

The **MESSENGER**

Middle Tennessee Central Office Intergroup

\$ 1.00

NOVEMBER
2015

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The Messenger

**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 STEPS AT SEA

A dispute on an isolated, ocean-going ship led him to turn to the Fourth Step for a spiritual solution

I work on ocean-going ships. There is a great deal of beauty in this as well as loneliness. The money is good and the daily savings provided by free food and lodging has a multiplier effect. It's what I have done for my adult life. The stresses of possible call-outs at any hour, difficulties with foreign languages and the workers we meet, the extremes of climate, as well as lack of meetings are all a part of this life. Of course the personalities we meet are as challenging as in any other occupation, perhaps more so as there are no weekends away from the office.

Recent troubles with a co-worker have placed me where alcohol once did. I must accept spiritual help or fight on towards a bitter end without it. It's funny how after many years we can still experience a knee jerk fight or flight emotional reaction. I await the day when my first and only response is, "let me demonstrate a spiritual program of action."

The Big Book says, "These resentments must be mastered but how?" Then the answer is presented clearly. Now it was up to me to follow directions. I took out a pen and paper and worked the Fourth Step as it is explained on page 65. Doing the Fourth Step is a solitary affair, accomplished when we set it down on paper. There is something that happens. Wise men of psychiatry have called this phenomenon catharsis, for in this process things from our guts, our hearts and our minds seem to flow down our arm to our hand where they leave the body.

I listed the reasons I am resentful at J. There were two instances within the last 48 hours that triggered my animosity. I put tags on these. I discovered that these behaviors affected my self-esteem, pride and security. I cobbled together a prayer from page 67: "God, J. is sick. How can I be helpful? God save me from being angry and thy will be done. Amen."

Then I put out of mind J.'s offences and looked at mine. I had not been a perfect shipmate towards J. Beyond that I looked at my life pre-recovery. That was humbling. The way I treated loved ones as well as employers and co-workers left miles for improvement. In J. I am just meeting an earlier version of myself, full of pride and ego, and careless of the feelings of others.

How can I be helpful to J.? How can I practice

tolerance, pity, patience and cheerfulness toward J.? God has to work with me to open these avenues in the remainder of this voyage. However, I don't want to be a doormat so I called a meeting with my immediate supervisor and J. and laid out two examples that I felt showed arrogance and contempt. What will become of this meeting remains to be seen however, one thing that is sure: I am not stuffing my feelings. Furthermore, I expressed my displeasure coolly and rationally. Perhaps J. will learn something about treating colleagues, perhaps not. But it certainly is a way I might be helpful to J.

I didn't take a drink today and haven't since April 6, 1992. I struggled for years to get sober while working with some fine sponsors. A sponsor named Chuck suggested I read the Big Book. I did that. I read it cover to cover. Shortly after that I found myself drunk. When Chuck asked me, "Why did you get drunk?" I said "It was over anger and resentments. These are the luxury of others." Chuck asked, "What did you drink?" "Vodka," I answered.

Chuck broke it down for me: "You got drunk because you put vodka in your mouth and swallowed it." He gave me several examples of events from his business life as well as family life that were much more traumatic than the little speed bump I had gotten drunk over. "The difference is I didn't get drunk. Sometimes I carried them a little longer than I should have but as soon as I worked that Fourth Step my burden became lighter."

After working the Fourth Step I felt better. I dimmed the lights in my cabin and read some of the selections in As Bill Sees It. ABSI is my home group and my home group members email me the week's topic. I study that topic for the week while I am at sea. This week it was "faith." I am also a longtime Grapevine subscriber. I pack Grapevine issues in my sea bag and savor them on my ocean crossings.

That night, I settled into a comfortable position in my recliner and reflected on something I had read. This turned into a breathing meditation. As I breathed, I thought the words: There is one who has all, power. That one is God. May we find him now.

The Steps are an answer to all my problems. The sooner I apply myself to the directions, the problem begins to lessen. I love my toolkit!

Ron W.

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A THINKING PROBLEM

Practicing the Steps freed her from the turmoil of her mind.

Three months ago, I moved from the Milwaukee area to Wisconsin Dells. Recently, I celebrated three years of sobriety and owe it to the Milwaukee young people in AA, as well as my previous sponsor. I was always involved with ICYPAA and WICYPAA. I can see now that I really took the strong young people AA in Milwaukee for granted. I got too comfortable in the rooms of AA doing all the service I was ever asked to do, but never really feeling like it was a privilege.

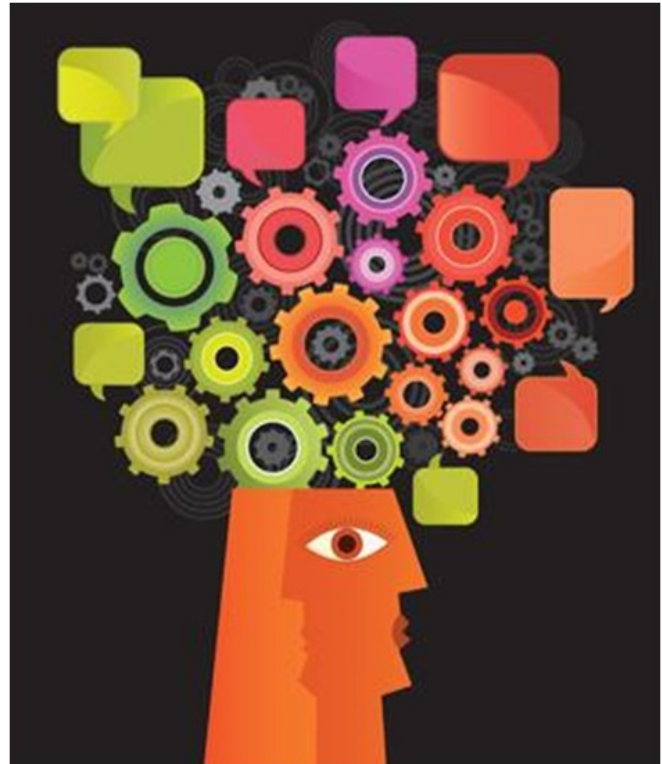
I moved to the Wisconsin Dells to pursue a spiritual path. There were many reasons I decided to make the move, but one was because I really wanted to experience the God of my understanding. We are not allowed to drink where I live, and none of the members of my church drink, so I have completely stopped going to AA.

Like many AAs, I am too hard on myself. I spend most of my day in my head thinking about how to solve my problems, how I should act, or should have acted. I think about the guilt I feel of not doing enough or doing too much. It never ends. I spend the least amount of time being in the experience of God and AA.

At first, not going to any AA meetings seemed OK. I could relate much of my current spiritual practice to AA, and justified not attending meetings or getting a new sponsor with that. The past month has become very unmanageable—not in an outwardly sense—but in my mind. I find myself in my head thinking, figuring, solving. It's relentless and painful. The past few days, I have been analyzing all of the possible "solutions" for my mind chatter—praying more, focusing on reading spiritual texts, asking God for help, moving, getting a different job, forgetting about problematic people or situations, and then ... there it was—drinking!

I really felt that drinking would solve my thinking problem. When drinking popped into my head as a possible solution to the hell in my mind, I knew something was really wrong.

I woke up this morning, and immediately felt the pain of my mind. I made a point to read my daily readings. I asked God on my way to work this morning for help.



I told him that I knew I couldn't make it through many more days like this. Life is not worth living when you feel dead already.

I got to work, and immediately felt some relief. I know my prayer was heartfelt. I humbled myself enough to really want a different alternative. My attitude finally started to shift. I happened to borrow a Grapevine from the church library, and read it as soon as I got a chance at work. Tears were falling down my cheeks every story I read. I had forgotten the complete humbling and exposure that AAs have to go through to really get this. That is where that experience of gratitude and peace come from.

I realized I need to totally give up on any idea that I can think my way out of any situation, nor solve it, nor escape the endless thoughts. That is not my job. That is God's job. This is something I could understand conceptually, but I was lacking the experience, which was the important part, the part I wanted. God can't do anything for me until I really humble myself enough to truly ask, and truly be willing to see differently.

—Carrie J., Wisconsin

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My story now, can finally be told
Before I forget and get very old

I want you to know me
In how I have lived
And where I have come
And maybe forgive

The pain I have lived with
Goes very deep
So much so, it was difficult
Just falling asleep.

Living with these struggles
I've found it hardest to know
Learning which part of life
Of what I could juggle.

I fell in the trap of alcohol and drugs
Not wanting to feel
Or even to hug
My feelings were all fake
And far from being real

My daily drinking and drugging
Made it easy for me for my pain not to reveal

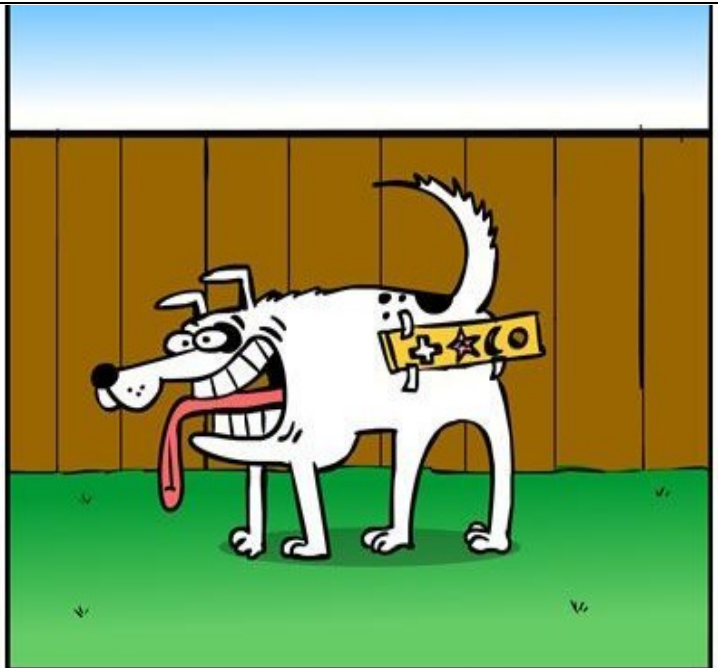
While living in addiction
My life was amiss
Suffering this affliction
Showed me that this was
My true nemesis.

My number one life's role
Is to stay sober and clean
This now is my new daily goal
Free from alcohol
And let's not forget
That dreaded amphetamine

Time now has past
And I've come to recover
While Getting over my addictions
And now I can say
I'm free At Last, I'm free At Last

Reanate, Mid-Day Break Group

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



**Once the other dogs saw the cool
shapes Butch was making, they all
started taping Play-Doh stencils to
their butts.**

**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 January 26th

5:45pm – 6:45pm

**Where: Central Office
417 Welshwood**

STEP 11

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

Find the CAPITALIZED words below.

We OUGHT to CONSIDER each REQUEST CAREFULLY to see what its REAL MERIT is. Even so, when MAKING SPECIFIC REQUESTS, it will be WELL to ADD to EACH ONE of THEM this QUALIFICATION: "...if it be THY WILL."

***Come Join Us for our
Holiday Dinners.***

***Thanksgiving Celebration:
Saturday, November 14th***

***Christmas Celebration:
Saturday, December 12th***

***Dinners at 6:45 pm
with speakers at 8:00 PM
Bring a dish!***

***Murfreesboro Group
801 N Maney Ave.
615.893.0854***



49th Annual Women's Holiday Party

NOW AA Group

(Nashville Original Women's AA Group)

Sunday

December 13th

4pm

Speaker

Trevecca Community Church Auditorium

Please bring Finger Foods / Desserts

DISTRICT 9

SPONSORSHIP WORKSHOP

**STRONG SPONSORSHIP
is vital to the
individual, the group,
and A.A as a whole.**

THREE PERSON PANEL OF OUTSIDE
FACILITATORS ON LOCATION

DRINKS AND SNACKS PROVIDED

● CALL US

Rod M. (931) 823-4870
Adam D. (931)-303-8018

● LOCATION

*4th Dimension Club House
2229 Hwy 70 North
Crossville, TN 38555*

***Sunday November 29th 2015
1:30 - 4:30 PM***

*Area 64 First Quarter Assembly
Hosted by District 11*

***ROCKETED INTO A
4th DIMENSION***



***January 29th – 31st
Manchester, TN 37106***

*Holiday Inn Express & Suites
Phone: 931-728-9383
111 Hospitality Blvd.
Manchester, TN 37160*

*Room Rate: \$95.00
Cut-off: January 20, 2016
Rate Code: AREA 64
Contact info. JEFF GILLEY
931-619-8716*

The Middle Tennessee Central Office Annual Celebration of Sobriety Dinner

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

COME OUT FOR FALL FELLOWSHIP

BASEMENT BUNCH AND NEW BEGINNINGS

EAT AND SPEAK

SATURDAY NOVEMBER 21ST 2015

404 E. MAIN ST.

CENTRAL CHRISTIAN CHURCH
FELLOWSHIP HALL {ELEVATOR ACCESS}

EAT AT 6:00 PM

TURKEY, DRESSING AND HAM

SPEAKER AT 7:00 PM

BRIANNA D. FROM NASHVILLE, TN

COVERED DISHES AND DESSERTS ALWAYS
WELCOME

COME OUT FOR FALL FELLOWSHIP

Annual Christmas Party

New Day Group

Women's Meeting

Tuesday,

December 1st

6:30 PM

107 Lewis Court,
Lebanon, TN

Potluck

AA Meeting

Dirty Santa for those who
wish to play.

Gifts should be wrapped
and cost no more than
\$5.00

EVERYONE WELCOME

For more info:

Call Temya at 615-931-409-8677

Or Lynn F-D at 615-417-9406

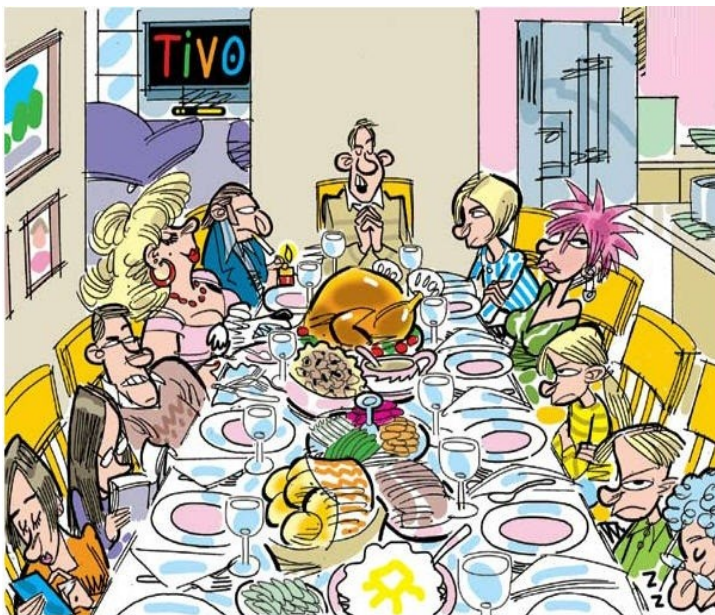
MEETING CHANGES

NEW / MOVES / CHANGES			NEW / MOVES / CHANGES		
37013	Cancel	Just Wednesday - Lighthouse Fellowship Church			RUSSH Hour - Speaker meeting is 1st Thurs - Sun 5:30 is Lit
		Sat Serenity - Cumberland Heights Outpatient - 7105 Crossroads Blvd. Sat 8a - WMN's OD	37174	Chg	Workshop
37027	New	On Awakening - Holy Family Catholic 9100 Crockett Rd - Sat 8a CD/Mens	37188	Move	White House - Christ Ch North 2732 Hwy 31 W
37027	New	Smith County Friendship - Carthage United Methodist Church 608 Main Street N	37204	Cancel	Vine Hill Thurs
37030	Move	Chapel Hill New Life - Chapel Hill United Methodist Church 316 N. Nashville Highway	37205	New	Everything or nothing - 7p Tues CD/Lit/BB Brookhollow Baptist ch 678 Brookhollow Rd
37034	Move	Road of Happy Destiny - Wed 7p & Thurs Noon	37205	Chg	Women's Freedom - now meets at Concordia Lutheran Ch 3501 Central Ave
37040	Cancel	Fort Defiance	37205	Chg	SOS - Meeting on Fri - 9:30 not 9:00
37042	Cancel	Safe Harbor - Sun 6p OD	37205	Chg	11th Step Meeting - Belle Meade United Meth - 10am Sat
37043	New	DAFA ph# for Clubhouses & for Dickson Group 615-326-8669	37205	Chg	Women's Speaker - now 7p Fri 90 minute meeting
37055	Chg	142 Group	37205	New	S.O.S. - Belle Meade Unit Met - 121 Davidson Rd F- 10a OD / LIT / Wmn
37055	Cancel	Solutions Group	37205	Cancel	F.L.O. - Thu 7pm CD/WMN/GAY
37062	Cancel	Psychic Change - Sat 7:30p	37206	Cancel	Where It All Begins
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 Mon, Wed & Fri 7:30 am OD/LIT
37064	New	Garden Variety - St Andrew's Lutheran - 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	37207	Cancel	Rule 62 Meeting - Tues & Thurs
37066	New	No Boundaries - 1531 Hunt Club Blvd #300 - Sun 9:30a OD/Medi	37209	Chg	Back Room - Beginners Meeting - Sun not Sat at 10:30 am
37072	New	Made A Decision - Parkway Bapt 505 Cuniff Pkwy M-8p OD			Next Right Thing - Crosspoint Dream Center - 4007 Delaware Ave - Wed 10a OD
37082	New	Comfort Zone - Add Sun 4p OD	37209	New	Cumberland Heights - Crossover is Fri 7pm (not Thurs)
		New Day - First Pres Church Annex - 107 Lewis Court - M & F - 7:30p OD - Tues 7:30p OD/WMN - Sat 9a Meditation	37209	New	WANGL-BBStudy 6:30p Mon Quaker House 530 26th Ave N
37087	New	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 311 College Street - Sat, Mon, Tues 11am	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
37110	Cancel	Second Chance Recovery Group	37211	Cancel	Steel Magnolias Wmn Last Stop 2122 Utopia TH - 6:30p
37115	Cancel	City Road	37211	Cancel	Last Stop Club - Men's OD 6:30p Tues
37115	Cancel	Halfway There Meeting	37211	New	Solo Por Hoy - 2610-A Nolensville Pike 8p Every Day - OD 2 hour meeting
37115	Cancel	Three Legacies of Madison			District 32 Meeting - 1st Tuesday Monthly - Club 62 329 Peachtree St
37115	Cancel	8pm Serenity House - Mon-Fri	37211	New	
37115	Chg	Search for Serenity - Tu OD/Beg-W OD/BB aln-F 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	The Basement Bunch Speaker Meeting is 2nd Sat not Friday	37214	Cancel	Freedom Hour Meeting
37130	Chg	Serenity Group - Thurs is CD only, no Lit study-Sun 8p no ALN	37217	Cancel	Love & Laughter - Thurs 6:30p
37130	Cancel	Serenity Group - Sun 4p & Sat 10a	37217	New	Bradford Newcomer Group - 1410 Donelson Pike, Suite A7, Mon 7pm OD Beg
37130	Chg	New Beginnings - Murfreesboro - Tues & Thurs now at 6p	37218	Move	The Lions Den Bordeaux Church of Christ 3715 John Mallette Dr - Enter at rear of building Fri 8p
37130	Cancel	Free Thinkers - Cumberland Heights IOP Bldg 745 S Church St Suite 505 Murfreesboro 5:30 p 1st Sat	37221	New	Bellevue Group - added Sun 5p BBS
37130	Cancel	Haven At Last			Recover Basement - Vanderbilt Medical Arts Bldg 1211 21st Ave - Tue - Noon OD
37130	Cancel	Murfreesboro Group - Tues 8p	37232	New	Serenity Cellar West End Baptist Church 200 Morgan Ave Fayetteville Tu - 7p CD - Sa - 9a OD
37130	Chg	Murfreesboro Group - Sat 8p - OD not Speaker	37334	New	Fayetteville Group - W & Sa cancelled
37135	New	Right Direction - Southpointe Comm Church 7227 Haley Industrial Rd #1000 Mon 7p OD	37388	New	Sat Night Alive - Thurs 7p OD
37160	Move	Women in the Solution - moved - Episcopal Ch 203 E. Lane St	38401	New	Columbia Group - added Sat 9a OD/WMN
37167	New	Smyrna Gratitude - Fri 10p YP/OD	38401	New	Lunch Bunch Tues (OD) 12p & Thus 12p
37172	Cancel	Robertson Cnty - Tu 8pm Dwn-W Noon & Th 7p 208B	38401	Cancel	Columbia Group - all noon meetings cancelled
37174	New	Spring Hill Group - Sat 8p CD	38464	Cancel	Lawrenceburg Group Tues, Fri, & Sat 7pm cancelled
37174	Cancel	Spring Hill Twisted Pickles	38464	Chg	Winners Group new address Word of Life Ministries #3 Rabbit Trail Rd, Leoma, TN 904.626.3680
37174	Cancel	RUSSH Hour - Sun 7:01 Young People & Sun 5:3p Lit	38485	Cancel	Wayne County Group
37174	Move	Ruts Group new address UAW Union Hall (Local 1853) 125 Stephen P. Yokich Parkway	38562	Cancel	Old Time AA - 8p Fri
37174	New	Spring Hill Grp-Spring Hill United Mth-5286 main st 8p Mon CD	38574	Cancel	Monterey Meeting

GROUP/MEETING	Dist	Sept	YTD	GROUP/MEETING	Dist	Aug	YTD
11TH STEP MTG	30	-	73	KEY TO SOBRIETY	31	-	400
21st AVENUE	30	-	167	LADIES NIGHT OUT	34	-	50
24 HOUR	32	-	550	LATE LUNCH BUNCH	33	-	1,450
60 MINUTES	64	-	110	LAWRENCEBURG GROUP	41	40	40
ANONYMOUS CONTRIBUTIONS	0	22	558	LET IT HAPPEN	35	-	100
ANY LENGTHS	13	75	175	LEWISBURG UNITY	41	-	21
BACK ROOM	35	-	2,411	LIFE SAVERS	30	-	150
BACK TO THE BIG BOOK	12	70	200	LIVE & LET LIVE	9	-	25
BELLEVUE WINNERS & BEGINNERS	35	-	100	MIDDAY BREAK	32	-	561
BRENTWOOD FULL MOON	33	-	970	MT JULIET FELLOWSHIP	31	150	250
BY THE BOOK -DICKSON	15	-	217	MURFREESBORO	12	15	135
CAME TO BELIEVE	33	-	100	MUSIC ROW	30	-	300
CAMELS		-	35	MUSTARD SEED	32	-	300
CELEBRATE SERENITY		-	325	(NOW) NASHVILLE ORIGINAL WOMENS	30	43	85
CHICKEN PLUCKERS MEN'S	33	-	142	NEW BEGINNINGS(Dist 12)	12	20	120
CLARKSVILLE	14	-	100	NEW LIFE H-VILLE	34	-	30
CLUB 62 UNITY	32	-	10	NIPPERS CORNER	32	-	46
COLUMBIA	40	20	180	NO NONSENSE	32	-	110
COMFORT ZONE	15	-	530	NORTHSIDE , CLARKSVILLE	14	-	175
COOL SPRINGS NEWCOMERS	33	154	456	ON AWAKENING		-	25
CROSSVILLE NON -SMK STEP	9	-	40	ONE DAY AT A TIME	31	-	800
CUMBERLAND UNITY	13	-	50	ONE STEP CLOSER	33	-	581
DAILY REPRIEVE	13	-	146	OUT TO BREAKFAST	30	-	163
DAVIDSON ROAD	30	450	4,150	OUT TO LUNCH BUNCH	14	379	379
DICKSON AA	15	-	600	PAGE 112	31	-	46
DISTRICT 11	11	-	120	PAY DAY	15	-	125
DONELSON YET	31	-	100	PORTLAND UNITY	13	-	65
DOWNTOWN LUNCH BUNCH	32	-	319	PRIMARY PURPOSE	34	-	421
DROP THE ROCK		-	100	PULASKI	40	15	60
DRUNKS IN THE PARK	33	307	1,077	REBOS (SOBER)	34	-	210
EAST NASHVILLE 86'ers	34	-	309	ROBERTSON COUNTY	14	-	25
EAST NASHVILLE MEN'S STAG	34	-	600	SAFE HARBOR (D14)	14	100	350
EAST NASHVILLE WOMENS MTG	31	-	138	SAFE PLACE		-	73
EAST SIDE SATURDAY MTG		-	770	SANGO SOLUTIONS		-	50
EASY DOES IT (MT JULIET)	31	-	275	SATURDAY LIVING BY THE PRINT	30	-	275
EVERY NIGHT AT 6	32	-	58	SATURDAY NIGHT ALIVE	11	10	70
FAIRFIELD GLADE	9	-	33	SEARCH FOR SERENITY	34	-	240
FAIRVIEW	33	-	200	SEARCHERS	34	-	200
FAYETTEVILLE	40	20	85	SEEKING SANITY	31	-	780
FIRST THINGS FIRST	34	-	770	SERENITY (12)	12	50	450
FIVE & FIVE	30	-	648	SHADE TREE	31	-	4,620
FRANKLIN 12&12	33	-	200	SHELBYVILLE	11	-	300
FRANKLIN	33	-	1,950	SMYRNA GRATITUDE	12	210	1,718
FRANKLIN MEN'S	33	-	400	SUNDAY NIGHT BUNCH	32	-	100
FRANKLIN ROAD WOMEN'S	33	-	300	THE THREE LEGACIES	34	-	13
FREE TO BE MTG	31	-	558	THE UNITED	13	200	600
FRIDAY NIGHT PRIME TIME	33	-	25	TRINITY	11	-	50
G.O.D. (GROUP OF DRUNKS)	40	150	150	TRUDGING THE ROAD	33	-	130
GLADEVILLE GRATITUDE	13	-	98	TURNING POINT	33	-	147
GOODLETTSVILLE A.A.	34	-	226	VALLEYVIEW-ASHLAND CITY	15	-	1,241
GRATEFUL ALIVE	33	-	76	WANGL	30	-	265
GRATITUDE	11	-	25	WAVERLY	15	-	68
GRATITUDE - MANCHESTER		-	50	WAVERLY-BELMONT	32	-	100
HAPPY HOUR- COOKEVILLE	9	-	100	WEEKENDERS	34	-	50
HARDING ROAD	30	100	400	WEST MEADE	30	-	100
HENDERSONVILLE BB	34	-	50	WEST NASHVILLE	35	25	78
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
KEEP IT SIMPLE BELLEVUE d35	33	53	270	Grand total:		2,679	44,678

Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
 For the Month and the Nine Months Ended September 30, 2015

	September 2015			YTD 2015		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Literature Sales	\$ 10,435.65	16,230.00	(5,794.35)	\$ 93,513.66	146,070.00	(52,556.34)
Literature Purchases	(7,684.88)	(11,355.00)	3,670.12	(58,280.47)	(102,195.00)	43,914.53
Freight In	(67.75)	(41.00)	(26.75)	(356.47)	(369.00)	12.53
					-	
Net Literature Sales	2,683.02	4,834.00	(2,150.98)	34,876.72	43,506.00	(8,629.28)
Non Profit Income	-	-	-	51.75	-	51.75
Group Donations	2,678.46	5,166.00	(2,487.54)	45,305.43	46,494.00	(1,188.57)
Individual Donations	267.53	366.00	(98.47)	2,542.78	3,294.00	(751.22)
Messenger Donations	36.00	29.00	7.00	132.00	261.00	(129.00)
Website Donations	-	-	-	2,727.20	-	2,727.20
Special Events	-	333.00	(333.00)	-	2,997.00	(2,997.00)
Interest	2.55	1.00	1.55	17.93	9.00	8.93
Total Income	5,667.56	10,729.00	(5,061.44)	85,653.81	96,561.00	(10,907.19)
Expenses						
Casual Labor	200.00	200.00	-	1,800.00	1,800.00	-
Payroll	4,397.92	4,783.00	(385.08)	41,237.74	43,047.00	(1,809.26)
Bad Debts	-	-	-	66.70	-	66.70
Legal & Professional	700.00	200.00	500.00	3,433.75	1,800.00	1,633.75
Sales Tax Expense	-	-	-	0.04	-	0.04
Rent	996.46	1,000.00	(3.54)	9,058.21	9,000.00	58.21
Printing	-	333.00	(333.00)	524.36	2,997.00	(2,472.64)
Payroll Taxes	336.44	320.00	16.44	3,154.68	2,880.00	274.68
Repairs & Maintenance	50.00	97.00	(47.00)	450.00	873.00	(423.00)
Equipment Rental	103.00	120.00	(17.00)	960.11	1,080.00	(119.89)
Telephone & Fax	499.34	541.00	(41.66)	4,013.60	4,869.00	(855.40)
Answering Service	195.00	233.00	(38.00)	1,995.00	2,097.00	(102.00)
Postage	160.16	200.00	(39.84)	1,182.90	1,800.00	(617.10)
Office Supplies	372.37	250.00	122.37	2,182.00	2,250.00	(68.00)
Computer & Technology	43.65	250.00	(206.35)	1,064.14	2,250.00	(1,185.86)
Intergroup Expense	50.00	125.00	(75.00)	476.90	1,125.00	(648.10)
Insurance	534.00	200.00	334.00	1,778.00	1,800.00	(22.00)
Special Events	-	191.00	(191.00)	-	1,719.00	(1,719.00)
Travel	1,663.68	333.00	1,330.68	2,398.84	2,997.00	(598.16)
Depreciation	7.92	50.00	(42.08)	71.28	450.00	(378.72)
Total Expenses	10,309.94	9,426.00	883.94	75,848.25	84,834.00	(8,985.75)
Net Income	\$ (4,642.38)	1,303.00	(5,945.38)	\$ 9,805.56	11,727.00	(1,921.44)



"And we give thanks for TiVo. It records our favorite shows while we're eating dinner with our least favorite people."

Being airborne approximately thirty minutes on an outbound evening Air Lingus flight from Dublin, the lead flight attendant nervously made the following painful announcement in her lovely Irish brogue: "Ladies and gentlemen, I'm so very sorry, but it appears that there has been a terrible mix-up... one minute prior to take-off, our catering service, I don't know how this has happened, but we have 103 passengers on board, and..., unfortunately, we received only 40 dinner meals... I truly apologize for this mistake and inconvenience."

When passengers' muttering had died down, she continued..., "Anyone who is kind enough to give up their meal so that someone else can eat, will receive free, unlimited drinks for the duration of our 4 hour flight."

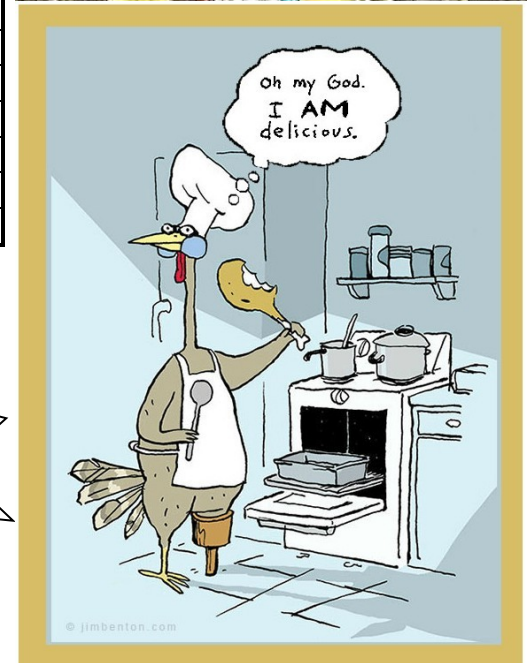
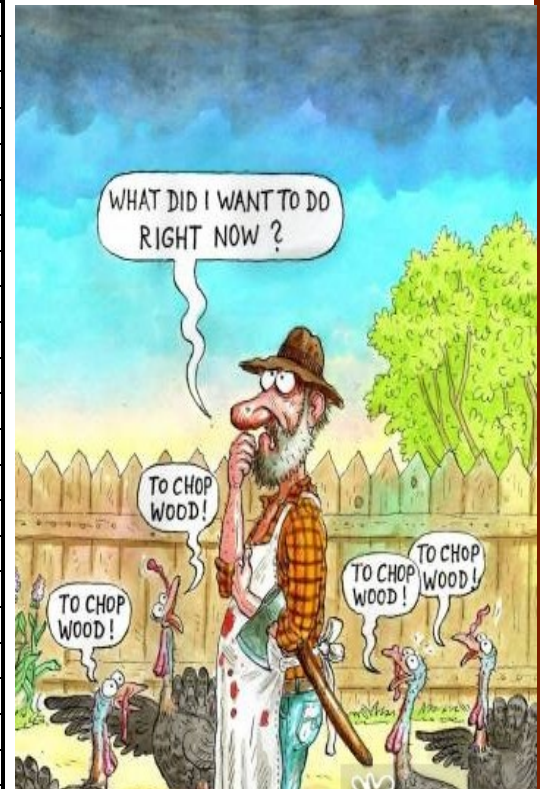
Her next announcement came about 2 hours later... "If anyone would like to change their minds, we still have 40 dinners available."

BACK ROOM	
Chuck P	11.30.86
Dave B	11.10.13
Diane E	11.26.07
Gina C	11.23.95
Jessica B	11.23.00
John G	11.18.01
Lance T	11.30.13
Leon L	11.19.81
Linda P	11.01.11
Liz Z	11.23.13
Maygan C	11.03.02
Mindy B	11.24.07
Paul S	11.26.87
Sara V	11.15.06
Sonia L	11.02.95
FULL MOON	
Boyd S	11.14.95
Dale S	11.10.14
Darlene H	11.05.05
Paul B	11.14.14
Ryan D	11.12.12
Sandy R	11.10.00
Tony O	11.04.00
Tony T	11.22.00
HIGH NOON	
Bill S	11.20.97
Doug L	11.19.09
John C	11.02.14
John E	11.13.14
Judy E	11.07.10
Justin C	11.10.14
Lacy H	11.10.12
Marty W	11.03.02
Natasha B	11.29.13
Ron H	11.18.14
Ryan D	11.10.12
Terri B	11.09.09
Tony L	11.21.89

LOVE & LAUGHTER	
Andrew H	11.22.08
Darla O	11.08.08
Hank	11.01.80
Lindsey S	11.08.13
Reanate M	11.30.12
Ted F	11.22.10
MID-DAY BREAK	
Andrew C	11.19.13
Cassandra D	11.23.13
Evan M	11.27.03
Gayla L	11.27.11
Hank S	11.01.80
Joe F	11.02.11
Lori M	11.28.13
Quentella H	11.05.13
Reanate M	11.30.12
NEW DAY	
Cetta B	11.06.83
Pam T	11.07.14
ONE DAY AT A TIME	
Ashley S	11.04.14
Ben H	11.10.10
Coley	11.01.09
David S	11.02.08
Erica J	11.18.14
Erica J	11.24.08
Griffin	11.27.10
Jake D	11.27.12
Jared F	11.15.13
Joe M	11.19.03
Jud P	11.03.14
Mel M	11.06.12
Olivia H	11.18.08
Richard G	11.04.12
Susan S	11.19.04

PORTLAND UNITY	
Phillip G	11.24.14
SEEKING SANITY	
David M	11.13.14
Joe C	11.29.14
Ken H	11.23.13
Laura	11.22.10
Michelle R	11.10.08
Reuben P	11.19.13
Theron T J R	11.20.06
SMYRNA GRATITUDE	
Ernie D	11.20.87
Joel C	11.16.14
Kelly D	11.30.06
Mark F	11.12.87
Phillip K	11.30.13
Sonny P	11.01.04
WEEKENDERS	
Katrina C	11.02.09
Tim O	11.06.13
WOMEN IN THE SOLUTION	
Debbie H	11.24.04
Jessica A	11.02.12
M.K.P.	11.28.13
Sandi Z	11.18.83

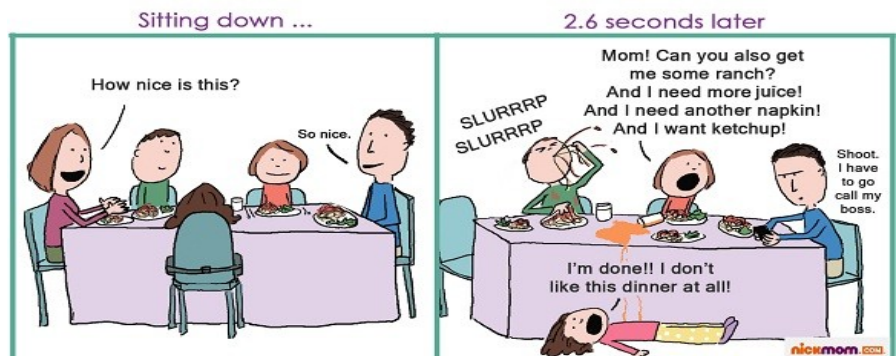
NOVEMBER BIRTHDAYS



The Family Dinner, After 2.6 Seconds



What it really comes down to is a question of values... is a delicious, succulent turkey, baked to perfection, worth a few whacks on the nose with a newspaper?



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