Group - all noon meetings cancelled	
Cumberland Heights - Crossover is Fri 7pm (not Thurs) 37209		38464 Lawrenceburg Group Tues, Fri, & Sat 7pm cancelled	
		38562 Old Time AA - 8p Fri	
Late Nite News - now Sat 10:30p 37210		38565 Grimsley - 5:30 p Tue	
Bellevue Group - added Sun 5p BBS 37221			
Serenity Cellar West End Baptist Church 200 Morgan Ave Fayetteville Tu - 7p CD - Sa - 9a OD 37334			
Winners Group new address 221 S. Military Ave Lawrenceburg TN 904.626.3680 38464			

GROUP/MEETING	Dist	Mar	YTD	GROUP/MEETING	Dist	Mar	YTD
11TH STEP MTG	30	-	73	KEEP IT SIMPLE BELLEVUE (d35)	33	79	216
21st AVENUE	30		38	LATE LUNCH BUNCH	33	-	500
24 HOUR	32	-	250	LAWRENCEBURG UNITY	41	21	21
60 MINUTES	64	-	50	MIDDAY BREAK	32	160	356
ANONYMOUS CONTRIBUTIONS	0	126	219	MT JULIET FELLOWSHIP	31	100	100
BACK ROOM	35	-	528	MURFREESBORO	12		30
BACK TO THE BIG BOOK	12	17	47	MUSIC ROW	30		300
BELLEVUE WINNERS & BEGINNERS	35	50	50	MUSTARD SEED	32	50	150
BRENTWOOD FULL MOON	33	485	485	NEW BEGINNINGS(Dist 12)	12		40
BY THE BOOK -DICKSON	15	-	90	NO NONSENSE	32	-	11
CAMELS			5	NORTHSIDE , CLARKSVILLE	14	-	75
CELEBRATE SERENITY			75	ONE DAY AT A TIME	31	-	800
CLARKSVILLE	14	-	100	ONE STEP CLOSER	33	-	157
COLUMBIA	40	20	60	OUT TO BREAKFAST	30		78
COMFORT ZONE	15	-	200	PORTLAND UNITY	13	25	25
COOL SPRINGS NEWCOMERS	33	-	150	PRIMARY PURPOSE	34	-	105
DAVIDSON ROAD	30	1,200	2,700	PULASKI	40	5	15
DISTRICT 11	11		120	REBOS (SOBER)	34		210
DONELSON YET	31	-	100	ROBERTSON COUNTY	14		25
DRUNKS IN THE PARK	33	152	152	SAFE HARBOR (D14)	14	-	100
EAST NASHVILLE 86'ers	34	127	127	SAFE PLACE			73
EAST NASHVILLE MEN'S STAG MTG	34	-	250	SATURDAY LIVING BY THE PRINT	30		75
EAST NASHVILLE WOMENS MTG	31	138	138	SEARCH FOR SERENITY	34	-	120
EAST SIDE SATURDAY MTG		450	450	SEARCHERS	34	-	200
FAIRFIELD GLADE	9	-	33	SEEKING SANITY	31	-	238
FAIRVIEW	33	50	50	SERENITY (12)	12	50	150
FAYETTEVILLE	40	20	20	SHADE TREE	31	-	1,980
FIRST THINGS FIRST	34	-	250	SHELBYVILLE	11		300
FIVE & FIVE	30	-	266	SMYRNA GRATITUDE	12	325	425
FRANKLIN	33	-	900	THE THREE LEGACIES	34	-	13
FRANKLIN ROAD WOMEN'S	33		100	THE UNITED	13	-	100
FREE TO BE MTG	31		190	TURNING POINT	33	-	79
GRATEFUL ALIVE	33	-	10	WANGL	30	-	150
GRATITUDE	11		25	WEEKENDERS	34	50	50
HAPPY HOUR- COOKEVILLE	9	-	50	WEST NASHVILLE	35	37	37
HARDING ROAD	30	150	150	WESTMINSTER	30	-	216
HIGH NOON	34	-	545	WOMEN IN THE SOLUTION	11	-	161
HILLSBORO ROAD	32		250	WOMEN'S FREEDOM MTG	30	350	350
HOPE PARK AA LIT STUDY	30	42	129	YOUNG TIMERS	32		29
				Grand total:		4,279	17,482

MIDDLE TENNESSEE INTERGROUP ASSOCIATION
MARCH 2015 ACTUAL vs. BUDGET & YTD

	CURRENT MONTH			YEAR TO DATE		
	Actual	Budget	Variance	Actual	Budget	Variance
INCOME						
LITERATURE SALES	11,968	16,230	(4,262)	33,485	48,690	(15,205)
CONTRIBUTIONS	5,088	5,561	(473)	21,586	15,893	5,693
EVENTS INCOME	-	333	(333)	-	999	(999)
INTEREST INCOME	10	1	9	14	3	11
TOTAL INCOME	17,067	22,125	(5,058)	55,085	66,375	(11,290)
COST OF GOODS SOLD						
LITERATURE COSTS	7,530	11,396	(3,866)	20,548	34,188	(13,640)
TOTAL COST OF GOODS	7,530	11,396	(3,866)	20,548	34,188	(13,640)
GROSS PROFIT	9,537	10,729	(1,192)	34,537	32,187	2,350
EXPENSES						
PAYROLL	4,598	4,983	(385)	13,794	14,949	(1,155)
BAD DEBTS	50	-	50	394	-	394
LEGAL & PROFESSIONAL	656	200	456	1,000	600	400
RENT	1,246	1,000	246	3,138	3,000	138
PRINTING	390	333	57	390	999	(609)
PAYROLL TAXES	336	320	16	1,009	960	49
EQUIPMENT RENTAL	99	-	99	297	-	297
TELEPHONE & INTERNET	100	541	(441)	976	1,623	(647)
ANSWERING SERVICE	195	233	(38)	612	699	(87)
POSTAGE	181	200	(19)	462	600	(138)
GENERAL OFFICE EXPENSES	234	250	(16)	751	750	1
COMPUTER & TECHNOLOGY	-	250	(250)	270	750	(480)
INTERGROUP EXPENSE	64	125	(61)	64	375	(311)
INSURANCE - BUSINESS	-	200	(200)	-	600	(600)
SPECIAL EVENTS / FUNCTION	-	191	(191)	-	573	(573)
REPAIR & MAINTENANCE	50	217	(167)	150	651	(501)
TRAVEL	-	333	(333)	235	999	(764)
DEPRECIATION	8	50	(42)	24	150	(126)
TOTAL EXPENSES	8,206	9,426	(1,220)	23,220	28,278	(5,058)
NET INCOME	1,331	1,303	28	11,317	3,909	7,408

Automatic Writing

The Oxford Group was largely the essential precursor of our Twelve Steps, along with the writings of William James and teachings from Dr. William Silkworth. Certain of the Oxford Groupers were influenced by a process called automatic writing which doubtless was passed on to Big Book author, Bill Wilson. An example of this is illustrated on page 198 of *"Pass it on"* where he is about to change the six step program, as it was at that time, into Twelve: *"As he started to write, **he asked for guidance**. And He relaxed. The words came tumbling out with astonishing speed. He completed the first draft in about a half hour . . . numbering the new steps he found they added up to twelve . . ."* (Bolded text mine)

The Big Book tells me to do Step Four "at once" after praying the Third Step Prayer, but my sponsor, Carl, thought me incapable of writing honest information for such an important project, consequently, he had me, at once, list categories of dishonesty, fear, resentment, etc.; then sincerely ask God to help me put this information on paper. I simply prayed: *"God help me, I am doing my inventory,"* over and over. I was not allowed to think. The writing had to come from my deep inner self. Nor was I to write more than one word on each list or to write neatly, or do anything that would start my mind to interfere with this honest spontaneous process. In about fifteen minutes, there was more honesty on that paperwork than many weeks of using my good-keen-intellectual-alcoholic mind. When I returned to Carl's apartment I had honest and reliable information to adequately go through with the Big Book Step Four process. I haven't had to drink since my first meeting and I think this automatic writing helped make that possible.

Bob S.—Richmond, IN



m a y

BACKROOM	
Anne F	05.20.05
Cynthia S	05.10.96
David E	05.08.00
Esmeralda S	05.06.02
Jennifer B	05.07.10
Jerry H	05.12.04
Jonathan B	05.18.08
JT C	05.27.13
Karen D	05.10.88
Kim P	05.01.11
Pamela B	05.02.12
Shirley F	05.30.11
Steve L	05.01.03
Tracy T	05.01.94
FELLOWSHIP	
Amber S	05.20.09
Bill Z	05.07.07
Chelsea J	05.14.13
Christy G	05.27.99
Jessie M	05.14.04
Stacy C	05.10.98
Tim K	05.20.05
Trey A	05.27.06
FULL MOON	
Bob S	05.18.14
Buddy L	05.27.03
Carol S	05.28.13
Dave W	05.17.89
Jim H	05.20.03
Mark H	05.06.08
GRATEFUL ALIVE	
Buzz D	05.24.11

IBI-UBU	
Carrie C	05.30.14
James B	05.10.12
LEBANON BY THE BOOK	
Lynn F-D	05.19.75
LOVE AND LAUGHTER	
Katie H	05.29.09
Lynch O	05.27.10
Mollie d	05.18.14
MID-DAY BREAK	
Dylan B	05.17.13
Karen E	05.17.14
Samantha G	05.29.14
MT JULIET	
Malcolm S	05.23.90
Vicki H	05.24.97
NIPPERS CORNER	
Tim S	05.18.14
PORTLAND UNITY	
Mildred W	05.22.50
PRIMARY PURPOSE	
Connie M	05.08.97
Kirk S	05.08.08
SEARCH FOR SERENITY	
Kate Mc	05.18.11
Kathy B	05.19.08
Ken G	05.25.12
Melissa A	05.03.09

SEEKING SANITY	
Anne J	05.07.13
Brenda S	05.02.09
Chris W	05.16.13
Donna G	05.12.09
Donna V	05.01.07
Jeannie G	05.07.11
Jenn F	05.26.13
Jeri T	05.10.07
Nancy C	05.27.85
Sherri C	05.07.13
Stephine M	05.17.09
SMYRNA GRATITUDE	
Chad A	05.27.12
Elizabeth B	05.30.89
Fred C	05.09.14
James (Will) W	05.14.89
Jessie M	05.14.01
John D	05.10.87
Rob D	05.20.14
Stephanie	05.28.14
Susan E	05.22.10
Tony C	05.13.71
Try A	05.27.06
Walter B	05.15.04
WEEKENDERS	
Bob B	05.15.89
Brittany B	05.08.14
Kate McC	05.18.11
Leslie M	05.05.03
Randy M	05.15.06
William S	05.10.02
WQMEN IN THE SOLUTION	
Brandi W	05.05.14
WOMEN'S SPEAKER	
Alyssa T	05.13.13
Margaret D	05.28.81



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