

# *The* **MESSENGER**

## *Middle Tennessee Central Office Intergroup*

**\$ 1.00**

**Sometimes To Carry The Message  
Is to Carry the Messenger**

**MARCH  
2016**

### **How a World War II vet taught this member about unconditional love.**

"As the years went by and I stayed sober, I recognized the priceless gift that I had received."

When I came to Alcoholics Anonymous, in June 1988, I was in a world of pain and paralyzed by fear. When I read the "Doctor's Opinion" in the Big Book, I knew that you folks knew what you were talking about and that I had the disease of alcoholism too. I went to meetings and listened to the old-timers discuss the program of recovery and tried to apply it to my life.

As the years went by and I stayed sober, I recognized the priceless gift that I had received. So many times during troubles of my own making I felt as if a Higher Power was holding me up. I also began to realize the effort on the part of my fellow AAs to carry and continue to carry the AA message to me. I am extremely grateful today to my maker and the fellowship of Alcoholics Anonymous for the gift of sobriety.

Having said all that, I must confess that at times I have found the people of the fellowship to be ... well, human! Although I have been the great beneficiary at times of the kind of love that has no price tag, I have also found that sometimes you people get on my nerves. Many times I have been taught patience, love and tolerance, through gritted teeth!

Early on in sobriety I met a man who helped me and changed my life forever. He was a cantankerous old World War II vet who made me laugh and helped me stay sober. Although sometimes I felt like he was holding me hostage when we would talk, he was always friendly and encouraging in our conversations. Also, I noticed that he went to meetings all over the

city and gave away AA medallions from a deodorant container to perfect strangers. In short he was always good to me and appeared to be a good AA member, but our paths crossed only when attending meetings or in giving him a ride home a few times.

As the years went by and Harold and I got closer, I began to notice that he was getting more and more direct with others at AA meetings. He was certainly old school and wasn't afraid to direct a comment at what he thought was inappropriate. He would often quote his sponsor who told him, "If you want sobriety, kid, then do what you're told!" He had a deep ragged voice and always hammered home his point with it.



About five or so years ago, Harold began attending meetings that I was going to and the relationship deepened. He was in his late 70s by then and had lost his wife and was living alone. I felt for him as his health began to fail him. It started when he was hit by a car and his walking became strained. He then took a fall and his walking grew worse.

I began giving him rides more and more to meetings or even to run errands. When he had trouble walking,

*(Continued on page 7)*

## NO MORE SECRETS

### **A prayer to God sent him to prison— but it also set him free.**

"Lacking the courage to face the truth entirely, I gave myself over to other obsessions."

I took my last drink on May 5, 1996, and it was a doozy. The fallout from that episode was enough to open a window of opportunity and thrust me into the welcoming arms of AA. I had newfound hope, compassion, good humor, and a much-needed sense of belonging. Sadly, this would not be the end of my destructive living.

Getting in the swing of things wasn't hard. Home group, sponsor, Step and service work all became a staple part of my life. This made for a wonderful start, with the sky as my limit. On the surface, everything seemed well-rounded and balanced.

But certain parts of my experience, especially with regards to sex, had been deeply troublesome. Fear had a solid foothold, and when taking the Fourth and Fifth Steps, these secrets remained largely shielded and uncovered. Half-truths and outright omissions added up to half-measures. And as the Big Book promised, that availed me nothing. Unhealthy cycles, older than the drink habit, began to reassert themselves. I hadn't truly cleaned up the past; instead, some of it was swept under a new rug—the AA fellowship.

One old-timer was fond of saying, "What's really scary is when you find out what you're capable of without a drink." That was enough to make me cringe whenever he shared it at meetings. For it had become my dark mantra. Free from the debilitating effects of alcohol, but lacking the courage to face the truth entirely, I gave myself over to other obsessions.

The fellowship became a double-edged sword. I desperately needed it to get straight. But the fear of being found out kept me from utilizing it properly. Establishing an increasing network of AA friends as a means to cope with the secrets, only added to fear, guilt, anxiety, and shame. God would not allow me a drink to numb the pain. So I chose sex. Newly divorced and without the ability to form healthy relationships, things were spiraling out of control.

God's inspiration for me had been consistent and clear—

make yourself accountable. One day an honest prayer left my lips: "God, I'm too terrified to do as you ask, please make it so I have no other choice." My life, seeming to get worse, was then headed for an encounter with mercy.

Marriage, the second time around, was an attempt to reinvent myself. We were both AA's, and I had the delusion that our family wouldn't be bothered by my secret past. Everything was normal for a while. Then self-centeredness came back, perhaps never having left. The stress of deceiving my wife was beginning to require a coping mechanism.

God chose this time to make good on my prayer. Someone I was unwilling to make amends with called, expressing their anger and need for help; help that would require my being held accountable. The moment had arrived. Fear made one final attempt to suffocate what I now believe had been my last chance.

After almost 10 years without a drink and three days wrestling with willingness, the Third Step finally became a reality in my life. Bringing the inside out into the light would be the only way to truly recover. Another simple prayer came: "God, I don't care what it costs anymore, I'm ready to follow you." Within five minutes, fully expecting to lose her, I told my wife whom she had actually married. The next day we went to the police, where I began to set the past right.

Today I'm in prison, and will be for many more to come. But I don't like to think myself a prisoner. Because of the AA's who found the guts to show up and clean up, I was eventually able to do the same. They proved that freedom is state of mind, available to anyone, even a guy like me.

Everything is different now. My wife and I share a finer intimacy than either of us has ever known. Self-worth and dignity are intrinsic values that are revealed by God, not to be sought after in the spotlight. Respect, compassion, and altruism are a fluid aspect of my being, instead of things to be imitated. I see God's grace in life's every detail. There is pain, and there are still shortcomings. But today my feet are on the path. I can finally live AA, rather than just talk about it.

—Scott M., Camp Hill, Penn.  
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## IMPROVING AWAY THE AA PROGRAM

### **A member questions the many changes to meeting formats over the years.**

Recently, I attended a discussion meeting at my area's assembly. Out of the 20 or so members who shared, at least 8 to 12 identified as, "My name is Bill/Jane. I'm an alcoholic and my sobriety date is June 2, 1978."

My first reaction was who cares. I asked some friends who were there if this way of identifying was something new, as I had not it before. One friend pointed out that a lot of those who said that came from the two large cities in our area and maybe it was their custom.

On the drive back home that night, I realized that this was another way some members are trying to improve the A.A. program. It is also another way to take time away from the meeting.

When I came into AA, most meetings I attended in the New York City area started by saying the serenity prayer and reading the preamble. At the close, after announcements, the chairperson would invite people to say the Lord's Prayer. There was no holding hands, no questions of who keeps us sober, who brought us here, who saves our lives, or any of the other lines used nowadays.



There was also no reading of "How it Works," the Traditions, the Ninth Step promises or anything else to start the meeting. We also did not go around the room introducing ourselves. What we did do was have plenty of time to share our experience, strength and hope. By listening and Identifying, I got sober and learned the program that keeps me sober.

I read an article in the Grapevine years ago talking about this very subject of changes to the meeting format. The author pointed out that many of the changes were made because one or two strong-willed group

members wanted to add what they felt was important for their sobriety and assumed it would help others, too.

One of the last things Dr. Bob said to Bill W. was "keep it simple." Bill used to refer to the meetings at his Clinton Street home as sharing sessions. Some of the present members of our program are going to be around when the fellowship reaches the 100-year mark. I wonder if by then we will have improved the meetings so much that if Bob or Bill walked in if they would not know they were in A.A. meeting.

*Pat T., Bronson, Fla.*

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## ARCH

**The ARCH which we must build to walk through to the broad highway to freedom.**

If we are going to build an ARCH to walk through to the broad highway to freedom it must be built on a firm Foundation.

**But before we lay the Foundation,** where do we build our ARCH?

But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. (Big Book page 101, paragraph 4, lines 8-10)

**What are we going to build with?**

When, therefore, we were approached by those in whom the problem had been solved,

there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. (page 25, paragraph 1, lines 7-10)

God, I offer myself to Thee--to build with me and to do with me as Thou wilt. (page 63, paragraph 2, lines 2-4)

**The portion of a structure upon which all else (even the foundation) rests is the Footing.** Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. (page 63, paragraph 1, lines 3-6)

*(Continued on page 8)*

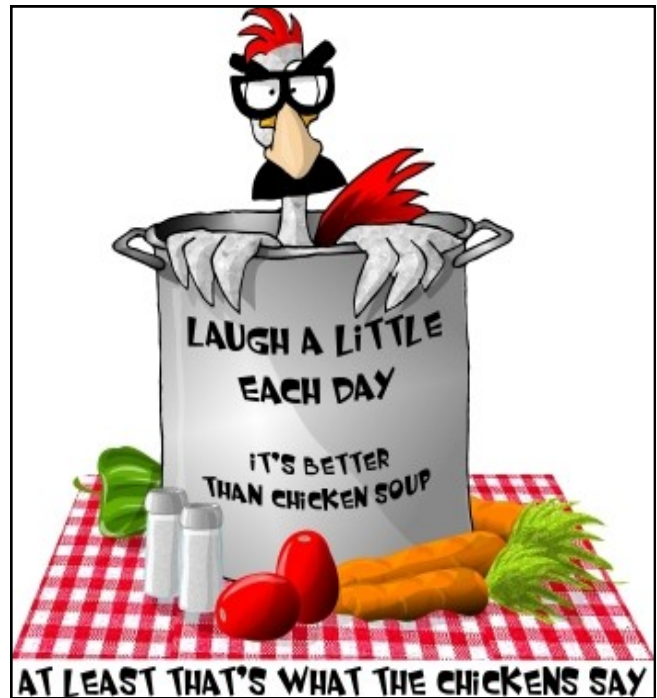
***The Messenger***  
**If you read**  
***The Messenger***  
**on-line, a**  
**contribution to**  
**The Middle**  
**Tennessee Central**  
**Office would help**  
**and be**  
**appreciated.**

**Carrying the Message from Charlie B.  
(interim Committee Chair for Corrections.)**

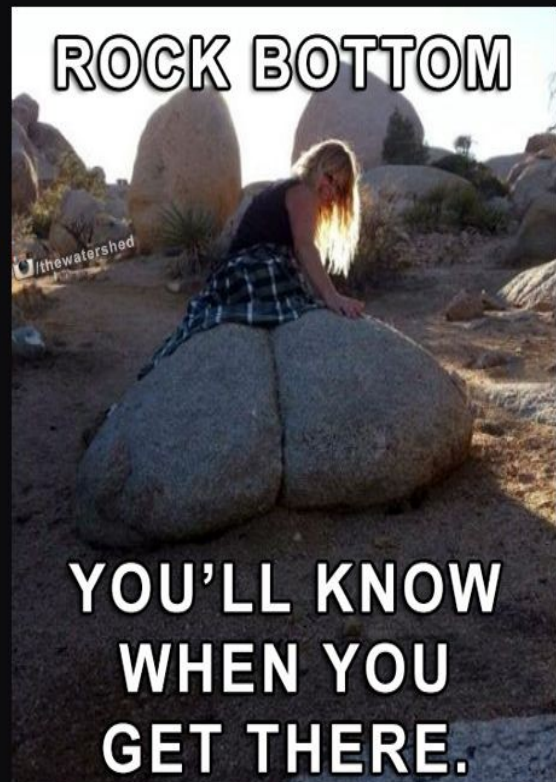
A special thanks to District 30 for helping to carry the message behind the walls. They recently donated several dozen Big Books and Daily Reflections along with several brochures to the "Recovery at the Bend", a group with a long history at Riverbend Maximum Security Institute who only recently applied and received their group status from GSO.

The men were recently visited by their District 30 DCM which really made them feel "a part of" the bigger structure known as Alcoholics Anonymous. In addition, both Shadetree and Donelson YET Groups from District 31 have donated several older issues of the Grapevine for the guys to share. Here's hoping that if you attend a Recovery at the Bend meeting—as an approved visitor and not because it is your new home group.

*Respectfully Submitted, Charlie B*



| <i><b>CENTRAL OFFICE OFFICERS</b></i>                             | <i><b>NAME</b></i>          | <i><b>PHONE #</b></i> |
|---|-----------------------------|-----------------------|
| Chairperson   | Drew T                      | 615.440.3991          |
| Central Office Manager  | Charles C                   | 615.973.9898          |
| <i><b>Central Office Bookkeeper</b></i>                           | <i><b>David Whorley</b></i> |                       |
| Vice Chairperson  | Travis D                    | 615.642.1027          |
| Secretary   | Jennifer S                  | 615.218.0883          |
| Treasurer   | Garrett D                   | 615.957.7674          |
| Public Information/Cooperation<br>with the Professional Community | Al C                        | 615.587.1616          |
| Special Needs   | Reanate M                   | 615.625.8483          |
| Corrections   |                             |                       |
| Treatment Facilities  | Jennifer S                  | 615.415.4177          |
| Events Chair  | Tina H                      | 615.351.0501          |
| 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 April 25th  
5:45pm – 6:45pm  
Where: Central Office  
417 Welshwood

**FIRST TUESDAY OF  
EVERY MONTH:**  
District 32 Meeting  
When: 6:30pm  
Where: Club 62  
329 Peachtree

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| X | L | H | F | B | L | V | B | E | Y | U | M | G | N | I | E | B | M | B | B |
| F | O | Q | I | P | S | P | F | F | X | E | W | U | W | Q | Z | D | N | P | A |
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Find the CAPITALIZED words below.

EVERY SUCH PRESSURE GROUP, if it is STRONG ENOUGH, SELF-RIGHTEOUSLY IMPOSES its WILL upon the REST. And EVERYWHERE the SAME thing is BEING done on an INDIVIDUAL BASIS. The SUM of all this MIGHTY EFFORT is LESS PEACE and less BROTHERHOOD than before. The PHILOSOPHY of self-SUFFICIENCY is not PAYING OFF.

## TOMORROW NEVER COMES

She made and broke the same daily resolution to stop drinking for years until she came into AA

Realizing that I was an alcoholic was not difficult, admitting it was another matter. I knew that my drinking was not like most of my friends. Before heading into the theater one night my friend announced she was going to leave her drink in the coat room and asked what I had done with mine. "I left it on the table" I quickly replied, too embarrassed to tell her I had chugged it. Later in the evening, I secretly drank shots of whisky when the wine with dinner wasn't enough.

Every night, I made my to-do list for the next day. It always included: lose 5 pounds, read more, quit drinking, call my mother. The next morning I would head to the gym, sweat the alcohol out of my system, and by late afternoon, I would feel good enough to drink again. Later before passing out, I would write in my journal the same resolutions. I had a secret code for what I drank each day. A good day was only 2 shots and 3 glasses of wine.

Finally, I got sick and tired of feeling sick and tired and found my way to an AA meeting. Although I knew it was where I belonged, I still wasn't convinced that I was powerless.

Then, one day I was cleaning out my closet and found the journal with the endless pages of the same to-do list. After reading the journal it was very clear to me that not only was I a very sick person, but I was powerless over alcohol. I could not control it. I woke up every morning with the best intentions not to drink and went to bed vowing it would be different tomorrow.

Tomorrow never came. Not until I became willing to accept that I was powerless over alcohol did my life begin to change. I learned that I was not a bad person trying to be good, but a sick person trying to get better. Being free to admit that I was an alcoholic gave me back my life.

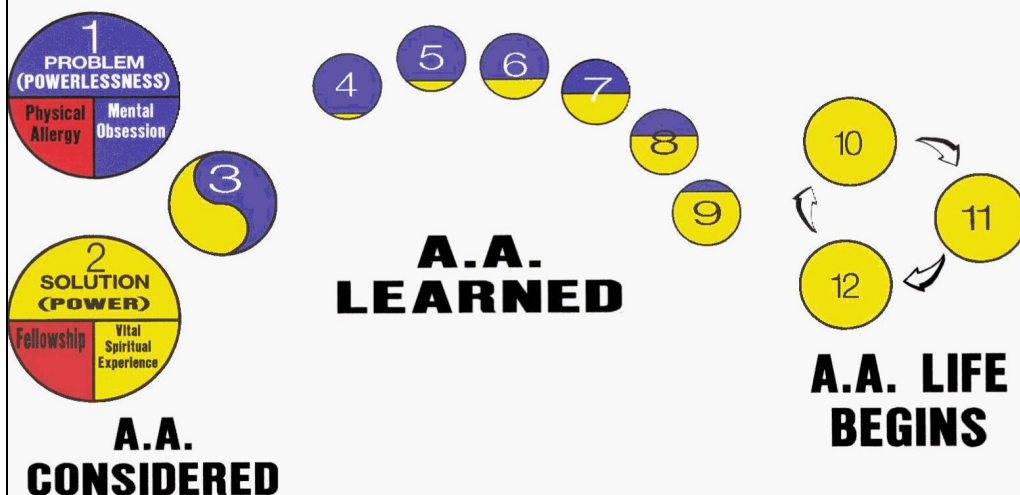


Today, I have a wonderful relationship with my three sons and husband, friends that love me, and a higher power that guides me through my day. I start my day admitting that I am an alcoholic; I turn my life over to God and I end my day thanking my higher for keeping me sober. I no longer live my life hoping that tomorrow will be better. My life is right now. Now before going to bed I write: lose five pounds, call three alcoholics, go to a meeting, and oh yeah...call my mother.

—Deb L., Sarasota, Fla.

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## PROGRAM OF RECOVERY



## RULES

FOR DOING GOOD.

Do all the good you can,  
In all the ways you can,  
To all the People you can,  
In every place you can,  
At all the times you can,  
As long as ever you can.



# District 13



GALLATIN, LEBANON, PORTLAND, LAFAYETTE, HARTSVILLE, CARTHAGE,  
WESTMORELAND, GLADEVILLE, RED BOILING SPRINGS

## SPRING FLING 2016

Saturday, April 2, 2016

11am - 5pm

- Welcome/Eat
- Speaker - Diana A., Peoria, IL
- Fellowship
- Speaker - Greg (Skunky), Peoria, IL
- Silent Auction\*\*
- Closing

Families Welcome!

BBQ, coffee & tea provided by District 13

**BRING A SIDE DISH TO SHARE: SALAD, VEGGIE, DESSERT, FRUIT**

GALLATIN CIVIC CENTER  
210 Albert Gallatin Ave.  
Gallatin, TN 37066

**\*\*Each Group/Meeting is invited to prepare a basket - for the silent auction - that embodies its unique spirit (Please include a list of contents)**



**Where: POP AA-Group  
BrushHill Cumberland Presby**

**Church  
3705 Brush Hill Rd**

**When: May 20th 2016**

**Dinner@ 6:30pm  
Sobriety Countdown@ 8:00pm**

**Note: Meat and drinks will be**

**provided. Side dishes and  
desserts would be appreciated**



**Sometimes To Carry The Message  
Is to Carry the Messenger**

*(Continued from page 1)*

I would lean my shoulder under his arm and jack him up to help him around. He told me and others, who might have tried to help, that I was the perfect size to fit under his arm. And so it went for a few years until I could no longer hold him up as his other leg started to give out. I went and bought him a wheelchair and eventually we were able to convince him to move to a nursing home, but certainly not without a fight! At times he was an impossible human being to be around and it took all the AA training I had gotten to show him the unconditional love that I have received so freely.

My friendship with Harold taught me to be patient, loving and forgiving. It also taught me that the love that I have been given and that I still receive today on a daily basis is to pass on. Sometimes to try to carry the message is to carry the messenger! There is no substitute for one drunk talking to another and I have found by helping my friend Harold who died this

month, that I was offering a little bit of humanity back to a man who had helped so many others. Being a human crutch has helped me to see the power of this human touch.

In closing, let me add that sometimes I have heard it said in meetings when asking for a moment of silence for the still sick and suffering alcoholic, that you might find them in or outside of these rooms. I have found them in both places and have been taught well that my only hope is to be of maximum service. Therefore, I close with yet another suggestion to anyone who is looking to find serenity: Adopt an old-timer or let one adopt you! Either way, you find a wealth of experience strength and hope. One of the sayings that Harold taught me in recent years is: "Even a broken watch is right twice a day!"

—Tom C., Evanston, IL.

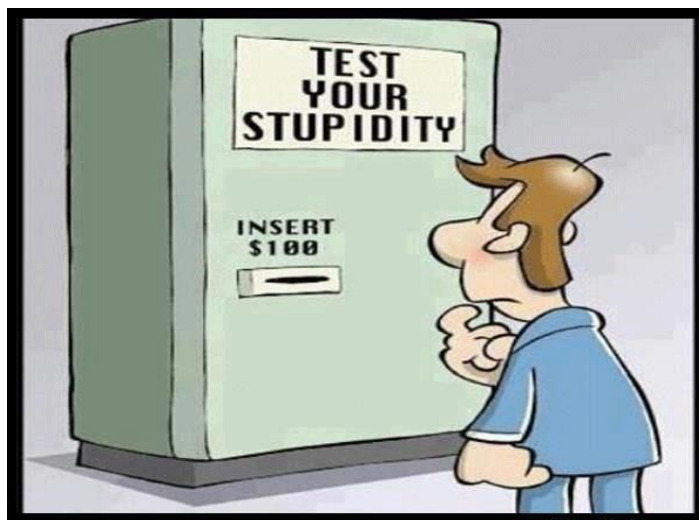
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|       |        |   |
|-------|--------|---|
| 37013 | New    | Safe Place Antioch - Antioch United Methodis<br>41 Tusculum Rd Sat 5p |
| 37040 | Cancel | Road of Happy Destiny - 2p Sunday                                     |
| 37064 | Change | Church of the City - Meeting in the Small White<br>House              |
| 37066 | Change | Came to Believe - Tues now 5:30p                                      |
| 37087 | Cancel | Any Lengths - 10p Friday  |
| 37115 | Cancel | Serenity House - 8p Sunday  |

|       |        |   |
|-------|--------|---|
| 37122 | Add    | Key To Sobriety - Tues & Thurs Noon                                     |
| 37206 | Add    | East Side Sunlighters - 7:30a Tues & Thurs                              |
| 37209 | Cancel | West Nashville - Tues 8p  |
| 37209 | Cancel | Next Right Thing  |
| 37220 | New    | Hand in Hand - Crieviewood United Meth - 451<br>Hogan Rd - 6:30p OD/Wmn |
| 37394 | Move   | Viola Serenity - 9586 Viola Road, Viola                                 |



ARCH



(Continued from page 3)

**Lets now look at the Foundation itself.**

Upon a foundation of complete willingness I might build what I saw in my friend. (page 12, paragraph 4, lines 4 & 5) Helping others is the foundation stone of your recovery. (page 97, paragraph 1, lines 2 & 3)...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. (page 129, paragraph 3, lines 4-11)

Twelve--Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities. (page 564, paragraph 12)

**We have all heard of a Cornerstone.** To a mason, it is the first stone laid. It is also a stone forming a part of a corner or angle, specifically one laid at the formal inauguration of the erection of a building, usually inscribed with the date or other matters and often hollowed out to receive documents, records or other relics. In a more general sense, a Cornerstone is something of fundamental importance; a trait or fact upon which others rest as if forming a superstructure. In the latter sense it is akin to a keystone.

Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built. (page 47, paragraph 2, lines 2-8)

**For the first time, he lived in conscious companionship with**

**his Creator.**

Thus was our friend's cornerstone fixed in place. (page 56, paragraph 4, lines 8 & 9, paragraph 5, line 1)

**Let us take a look at a Keystone.** It is the stone in the center at the top. Both sides of the ARCH rest upon it. Without the Keystone, the whole structure would collapse. Because our ARCH is spiritual, rather than material, the Keystone symbolizes something other than stone.

...we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch...(page 62, paragraph 3, lines 2-7)

**And what Binds the stones together?**

The feeling of having shared in a common peril is one element in the powerful cement which binds us. (page 17, paragraph 2, lines 13-15)

**Entry into the ARCH, however, is barred to those without the Key.**

We turned back to the list, for it held the key to the future. (page 66, paragraph 6, lines 1 & 2) Cling to the thought that, in God's hands, the dark past is the greatest possession you have--the key to life and happiness for others. (page 124, paragraph 2, lines 9-12)

**Now lets Review our construction.**

Is our work solid so far? Are the stones properly in place? Have we skimped on the cement put into the foundation? Have we tried to make mortar without sand? (page 75, paragraph 3, lines 9-12)

Unknown

| GROUP/MEETING               | Dist | Jan   | YTD   |
|-----------------------------|------|-------|-------|
| 11TH STEP                   | 30   |       |       |
| 21st AVENUE                 | 30   | 12    | 12    |
| 24 HOUR                     | 32   |       |       |
| 60 MINUTES                  | 64   |       |       |
| ANONYMOUS CONTRIBUTIONS     | 0    | 72    | 72    |
| ANY LENGTHS                 | 13   |       |       |
| BACK ROOM                   | 35   |       |       |
| BACK TO THE BIG BOOK        | 12   |       |       |
| BELLEVUE WINNERS & BEG      | 35   |       |       |
| BRENTWOOD FULL MOON         | 33   |       |       |
| BY THE BOOK -DICKSON        | 15   |       |       |
| CAME TO BELIEVE             | 33   |       |       |
| CAMELS                      |      |       |       |
| CELEBRATE SERENITY          |      |       |       |
| CHICKEN PLUCKERS MEN'S      | 33   |       |       |
| CLARKSVILLE                 | 14   |       |       |
| CLUB 62 UNITY               | 32   | 20    | 20    |
| COLUMBIA                    | 40   | 920   | 920   |
| COMFORT ZONE                | 15   |       |       |
| COOL SPRINGS NEWCOMERS      | 33   |       |       |
| CROSSVILLE NON -SMK STEP    | 9    |       |       |
| CUMBERLAND UNITY            | 13   |       |       |
| DAILY REPRIEVE              | 13   |       |       |
| DAVIDSON ROAD               | 30   | 1,000 | 1,000 |
| DICKSON AA                  | 15   | 920   | 920   |
| DISTRICT 11                 | 11   |       |       |
| DONELSON YET                | 31   |       |       |
| DOWNTOWN LUNCH BUNCH        | 32   |       |       |
| DROP THE ROCK               |      |       |       |
| DRUNKS IN THE PARK          | 33   |       |       |
| EAST NASHVILLE 86'ers       | 34   |       |       |
| E. NASHVILLE MEN'S STAG     | 34   |       |       |
| EAST NASHVILLE WOMENS       | 31   |       |       |
| EAST SIDE SATURDAY          |      |       |       |
| EASY DOES IT (MT JULIET)    | 31   |       |       |
| EVERY NIGHT AT 6            | 32   |       |       |
| FAIRFIELD GLADE             | 9    |       |       |
| FAIRVIEW                    | 33   |       |       |
| FAYETTEVILLE                | 40   |       |       |
| FIRST THINGS FIRST          | 34   | 225   | 225   |
| FIVE & FIVE                 | 30   | 1,891 | 1,891 |
| FRANKLIN 12&12              | 33   |       |       |
| FRANKLIN 4TH BB STUDY       | 33   |       |       |
| FRANKLIN                    | 33   | 1,200 | 1,200 |
| FRANKLIN MEN'S              | 33   |       |       |
| FRANKLIN ROAD WOMEN'S       | 33   |       |       |
| FREE TO BE                  | 31   |       |       |
| FRIDAY NIGHT PRIME TIME     | 33   |       |       |
| G.O.D. ( OF DRUNKS)         | 40   |       |       |
| GALLATIN AA                 |      |       |       |
| GLADEVILLE GRATITUDE        | 13   |       |       |
| GOODLETTSVILLE A.A.         | 34   |       |       |
| GRATEFUL ALIVE              | 33   |       |       |
| GRATITUDE                   | 11   |       |       |
| GRATITUDE - MANCHESTER      |      |       |       |
| HAPPY HOUR- COOKEVILLE      | 9    |       |       |
| HARDING ROAD                | 30   |       |       |
| HENDERSONVILLE BB           | 34   |       |       |
| HERMITAGE                   | 31   |       |       |
| HIGH NOON                   | 34   | 555   | 555   |
| HILLSBORO ROAD              | 32   | 200   | 200   |
| HOPE PARK AA LIT STUDY      | 30   |       |       |
| JOELTON                     | 34   | 50    | 50    |
| KEEP IT SIMPLE BELLEVUE d35 | 33   |       |       |
| KEY TO SOBRIETY             | 31   |       |       |
| LADIES NIGHT OUT            | 34   |       |       |
| LAMBDA                      | 32   |       |       |
| LATE LUNCH BUNCH            | 33   | 500   | 500   |
| LAWRENCEBURG                | 41   |       |       |
| LET IT HAPPEN               | 35   |       |       |

| GROUP/MEETING           | Dist | Jan    | YTD    |
|-------------------------|------|--------|--------|
| LEWISBURG UNITY         | 41   |        |        |
| LIFE SAVERS             | 30   |        |        |
| LIVE & LET LIVE         | 9    | 25     | 25     |
| LIVING BY THE PRINT SAT | 30   | 100    | 100    |
| MADE A DECISION         |      |        |        |
| MIDDAY BREAK            | 32   |        |        |
| MONDAY NIGHT            |      |        |        |
| MT JULIET FELLOWSHIP    | 31   |        |        |
| MURFREESBORO            | 12   |        |        |
| MUSIC ROW               | 30   |        |        |
| MUSTARD SEED            | 32   |        |        |
| NOW                     | 30   |        |        |
| NEW BEGINNINGS          | 12   |        |        |
| NEW DAY                 | 13   |        |        |
| NEW LIFE H-VILLE        | 34   |        |        |
| NIPPERS CORNER          | 32   |        |        |
| NO NONSENSE             | 32   |        |        |
| NORTHSIDE , CLARKSVILLE | 14   | 50     | 50     |
| ON AWAKENING            |      |        |        |
| ONE DAY AT A TIME       | 31   |        |        |
| ONE STEP CLOSER         | 33   |        |        |
| OUT TO BREAKFAST        | 30   | 143    | 143    |
| OUT TO LUNCH BUNCH      | 14   |        |        |
| PAGE 112                | 31   |        |        |
| PAY DAY                 | 15   |        |        |
| PORTLAND UNITY          | 13   |        |        |
| PRIMARY PURPOSE         | 34   | 159    | 159    |
| PRIMETIMERS             | 33   |        |        |
| PULASKI                 | 40   | 15     | 15     |
| REBOS (SOBER)           | 34   |        |        |
| RIDGETOP BASICS         | 34   |        |        |
| ROBERTSON COUNTY        | 14   |        |        |
| RUTS                    | 40   |        |        |
| SAFE HARBOR (D14)       | 14   |        |        |
| SAFE PLACE              |      |        |        |
| SANGO SOLUTIONS         |      |        |        |
| SATURDAY NIGHT ALIVE    | 11   |        |        |
| SEARCH FOR SERENITY     | 34   |        |        |
| SEARCHERS               | 34   |        |        |
| SEEKING SANITY          | 31   | 488    | 488    |
| SERENITY                | 12   | 50     | 50     |
| SHADE TREE              | 31   |        |        |
| SHELBYVILLE             | 11   |        |        |
| SMITH COUNTY FRIENDSHIP | 13   |        |        |
| SMYRNA GRATITUDE        | 12   | 216    | 216    |
| SUNDAY NIGHT BUNCH      | 32   |        |        |
| TCYPAA                  | 32   |        |        |
| THE STRAGGLERS          | 33   |        |        |
| THE THREE LEGACIES      | 34   |        |        |
| THE UNITED              | 13   |        |        |
| TRINITY                 | 11   |        |        |
| TRUDGING THE ROAD       | 33   |        |        |
| TURNING POINT           | 33   |        |        |
| VALLEYVIEW-ASHLAND CITY | 15   |        |        |
| WANGL                   | 30   |        |        |
| WAVERLY                 | 15   |        |        |
| WAVERLY-BELMONT         | 32   |        |        |
| WEEKENDERS              | 34   |        |        |
| WEST MEADE              | 30   | 40     | 40     |
| WEST NASHVILLE          | 35   |        |        |
| WESTMINSTER             | 30   | 750    | 750    |
| WINNERS                 | 41   | 119    | 119    |
| WOMEN IN THE SOLUTION   | 11   | 10     | 10     |
| WOMEN'S FREEDOM         | 30   | 533    | 533    |
| WOMEN'S OPEN DOOR       | 30   | 288    | 288    |
| WOMENS SPEAKER          | 30   |        |        |
| YOUNG TIMERS            | 32   |        |        |
| Grand total:            |      | 10,549 | 10,549 |

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**Middle Tennessee Intergroup Association**  
**Statement of Activities - Actual and Budgeted - Schedule 1**  
For the Month and Year Ended January 31, 2016

|                       | January 2016       |                  |                 | YTD 2016           |                  |                 |
|-----------------------|--------------------|------------------|-----------------|--------------------|------------------|-----------------|
|                       | Actual             | Budget           | Budget Variance | Actual             | Budget           | Budget Variance |
| <b>Income</b>         |                    |                  |                 |                    |                  |                 |
| Literature Sales      | \$ 9,066.07        | 16,230.00        | (7,163.93)      | \$ 9,066.07        | 16,230.00        | (7,163.93)      |
| Literature Purchases  | (6,665.87)         | (11,355.00)      | 4,689.13        | (6,665.87)         | (11,355.00)      | 4,689.13        |
| Freight In            | (58.25)            | (41.00)          | (17.25)         | (58.25)            | (41.00)          | (17.25)         |
|                       |                    |                  |                 |                    |                  |                 |
| Net Literature Sales  | 2,341.95           | 4,834.00         | (2,492.05)      | 2,341.95           | 4,834.00         | (2,492.05)      |
| Group Donations       | 11,125.82          | 5,166.00         | 5,959.82        | 11,125.82          | 5,166.00         | 5,959.82        |
| Individual Donations  | 138.01             | 366.00           | (227.99)        | 138.01             | 366.00           | (227.99)        |
| Messenger Donations   | 12.00              | 29.00            | (17.00)         | 12.00              | 29.00            | (17.00)         |
| Website Donations     | -                  | -                | -               | -                  | -                | -               |
| Special Events        | -                  | 333.00           | (333.00)        | -                  | 333.00           | (333.00)        |
| Interest              | 2.86               | 1.00             | 1.86            | 2.86               | 1.00             | 1.86            |
| <b>Total Income</b>   | <b>13,620.64</b>   | <b>10,729.00</b> | <b>2,891.64</b> | <b>13,620.64</b>   | <b>10,729.00</b> | <b>2,891.64</b> |
| <b>Expenses</b>       |                    |                  |                 |                    |                  |                 |
| Casual Labor          | 200.00             | 200.00           | -               | 200.00             | 200.00           | -               |
| Payroll               | 5,728.62           | 4,783.00         | 945.62          | 5,728.62           | 4,783.00         | 945.62          |
| Bad Debts             | -                  | -                | -               | -                  | -                | -               |
| Legal & Professional  | 350.00             | 200.00           | 150.00          | 350.00             | 200.00           | 150.00          |
| Rent                  | 1,892.00           | 1,000.00         | 892.00          | 1,892.00           | 1,000.00         | 892.00          |
| Printing              | -                  | 333.00           | (333.00)        | -                  | 333.00           | (333.00)        |
| Payroll Taxes         | 438.24             | 320.00           | 118.24          | 438.24             | 320.00           | 118.24          |
| Repairs & Maintenance | -                  | 97.00            | (97.00)         | -                  | 97.00            | (97.00)         |
| Equipment Rental      | -                  | 120.00           | (120.00)        | -                  | 120.00           | (120.00)        |
| Telephone & Fax       | 393.65             | 541.00           | (147.35)        | 393.65             | 541.00           | (147.35)        |
| Answering Service     | 426.00             | 233.00           | 193.00          | 426.00             | 233.00           | 193.00          |
| Postage               | 66.47              | 200.00           | (133.53)        | 66.47              | 200.00           | (133.53)        |
| Office Supplies       | 6.10               | 250.00           | (243.90)        | 6.10               | 250.00           | (243.90)        |
| Computer & Technology | 43.65              | 250.00           | (206.35)        | 43.65              | 250.00           | (206.35)        |
| Intergroup Expense    | -                  | 125.00           | (125.00)        | -                  | 125.00           | (125.00)        |
| Insurance             | -                  | 200.00           | (200.00)        | -                  | 200.00           | (200.00)        |
| Special Events        | -                  | 191.00           | (191.00)        | -                  | 191.00           | (191.00)        |
| Travel                | -                  | 333.00           | (333.00)        | -                  | 333.00           | (333.00)        |
| Depreciation          | 7.92               | 50.00            | (42.08)         | 7.92               | 50.00            | (42.08)         |
| <b>Total Expenses</b> | <b>9,552.65</b>    | <b>9,426.00</b>  | <b>126.65</b>   | <b>9,552.65</b>    | <b>9,426.00</b>  | <b>126.65</b>   |
| <b>Net Income</b>     | <b>\$ 4,067.99</b> | <b>1,303.00</b>  | <b>2,764.99</b> | <b>\$ 4,067.99</b> | <b>1,303.00</b>  | <b>2,764.99</b> |



# SOBRIETY

Sometimes you have to hit rock bottom first.

After being married for thirty years, a wife asked her husband to describe her.

He looked at her for a while, then said, "You're A, B, C, D, E, F, G, H, I, J, K." She asks ... "What does that mean?" He said, "Adorable, Beautiful, Cute, Delightful, Elegant, Foxy, Gorgeous, Hot."

She smiled happily and said ... "Oh, that's so lovely ... What about I, J, K?"

He said, "I'm Just Kidding!"

The swelling in his eye is going down and the doctor is fairly optimistic about saving his family jewels.

**MARCH****DONELSON YET**

|               |                 |
|---------------|-----------------|
| <b>BJ B</b>   | <b>03.13.88</b> |
| <b>Dave S</b> | <b>03.02.73</b> |
| Kim B         | 03.29.04        |

**EASY DOES IT**

|          |          |
|----------|----------|
| Curtis M | 03.03.13 |
| Mary G   | 03.29.13 |

**FELLOWSHIP**

|          |          |
|----------|----------|
| Cindy H  | 03.01.15 |
| Debbie W | 03.18.13 |
| Susan H  | 03.16.04 |

**FULL MOON**

|           |          |
|-----------|----------|
| Dirk P    | 03.07.08 |
| Gregory C | 03.17.14 |
| James C   | 03.01.08 |
| Lewis W   | 03.22.15 |
| Liz R     | 03.10.07 |
| Walter R  | 03.03.09 |

**HIGH NOON**

|                 |                 |
|-----------------|-----------------|
| Bill L          | 03.22.11        |
| <b>Jackie W</b> | <b>03.18.69</b> |
| Jen K           | 03.25.15        |
| Jo Z            | 03.24.14        |
| Logan K         | 03.20.10        |
| Rusty S         | 03.05.98        |

**NEW DAY**

|          |          |
|----------|----------|
| Leslie T | 03.05.15 |
|----------|----------|

**ONE DAY AT A TIME**

|            |          |
|------------|----------|
| Annie C    | 03.27.15 |
| Ben H      | 03.16.13 |
| Cham       | 03.18.13 |
| Clint N    | 03.02.13 |
| Doug J     | 03.13.12 |
| Emily B    | 03.22.14 |
| Grant D    | 03.01.14 |
| Jamie P    | 03.25.10 |
| John H     | 03.20.13 |
| Jonathan B | 03.19.07 |
| Jonathan W | 03.09.11 |
| Matt H     | 03.18.12 |
| Matthew B  | 03.16.11 |
| Melissa K  | 03.21.12 |
| Steve S    | 03.04.12 |
| Stuart R   | 03.25.11 |
| Tad D      | 03.09.12 |
| Tim O      | 03.16.13 |
| Wes A      | 03.11.15 |

**POP**

|                |                 |
|----------------|-----------------|
| <b>James R</b> | <b>03.12.96</b> |
| Mark C         | 03.25.99        |

**SEARCH FOR SERENITY**

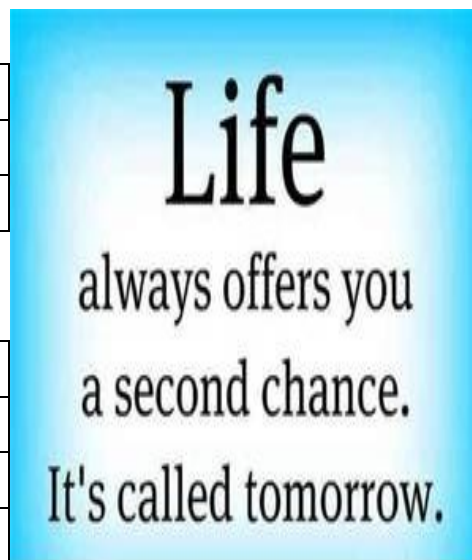
|           |          |
|-----------|----------|
| Al W      | 03.18.14 |
| Randy W   | 03.06.14 |
| Scottie S | 03.24.12 |

**SHADE TREE**

|                 |                 |
|-----------------|-----------------|
| Bobby H         | 03.01.11        |
| Brittany B      | 03.01.15        |
| Carol B         | 03.20.14        |
| Cheryl B        | 03.26.12        |
| Denise B        | 03.06.10        |
| <b>Dennis B</b> | <b>03.25.86</b> |
| Jim K           | 03.16.98        |
| <b>John B</b>   | <b>03.15.78</b> |
| Karen C         | 03.13.09        |
| <b>Ken J</b>    | <b>03.06.90</b> |
| Monroe C        | 03.16.04        |
| Rick G          | 03.21.14        |

**SMYRNA GRATITUDE**

|                 |                 |
|-----------------|-----------------|
| Bill M          | 03.03.03        |
| <b>Brenda W</b> | <b>03.25.91</b> |
| Christina A     | 03.15.10        |
| Derek W         | 03.14.07        |
| <b>John H</b>   | <b>03.25.91</b> |
| Joshua L        | 03.01.15        |
| Keith M         | 03.03.13        |
| <b>Ken J</b>    | <b>03.06.90</b> |
| Margaret P      | 03.23.13        |
| Theresa JF      | 03.05.05        |

**Little 'Booze' Joke**

A Buddhist monk walks into a bar and the barman says, "Fancy a cocktail?" and the monk says, "Sure. Make me one with everything."



**MARCH  
ANNIVERSAIRES**

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