

The **MESSENGER**

Middle Tennessee Central Office Intergroup

**OCTOBER
2015**

INSIDE THIS ISSUE

The Unwritten Chapter	1
Working with Others	4
Intergroup Information	4
Puzzle	5
The Beauty of Tradition Ten	6
Events / Jokes	7
Meeting Changes	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.**

Annual Celebration of Sobriety Dinner

A Middle Tennessee Intergroup Potluck

Friday, November 20, 2015

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 dish:

VEGETABLE SIDE DISH / SALAD

(Please have on site by 6:45 pm)



For reservations & tickets please call Central Office at 831-1050

The Unwritten Chapter

A member living with bipolar depression discusses her experiences in AA.

I came to Alcoholics Anonymous through a 28-day detox and rehab program in 1987. I have had consecutive periods of three, 11, two and a half, and one and a half years of sobriety, with periods of drinking and disaster in between. I have been to AA meetings in most states and several countries; have worked the Steps 19 times with 20 different sponsors over 27 years in 8 different towns and cities. I've attended countless AA conferences, workshops, camp-outs, and have studied our history, our program and our fellowship.

For the first decade and a half, in and out of recovery, I concurred with the majority opinion: that depression was an "outside issue." When I was finally diagnosed with bipolar depression, I refused medication. My attitude was that I was in recovery to get away from all mind- and mood-altering substances, not to legitimize their use. I wanted to free my soul and celebrate it, not medicate and subjugate it. I considered any kind of drug a blockage to my communication with a power greater than myself.

I have been told by sponsors and other well-meaning, recovering people: "count your blessings," "just do it," "every problem can be solved by the 12 Steps," "don't be so negative," "get over it," "don't think you're different," and similar directives that, although they may work on some types of people, only served to shame me and drive me deeper into depression. Many of these folks were mystified that the work I was doing in recovery, often diligent and in line with AA's program and suggestions, was insufficient for continued spiritual progress. Others understood the issue, but did not understand how it affected my AA

program.

The increasing distance that I felt between myself and other alcoholics, the stigma in AA—these were real, and increasingly, they were obstacles to my recovery. The sense that I and others had about my depression, that it was an "outside issue," was magnified, and drove away sponsor after sponsor, as well as brothers and sisters in recovery, and drove me away from AA a few times. My negativity had no source and no end, and no amount of 12-Step recovery seemed sufficient to overcome it. I tried many programs, doctors, support groups, books, religion, classes, drugs, and prescribed medications. None of these was sufficient.

My alcoholism and depression must be treated together, in one recovery.

In 1997, at a mental illness workshop at a 12-Step convention, a wife told of her husband, who with 16 years in active recovery, killed himself because his depression was still untreated. It finally struck me that some of us cannot maintain recovery if we are not medicated. It took four more years before I internalized this knowledge and acted on it. My alcoholism and depression must be treated together, in one recovery. Now that I understand, it seems quite obvious, but it took most of my life to learn it.

(Continued on page 3)



The Unwritten Chapter (con't)

(Continued from page 2)

Some people, I feel certain, would have liked to have even a clue, if not how to help me, at least where to direct me. I usually ended up with a confirmation that AA could not help me enough, and, they didn't want me too close. I thought my clinical depression should be overcome the way another alcoholic's civilian depression is: through 12-Step recovery, with maybe some outside help at the beginning. These misconceptions are deadly to the alcoholic with other mental illnesses, and can delay finding the right treatment long enough for the mixed mental mash to win. I spent 14 years in a suicidal frame of mind, sometimes in recovery, sometimes just sober, and sometimes in full-blown active alcoholism. I want these experiences to benefit others.

AA continues to grow, the world continues to churn, and the mix of folks in the rooms continues to diversify. Fortunately for all of us, AA's foundation is simple, broad, and strong enough to accommodate any alcoholic with a desire to stop drinking. Increasing numbers of alcoholics are diagnosed with other mental illnesses, and AA's commitment in "I am responsible," holds out the promise of hope even to this group of alcoholics. AA members need help in doing this, because other mental illnesses, like alcoholism, are also diseases of isolation, apathy, and shame: absurd and unknowable to those who do not suffer from them. Together we can do what we cannot do alone, and this includes facing our fears when alcoholics with different demons seek recovery in AA.

I am new again in recovery, six months sober. I am grateful to have found a sponsor who is willing to work the Steps with me and who has a rudimentary understanding that my depression affects how I work the AA program. The health care community's suggested treatment for me does not include a spiritual component, and I wonder how they expect to treat the unknown with the known. However, I continually try to open my mind, while being grateful that I have a connection with a higher power, and recovery in AA.

It is odd to me that in AA's beginning, and still in some societies, alcoholism was treated as a mental illness, without differentiating the treatment needs of the addictive mind, and now, AA is viewing other mental illnesses as "special" needs. AA has arisen to the challenge of extending hope to alcoholics of many varieties. It has cultivated sensitivities in welcoming alcoholics with different needs: language translation, wheelchair accessibility, remote transmission, etc. I'm greatly encouraged by AA's consideration of developing literature specifically for alcoholics with

mental illness. In the chapter of the Big Book, "The Doctor's Opinion," Dr. Silkworth writes "There is the manic-depressive type, who is, perhaps, the least understood by his friends, and about whom a whole chapter could be written." The time has come for us to write those words.

I'm writing this article because some of the suggestions, tactics, advice, and guidance that I've received in AA have actually been detrimental to my recovery as a person with both clinical depression and alcoholism: not

because I think that AA should help to treat depression, but because my ignorance of the effects of alcoholism and depression in combination was killing me. I didn't realize that no matter how much effort



and willpower I directed toward my recovery from alcoholism, unless I treated my depression simultaneously, and with measures appropriate and specific to my depression, it would not be sufficient--the depression would pull down the foundation I was making in recovery.

I have felt for most of my adult life that AA is my tribe, but I have often intuited that the feeling is not mutual. I have beaten the hope out of my life many times, and I am allowing hope in again. Now I am more open about sharing how alcoholism and depression combine in my disease, and how I address both in the solution. It is up to me to find a way to seek solutions for the combination, and I am feeling my way forward. I hope that one day I and others like me will find more help in the details: about alcoholism from health care community, and about depression from AA. Some of my fellow travelers may still find me scary or impure in the rooms, but I need AA and I am reclaiming my seat.

—Anonymous, Homer, Alaska

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On-Line Exclusive

WORKING WITH OTHERS

About nine or ten months into my sobriety, my sponsor told me that I was doing a good job on my program. I was honest, open and working the 12 Steps with him. Suggestions were readily accepted instead of my old mantra of my way or no way. If I missed any meetings that first year - there was a darn good reason.

My sponsor told me to take a look at the chip in my pocket. I saw the three sides of the AA triangle. Recovery, Unity and Service. He said I was doing great with my Recovery (step work) and Unity (meetings and home group) but I was lacking any service work to speak of.

I remember praying about it and a month or two later someone showed up to announce that Riverbend Maximum Security Institute was in desperate need of men to take in AA meetings. I have never been to prison but I had a stirring in my belly and knew that I had to check out this opportunity to work with others.

Some 300 meetings later, Recovery at the Bend has become my second home group. I have recruited several friends who also

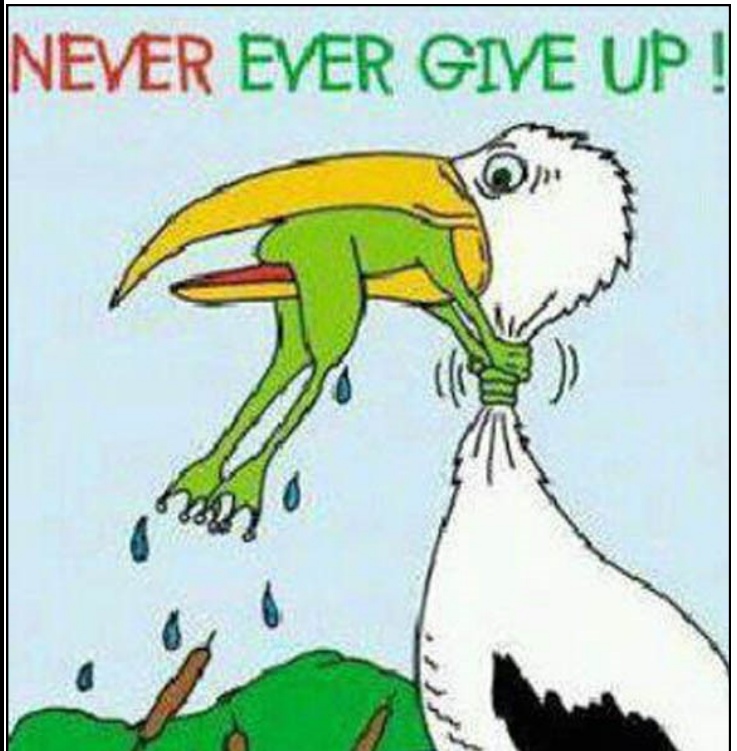
volunteer at RMSI. There have been several administrative changes, along with more frustrating changes to the rules for the volunteers. My early sponsee's got out and never attempted to contact me, I felt used. Many times in those early years I just wanted to quit, find some other service work to do. I'm sure it was my higher power that caused that familiar stirring in my gut and I knew I had to go back, I really missed the guys.

The most gratifying feeling is when we get to share our home group meetings with those who recently received their freedom. They see the program working through us and it makes it so worth the small setbacks we experienced.

So whatever your calling may be, try turning it into service work for the program. I didn't know this was my calling until I prayed about it. If it is prison or jail service work you or your sponsee's are interested in, please call me. I went a step further and last year I agreed to serve as the Corrections Chair for MTCOAA, this allows me to put you in touch with people who know the next step for you.

By Charlie B - 615.554.9085
Corrections Chair for MTCOAA

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	Drew T	615.440.3991
Public Information/Cooperation with the Professional Community	Paul S	615.556.3357
Special Needs	Reanate M	615.625.8483
Corrections	Charlie B	615.554.9085
Treatment Facilities	Jennifer S	615.415.4177
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 (this has changed due to conference room conflict)

October 26th 5:45pm – 6:45pm

Where: Central Office
417 Welshwood

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

Find the CAPITALIZED words below.

No A.A. GROUP or MEMBER should ever, in such a WAY as to IMPLICATE A.A., EXPRESS any OPINION on OUTSIDE CONTROVERSIAL ISSUES-PARTICULARLY those of POLITICS, alcohol REFORM, or SECTARIAN RELIGION. The Alcoholics Anonymous groups OPPOSE no one. CONCERNING such MATTERS they can express no VIEWS WHATEVER.



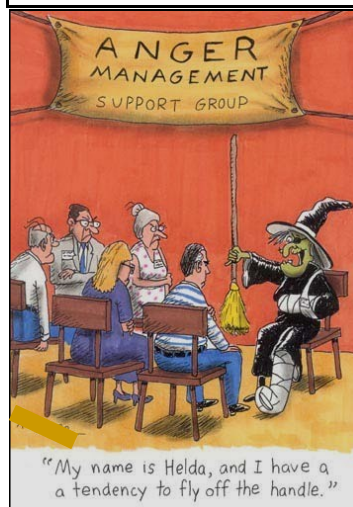
The Energizer bunny and Peter Cottontail got into an argument. The squabble quickly escalated until some friends needed to call the police. The two were arrested and taken to jail.

ENDING #1:

One was later charged with Battery.

ENDING #2:

At their court hearing, the presiding judge, upon reviewing the day's agenda, said under his breath, "Well, it looks like we are going to have a bad hare day."



The Beauty of Tradition Ten

Outside debates stay outside

Sobriety in AA is the first thing in my life that has really worked. I'm especially grateful for Tradition Ten, where it is suggested that AA groups never get involved in the messy business of debating outside issues. The wonderful "extra" implied by this Tradition is that I, as an individual recovering alcoholic, am free to simply enjoy sobriety in AA, without having to defend my position on any outside issue.

You see, I grew up in the sixties. I lived with my parents (one alcoholic, one social drinker) who were closely associated with a small, left-wing, private college in the Northeast. It was a school where expressing your opinions in public was very important. On campus, where I hung out as a 13-year-old, I heard lots of angry rhetoric about Vietnam, civil rights, and a lot else. My parents brought the same kind of political anger home with them, and challenged me to come up with informed positions on the same issues. I was only an eighth grader, but I was expected to engage in adult-style discussions. If I didn't have an opinion on the issue at hand, I was considered a failure or a non-thinker.

Looking back, it was probably great training for a future alcoholic. I got very good at hiding the things I was truly ashamed of (especially the amount I drank), using a smoke screen of vaguely directed political opinion.

As my disease progressed, I was often broke, unemployed, hung-over, and in need of a place to stay. Usually, my parents would take me in, and for months at a time I'd live at home, trying to get my act together. Deep down inside I knew I was sick and crazy from booze. But at the time, dealing with it was too frightening. It was easier to engage my parents in a petty debate over some global issue beyond our control than to draw attention to the real reason I was out of work.

Today, I'm sober and grateful for what it was like, what happened, and what it's like now. I'm even grateful to my parents, who put up with me as an active alcoholic. But I'm especially grateful to the alcoholics who founded this Fellowship and gave us the guidelines by which we run our groups. Tradition Ten frees AAs to concentrate on what we have in common—recovery, unity, service—rather than waste time debating outside issues.

*Matt. F.—Brooklyn, NY—October 2012
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The Middle Tennessee Central Office Annual Celebration of Sobriety Dinner

will be taking place on

Friday, November 20, 2015

at the Woodmont Hills Church on Franklin Road. This is a celebration to raise funds for the Central Office, which provides the following to all of us here in Middle Tennessee:

- ◆ Phones that are answered when anyone, anywhere reaches out for help
- ◆ Literature
- ◆ Chips
- ◆ The Messenger – your own Monthly AA Newsletter
- ◆ 12 Step Call Opportunities
- ◆ Working with our Intergroup to provide support for ongoing interaction with our groups
- ◆ Keeping us informed

Just to name a few!

This Annual Celebration has an average of 500 individuals in attendance. Just think of all the Volunteers it takes to help pull this together. It is a great opportunity to see people in a social setting that you may normally only see in meetings.

6pm—socializing,

7pm—dinner will be served

8pm- speaker, Shannon K.

Parker G will M.C.

Tickets for the event are just \$10 (this includes meat and drinks), we ask those that can to bring a vegetable side dish or salad. You might also consider purchasing an extra ticket to pass along or let the Central Office know if you would like to donate one as a scholarship.

Hope to see you there!

blamethemessenger@gmail.com

District 31 Workshop

4th Step Workshop The Easier, Softer Way

presented by

Scott L.

October 3rd

10:00 am to 2:00 pm

Light Lunch Served

Location

Old Hickory Presbyterian Church

801 Jones Street

Old Hickory, TN 37138

Any questions, contact Darin M.
at 615-423-2620

When we were drinking, many of us had, as the Step Four chapter in the AA book *Twelve Steps and Twelve Traditions* puts it, “a total inability to form a true partnership with another human being.”



FORMING TRUE PARTNERSHIPS

How AA members use the program to improve relationships

Forming True Partnerships is a collection of Grapevine stories that show the many ways members use the Twelve Steps, sponsorship, and the tools of the program to improve and repair relationships, old and new.

With candid and colorful stories on families, friendships, marriage, divorce, dating, romance,

coworkers, sponsorship and pets, **Forming True Partnerships** covers a wide range of experience from sober alcoholics on how we form true partnerships with others.

UNITY THROUGH LOVE & SERVICE

Speaker: Chet P.
SE Regional
Class B Trustee

Voting Assembly

Saturday Night
Live Comedian
Greg H.

Live DJ

Special
Saturday
Evening
Dinner

OCTOBER 9TH - 11TH 2015
MURFREESBORO TN

Clarion Inn
2277 Old Fort Pkwy.
Murfreesboro (615) 896-2420

Rate \$84.00 plus tax
Cut-off Sept 25th 2015
Code-Area 64

Info: Jon P. (615) 818-9633

MEETING CHANGES

NEW / MOVES / CHANGES			NEW / MOVES / CHANGES		
37013	Cancel	Just Wednesday - Lighthouse Fellowship Church	37174	Chg	RUSSH Hour - Speaker meeting is 1st Thurs - Sun 5:30 is Lit Workshop
37027	New	Sat Serenity - Cumberland Heights Outpatient - 7105 Crossroads Blvd. Sat 8a - WMN's OD	37188	Move	White House - Christ Ch North 2732 Hwy 31 W
37027	New	On Awakening - Holy Family Catholic 9100 Crockett Rd - Sat 8a CD/Men's	37204	Cancel	Vine Hill Thurs
37030	Move	Smith County Friendship - Carthage United Methodist Church 608 Main Street N	37205	New	Everything or nothing - 7p Tues CD/Lit/BB Brookhollow Baptist ch 678 Brookhollow Rd
37040	Cancel	Road of Happy Destiny - Wed 7p & Thurs Noon	37205	Chg	Women's Freedom - now meets at Concordia Lutheran Ch 3501 Central Ave
37043	New	Safe Harbor - Sun 6p OD	37205	Chg	SOS - Meeting on Fri - 9:30 not 9:00
37055	Chg	DAFA phone # for Clubhouses and for Dickson Group 615-326-8669	37205	Chg	11th Step Meeting - Belle Meade United Meth - now 10am Sat
37055	Cancel	142 Group	37205	Chg	Women's Speaker - now 7p Fri 90 minute meeting
37055	Cancel	Solutions Group	37205	New	S.O.S. - Belle Meade Unit Met - 121 Davidson Rd F- 10a OD / LIT / Wmn
37062	Cancel	Psychic Change - Sat 7:30p	37205	Cancel	F.L.O. - Thu 7pm CD/WMN/GAY
37062	New	Psychic Change - 112 Hwy 96 N Fairview TN Wed 7:30 OD	37206	New	East Side Sunlighters - Woodland Pres Ch - 211 N. 11th St Wed & Fri 7:30 p OD
37064	New	Garden Variety - St Andrew's Luth - 908 Murfreesboro Rd Hwy 96 - Tues & Thurs 7:15p OD/Lit/DN	37206	New	Every Sat Nite at 6:30p OD - House of Blessing Ch 900 Gallatin
37066	New	Gallatin AA - Tues Noon OD, Wed 8p OD/Lit, Thu Noon OD	37206	Chg	Eastside Men's Stag Woodland Pres Ch. 211 N. 11th St Thurs - 7p Men (not Wed)
37066	Chg	Gallatin AA - 2nd Sun Eating/Speaker	37209	New	Next Right Thing - Crosspoint Dream Center - 4007 Delaware Ave - Wed 10a OD
37066	New	No Boundaries - 1531 Hunt Club Blvd #300 - Sun 9:30a OD/Meditation	37209	Chg	Cumberland Heights - Crossover is Fri 7pm (not Thurs)
37072	New	Made A Decision - Parkway Bapt 505 Cuniff Pkwy M-8p OD	37209	New	WANGL - BBStudy 6:30p Mon
37087	New	New Day - First Pres Church Annex - 107 Lewis Court - M & F - 7:30p OD - Tues 7:30p OD/WMN - Sat 9a Meditation	37210	Chg	Quaker House 530 26th Ave N.
37087	Cancel	Any Lengths - 8am Sun	37210	Chg	Late Nite News - now Sat 10:30p
37087	Cancel	Lebanon by the Book	37210	Chg	Cross Roads - now CD meetings
37087	Cancel	IBI-UBU - Healing Broken Vessels	37210	Chg	Unity Group - Added OD Mon - Wed - Sat 6pm & Tues 6p is now OD/Lit
37098	New	East Hickman AA Wrigley Ch of God of Prophecy 7703 Grover Vaughn Rd, Lyles, TN Tue & Fri 6:30p OD	37210	Cancel	Young Timers Wed 8p
37110	New	Recovery First St. Catherine's Catholic CH 1024 Faulkner Springs, McMinnville Tue & Thu 7p OD	37210	Cancel	Last Call Group
37110	Cancel	McMinnville Group - Tue & Thu 8p	37211	Cancel	Woodbine - Sunday 6:30p
37115	Cancel	City Road	37211	Cancel	Steel Magnolias Wmn Last Stop 2122 Utopia TH - 6:30p
37115	Cancel	Halfway There Meeting	37211	Cancel	Last Stop Club - Men's OD 6:30p Tues
37115	Cancel	Three Legacies of Madison	37211	New	Solo Por Hoy - 2610-A Nolensville Pike 8p Every Day - OD 2 hour meeting
37115	Cancel	8pm Serenity House - Mon-Fri	37211	New	District 32 Meeting - 1st Tuesday Monthly - Club 62 329 Peachtree St
37115	Chg	Search for Serenity - Tu OD/Beg-W OD/BB aln-Fri OD/GV aln	37212	Cancel	(L.O.C.A.L.) Library of Conf Approved Literature
37122	Chg	Key to Sobriety - Wed now 7p OD/Lit/Wmn	37214	Chg	Shade Tree - Sat 5:30p OD & 7p is YP
37130	Chg	Serenity Group - Thurs is CD only, no Lit study - Sun 8 pm no ALN	37214	Cancel	Freedom Hour Meeting
37130	Chg	New Beginnings - Murfreesboro - Tues & Thurs now at 6p	37217	Cancel	Love & Laughter - Thurs 6:30p
37130	Cancel	Haven At Last Wed 7:30p OD/Lit/CDLT	37217	New	Bradford Newcomer Group - 1410 Donelson Pike, Suite A7, Mon 7pm OD Beg
37130	Cancel	Murfreesboro Group - Tues 8p	37218	Move	The Lions Den Bordeaux Church of Christ 3715 John Mallette Dr - Enter at rear of building Fri 8p
37130	Cancel	Serenity Group - Sun 4p & Sat 10a	37221	New	Bellevue Group - added Sun 5p BBS
37135	New	Right Direction - Southpointe Comm Church 7227 Haley Industrial Rd #1000 Mon 7p OD	37232	New	Recover Basement - Vanderbilt Medical Arts Bldg 1211 21st Ave - Tue - Noon OD
37160	Move	Women in the Solution - moved - Episcopal Ch— 203 E. Lane Street	37334	New	Serenity Cellar West End Baptist Church 200 Morgan Ave Fayetteville Tu - 7p CD - Sa - 9a OD
37167	New	Smyrna Gratitude - Fri 10p YP/OD	37334	Cancel	Fayetteville Group - W & Sa cancelled
37172	Cancel	Robertson Cnty - Tu 8pm Dwnt-W Noon & Th 7p 208B	37388	New	Sat Night Alive - Thurs 7p OD
37174	Cancel	Spring Hill Twisted Pickles	38401	New	Columbia Group - added Sat 9a OD/WMN
37174	Cancel	RUSSH Hour - Sun 7:01 Young People & Sun 5:3p Lit	38401	New	Lunch Bunch Tues (OD) 12p & Thus 12p
37174	Move	Ruts Group new address UAW Union Hall (Local 1853) 125 Stephen P. Yokich Parkway	38401	Cancel	Columbia Group - all noon meetings cancelled
37174	New	Spring Hill Group - Spring Hill United Mth - 5286 main st 8p Mon CD	38464	Cancel	Lawrenceburg Group Tues, Fri, & Sat 7pm cancelled
			38464	Chg	Winners Group new address Word of Life Ministries #3 Rabbit Trail Rd, Leoma, TN 904.626.3680
			38485	Cancel	Wayne County Group
			38562	Cancel	Old Time AA - 8p Fri
			38565	Cancel	Grimsley - 5:30 p Tue

GROUP/MEETING	Dist	Aug	YTD	GROUP/MEETING	Dist	Aug	YTD
11TH STEP MTG	30	-	73	KEEP IT SIMPLE BELLEVUE d35	33	-	216
21st AVENUE	30	-	167	KEY TO SOBRIETY	31	200	400
24 HOUR	32	-	550	LADIES NIGHT OUT	34	-	50
60 MINUTES	64	-	110	LATE LUNCH BUNCH	33	-	1,450
ANONYMOUS CONTRIBUTIONS	0	98	536	LET IT HAPPEN	35	-	100
ANY LENGTHS	13	-	100	LEWISBURG UNITY	41	-	21
BACK ROOM	35	-	2,411	LIFE SAVERS	30	-	150
BACK TO THE BIG BOOK	12	69	130	LIVE & LET LIVE	9	-	25
BELLEVUE WINNERS & BEGI	35	-	100	MIDDAY BREAK	32	-	561
BRENTWOOD FULL MOON	33	-	970	MT JULIET FELLOWSHIP	31	-	100
BY THE BOOK -DICKSON	15	-	217	MURFREESBORO	12	15	120
CAME TO BELIEVE	33	-	100	MUSIC ROW	30	-	300
CAMELS		-	35	MUSTARD SEED	32	50	300
CELEBRATE SERENITY		-	325	(NOW) NASHVILLE ORIG WOMENS	30	-	42
CHICKEN PLUCKERS MEN'S	33	-	142	NEW BEGINNINGS(Dist 12)	12	-	100
CLARKSVILLE	14	-	100	NEW LIFE H-VILLE	34	-	30
CLUB 62 UNITY	32	-	10	NIPPERS CORNER	32	46	46
COLUMBIA	40	20	160	NO NONSENSE	32	-	110
COMFORT ZONE	15	-	530	NORTHSIDE , CLARKSVILLE	14	-	175
COOL SPRINGS NEWCOMERS	33	-	302	ON AWAKENING		25	25
CROSSVILLE NON -SMK STEP	9	-	40	ONE DAY AT A TIME	31	-	800
CUMBERLAND UNITY	13	50	50	ONE STEP CLOSER	33	-	581
DAILY REPRIEVE	13	-	146	OUT TO BREAKFAST	30	57	163
DAVIDSON ROAD	30	-	3,700	PAGE 112	31	-	46
DICKSON AA	15	-	600	PAY DAY	15	-	125
DISTRICT 11	11	-	120	PORTLAND UNITY	13	-	65
DONELSON YET	31	-	100	PRIMARY PURPOSE	34	-	421
DOWNTOWN LUNCH BUNCH	32	-	319	PULASKI	40	10	45
DROP THE ROCK		-	100	REBOS (SOBER)	34	-	210
DRUNKS IN THE PARK	33	153	770	ROBERTSON COUNTY	14	-	25
EAST NASHVILLE 86'ers	34	80	309	SAFE HARBOR (D14)	14	50	250
EAST NASHVILLE MEN'S STAG	34	-	600	SAFE PLACE		-	73
EAST NASHVILLE WOMENS	31	-	138	SANGO SOLUTIONS		-	50
EAST SIDE SATURDAY		-	770	SAT LIVING BY THE PRINT	30	-	275
EASY DOES IT (MT JULIET)	31	-	275	SATURDAY NIGHT ALIVE	11	30	60
EVERY NIGHT AT 6	32	-	58	SEARCH FOR SERENITY	34	120	240
FAIRFIELD GLADE	9	-	33	SEARCHERS	34	-	200
FAIRVIEW	33	-	200	SEEKING SANITY	31	-	780
FAYETTEVILLE	40	-	65	SERENITY (12)	12	50	400
FIRST THINGS FIRST	34	-	770	SHADE TREE	31	660	4,620
FIVE & FIVE	30	382	648	SHELBYVILLE	11	-	300
FRANKLIN 12&12	33	-	200	SMYRNA GRATITUDE	12	344	1,507
FRANKLIN	33	-	1,950	SUNDAY NIGHT BUNCH	32	-	100
FRANKLIN MEN'S	33	-	400	THE THREE LEGACIES	34	-	13
FRANKLIN ROAD WOMEN'S	33	-	300	THE UNITED	13	-	400
FREE TO BE MTG	31	-	558	TRINITY	11	-	50
FRIDAY NIGHT PRIME TIME	33	-	25	TRUDGING THE ROAD	33	50	130
GLADEVILLE GRATITUDE	13	98	98	TURNING POINT	33	-	147
GOODLETTSVILLE A.A.	34	226	226	VALLEYVIEW-ASHLAND CITY	15	-	1,241
GRATEFUL ALIVE	33	-	76	WANGL	30	-	265
GRATITUDE	11	-	25	WAVERLY	15	-	68
GRATITUDE - MANCHESTER		50	50	WAVERLY-BELMONT	32	-	100
HAPPY HOUR- COOKEVILLE	9	-	100	WEEKENDERS	34	-	50
HARDING ROAD	30	-	300	WEST MEADE	30	-	100
HENDERSONVILLE BB	34	-	50	WEST NASHVILLE	35	-	53
HERMITAGE	31	-	200	WESTMINSTER	30	-	216
HIGH NOON	34	-	915	WOMEN IN THE SOLUTION	11	-	361
HILLSBORO ROAD	32	-	250	WOMEN'S FREEDOM MTG	30	-	350
HOPE PARK AA LIT STUDY	30	-	133	YOUNG TIMERS	32	-	66
				Grand total:		2,925	41,999

Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Month and the August Months Ended August 31, 2015

	August 2015			YTD 2015		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Literature Sales	\$ 8,587.03	16,230.00	(7,642.97)	\$ 83,078.01	129,840.00	(46,761.99)
Literature Purchases	(5,741.26)	(11,355.00)	5,613.74	(50,595.59)	(90,840.00)	40,244.41
Freight In	(25.82)	(41.00)	15.18	(288.72)	(328.00)	39.28
Net Literature Sales	2,819.95	4,834.00	(2,014.05)	32,193.70	38,672.00	(6,478.30)
Non Profit Income	-	-	-	51.75	-	51.75
Group Donations	3,584.34	5,166.00	(1,581.66)	42,626.97	41,328.00	1,298.97
Individual Donations	195.30	366.00	(170.70)	2,275.25	2,928.00	(652.75)
Messenger Donations	24.00	29.00	(5.00)	96.00	232.00	(136.00)
Website Donations	-	-	-	2,727.20	-	2,727.20
Special Events	-	333.00	(333.00)	-	2,664.00	(2,664.00)
Interest	2.62	1.00	1.62	15.38	8.00	7.38
Total Income	6,626.21	10,729.00	(4,102.79)	79,986.25	85,832.00	(5,845.75)
Expenses						
Casual Labor	200.00	200.00	-	1,600.00	1,600.00	-
Payroll	4,397.92	4,783.00	(385.08)	36,839.82	38,264.00	(1,424.18)
Bad Debts	-	-	-	66.70	-	66.70
Legal & Professional	-	200.00	(200.00)	2,733.75	1,600.00	1,133.75
Sales Tax Expense	-	-	-	0.04	-	0.04
Rent	994.00	1,000.00	(6.00)	8,061.75	8,000.00	61.75
Printing	134.36	333.00	(198.64)	524.36	2,664.00	(2,139.64)
Payroll Taxes	336.44	320.00	16.44	2,818.24	2,560.00	258.24
Repairs & Maintenance	50.00	97.00	(47.00)	400.00	776.00	(376.00)
Equipment Rental	103.00	120.00	(17.00)	857.11	960.00	(102.89)
Telephone & Fax	395.96	541.00	(145.04)	3,514.26	4,328.00	(813.74)
Answering Service	195.00	233.00	(38.00)	1,800.00	1,864.00	(64.00)
Postage	100.63	200.00	(99.37)	1,022.74	1,600.00	(577.26)
Office Supplies	120.68	250.00	(129.32)	1,809.63	2,000.00	(190.37)
Computer & Technology	630.90	250.00	380.90	1,020.49	2,000.00	(979.51)
Intergroup Expense	75.00	125.00	(50.00)	426.90	1,000.00	(573.10)
Insurance	-	200.00	(200.00)	1,244.00	1,600.00	(356.00)
Special Events	-	191.00	(191.00)	-	1,528.00	(1,528.00)
Travel	-	333.00	(333.00)	735.16	2,664.00	(1,928.84)
Depreciation	7.92	50.00	(42.08)	63.36	400.00	(336.64)
Total Expenses	7,741.81	9,426.00	(1,684.19)	65,538.31	75,408.00	(9,869.69)
Net Income	\$ (1,115.60)	1,303.00	(2,418.60)	\$ 14,447.94	10,424.00	4,023.94



What are you supposed to be,
a volkswagen?

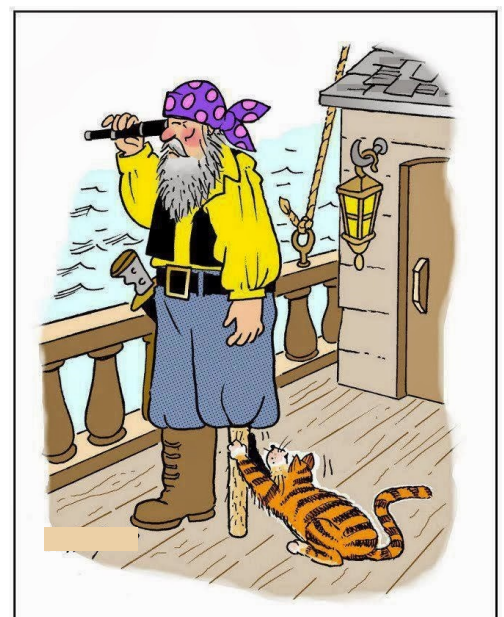
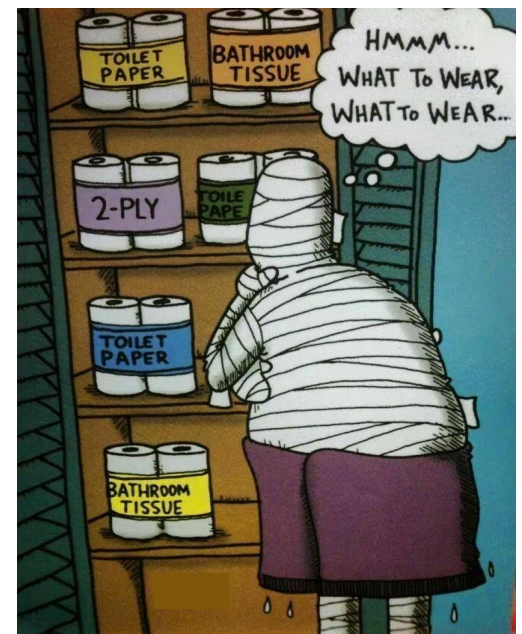
OCTOBER

BACK ROOM	
Amy S	10.02.13
Bob U	10.24.03
Chris M	10.13.94
Dave D	10.11.13
Jay L	10.20.11
Kimberly M	10.17.13
Renee M	10.30.14
Sarah S	10.13.13
Steve D	10.21.03
Suanne D	10.07.13
Will L	10.13.12
DONELSON YET	
Valerie S	10.31.88
FIRST THINGS FIRST	
Anne J	10.07.11
Billie W	10.12.12
Cat C	10.15.14
Cliff M	10.28.10
Jennifer J	10.22.08
Jerome J	10.07.14
Kathy P	10.13.86
Lori H	10.11.02
FULL MOON	
Ben A	10.14.82
Mark F	10.24.11
Mike F	10.11.12
Tom R	10.29.90
Wayne H	10.19.87
HIGH NOON	
Andy N	10.14.10
Dave S	10.12.88
Doug O	10.10.14
Heather L	10.03.12
Ken C	10.18.10
Linda R	10.17.14
Todd H	10.05.13
LOVE & LAUGHTER	
Clay K	10.04.09
John H	10.13.06
Kathy H	10.28.93
Teresa McC	10.22.08
Virginia K	10.08.12

MID-DAY BREAK	
Peggy S	10.06.14
Shannon E	10.08.11
Gene T	10.10.12
Shey J	10.20.13
Jennifer P	10.21.14
Jean G	10.25.12
Shauvan A	10.27.13
NIPPERS CORNER	
Connie J	10.28.77
Rick M	10.22.00
ONE DAY AT A TIME	
Austin F	10.07.12
Blair B	10.10.12
Carroll B	10.25.12
Dennis H	10.02.13
Doc Wesley R	10.02.12
Don B	10.11.10
Eric R	10.12.13
Jackson S	10.13.14
Jeff J	10.13.11
Katie H	10.12.13
Leslie B	10.16.10
Lisa R	10.10.00
Mary C	10.08.13
Richard M	10.06.10
P.O.P.	
James C	10.28.10
Kevin F	10.12.86
Rip B	10.25.87
Steve B	10.05.97
PORTLAND UNITY	
Kevin L	10.13.89
PRIMARY PURPOSE	
Andrew A	10.01.00
RIDGETOP BASICS	
Lou C	10.09.83
Rita S	10.02.83
Tom J	10.20.85

**OCTOBER
BIRTHDAYS**

SEEKING SANITY	
Charles B	10.10.11
Charles L	10.15.08
Christa E	10.20.09
Edye J	10.01.08
Heather C	10.27.12
John Z	10.07.10
Lize	10.11.10
Mary D	10.11.12
Sam B	10.02.90
SHADE TREE	
Alicia B	10.01.14
Alison E	10.24.12
Austin S	10.12.14
Brandon G	10.06.07
Cameron R	10.31.08
Carol R	10.30.07
Carolyn S	10.01.06
Chris S	10.06.13
David W	10.13.06
Deborah L	10.27.08
Gatha S	10.08.87
James R	10.20.14
Jane P	10.14.11
Joann L	10.13.09
Joe T	10.04.88
Mary Ann S	10.03.73
Pete R	10.26.89
Ray H	10.11.10
Trish H	10.02.12
SMYRNA GRATITUDE	
Dustin	10.29.10
Isa S	10.01.98
Melissa D	10.02.14
Randy G	10.11.87
Sara A	10.29.12
Tyler S	10.11.14
WEEKENDERS	
Dick C	10.17.89
Mark S	10.20.95
Tom B	10.27.10
WOMEN IN THE SOLUTION	
Carrie F	10.24.12
Cordy C	10.31.79
Debbie C	10.09.09



**M i d d l e T e n n e s s e e
C e n t r a l I n t e r g r o u p
A s s o c i a t i o n**

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