

The MESSENGER

Middle Tennessee Central Office Intergroup

\$ 1.00	Wrong Number?	JUNE 2016
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A chance misdial prevented her from picking up the first drink

My one year sobriety anniversary was April 5, 2007. I started "thinking" I didn't need so many meetings, that I was doing alright mentally, emotionally, spiritually, and could keep at it on my own. Slowly, I dwindled down to making one meeting a week. I had a sponsor, but called her rarely and saw her even less. I'd only worked step one, and didn't quite fully believe it yet. My prayers and meditations became a quick "please" and "thank you" every few days. I opened no books. I wasn't sure if I really believe in a "Higher Power."

Fairly quickly, I became angry, spiteful, self-absorbed, and a bit grandiose. I began to think I should pack up and move, that I deserved to be rich and famous, that I should divorce my husband, and that everyone and life was just "screwed up."

Talking one day over coffee with my sister, she said, "It sounds like you're really resentful toward a lot of people and about a lot of things. I'm worried about you." My sister is not even in the program. I did not heed her advice.

By June, I had reverted back to my default settings: constant anxiety, anger and restlessness. On June 14, my insanity reared its ugly head in full. As my husband and I drove together I picked a fight with him about something trivial and began to scream at him. I took my wedding rings off and threw them in his lap. He looked at me with a pain in his eyes that will forever make my heart ache to think of.

He got out of the car and said, "It's over. I can't take this insanity anymore." I drove after him, screeching to a stop in the middle of the street, jumped out of my car, grabbed his briefcase and tried to forcefully pull him back into the car. He kept walking, as I screamed hysterically.

I sat in my car and calmed down. I called him a few minutes later. "I'm so sorry, I didn't mean to do that. Please let me drive you home." He agreed, but said we would have to talk about this in counseling.

I was disgusted with myself. I was ashamed at my

behavior. I didn't mean to act like that. I don't know where it came from. I didn't recognize myself. I wanted to escape from myself. I decided I was going to drink that night.

I called the my old drinking friends and made plans to meet. I avoided any calls from program friends, and was not planning on calling them. I was determined. I was almost at the bar, looking for parking, when my phone rang. I did not recognize the number, so I decided to answer.

A little girl asked, "Is this Nina?"

I said "Yes, who is this?"

"This is Sydney." I did not know anyone young girls named Sydney, so I asked, "How do I know you?"

She said, "Are you sure this is Nina?" paused, then hung up the phone.

I thought someone was playing a trick on me. Perplexed, I called the number back. This time a woman answered.



"Who is this?" she asked. I vaguely recognized the voice.

"This is Nina, who is this?"

"This is Susan."

I asked, "Susan, from the program?"

"Yes! Nina! How funny, my daughter was trying to call her little girlfriend, also named Nina. She lost her phone a while back, so she must have taken your number out of my phone thinking it was her friend Nina. How are you? What are you doing?"

I burst into tears. "I'm looking for a parking spot to go have a drink". She said, "No, you're not. You are going to a meeting." For the next half hour, Susan reminded me that I would not have "a" drink, that I was going to get obliterated, and that bad things would indefinitely follow. She reminded me of our disease and how the insanity quickly returns without our daily spiritual reprieve.

As I sat in my car, in the moments that followed my

(Continued on page 3)

MOTEL CRISIS

I needed
someone
with a
drinking
problem,
not a living
problem



AA is there, even in a storm

I had been sober about seven years and things were not going too well. I sat through many meetings a week, arguing inside about everything going on at the meeting. Neither did I like what was going on in my personal life. In addition, my professional life was boring, and, in my opinion, dummies were running the company I worked for.

I had to make a field trip to Moscow, Idaho. It was November, and an early snowstorm began just after I arrived. At the airport, I picked up a company car, drove to my motel, and checked in. As was my habit, taught to me by those AAs ahead of me, the first thing I did was to call the AA telephone number to find when and where a meeting was that evening. I wrote the number down and put it in my wallet, because I had learned that when we really need the AA number, it is somehow too small to find in the telephone book.

I went to a meeting that night, where I found things to be slightly more acceptable than at home. They gave me special attention because I was a visitor from out of town, and special attention always makes me feel like the meeting is fulfilling.

After work the next day, I went down to Clarkston to see two close friends. They are good for me--and when they see me heading the wrong way, they tell me. We had a wonderful time visiting and catching up on the news. It was like the best of AA meetings. On the way back to Moscow, it started to snow heavily.

Since the next day of work would be especially trying, when I got back to the motel, I took a little nap. When I awoke, I called the AA number and asked for meeting times and locations. The nearest one was in Pullman and began in twenty minutes. I looked out the window--it was snowing hard with high winds. I didn't know the town of Pullman, and it was more than twenty minutes away. Since I had been at a meeting the night before last and had spent the last night with my friends, I decided I did not need to go to the meeting in Pullman.

I went to the motel restaurant to eat. On the way to the restaurant, I passed two bars. The first was called the quiet bar. It had an open-hearth fireplace and everyone was sitting in pairs or fours talking intimately in soft voices. The next bar I passed had a rock band and there was lots of laughter, music, dancing, and fun going on. When I got to the restaurant, I could still hear the rock band in the bar. I asked for a seat in the smoking section. The section was full, but they said I could sit at the counter, as smoking was allowed there. I ordered a coffee and started to read the menu.

Well! I don't know if you have traveled this country alone as much as I have, but there is no lonelier place

than an unoccupied restaurant counter, in a strange town where no one knows you and no one cares what happens to you. I was overcome with loneliness. I leapt to my feet, threw the money for the coffee on the counter, and left.

As I left the restaurant, my head was filled with an image of the hotel lobby Bill W. was in when he made the choice between the friendly bar and the cold telephone. The vision stayed with me until I got to my room. At once, I called the AA number.

A woman answered the phone and I told her that I was from out of town and needed help. She responded that the weather was much too bad for someone to come to me, but she had ten years of sobriety and would be glad to talk to me over the telephone. I thanked her and said that would help. She began by saying that she no longer had any problem with alcohol and that her problems were now living problems. At that, I started to cry uncontrollably. You see, I needed someone with a drinking problem, not a living problem. She kept trying to calm me, but all I could do was cry. Finally, she said, "Oh, all right--here are two phone numbers of men that you can call."

I called the first number and a man answered the phone. I said, "My name's Jim. I'm an alcoholic from the coast and I need help." He said, "Where are you?" I told him which motel I was in and he said, "Don't leave your room. I'm on my way over." I offered to meet him halfway to save him a long trip in the blizzard. He simply repeated: "Don't leave your room. I'm on my way over."

While he was en route, I followed his instructions and did not leave my room. I ordered a pot of coffee from room service. Just after the coffee arrived, there was a knock at my door. I opened the door and a man asked if I was Jim. He said, "My name's Paul and I'm from AA." Then he put his arms around me and said, "Everything is going to be okay," which made me cry again, but not hopelessly this time.

Then he sat and talked about AA with me. For hours, we shared our experience, strength, and hope with one another. Finally, I said, "I better let you go; you have to go to work tomorrow." He replied, "Are you sure you're all right? If you are not, I can spend the night, if necessary." I reassured him that I was going to be okay.

As he prepared to leave, he said to me, "I hope that I did everything right. You see, I've only been sober for sixty days."

*Jim H.—Clarkston, Washington
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Feb 2008*

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Wrong Number

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conversation with Susan, Steps One, Two, and Three flooded me. I realized with all my being that I was powerless over alcohol. I know my life had again become unmanageable. I was certain that a power greater than myself could restore me to sanity, because "It" had. That power had stepped in to care for me when I could not take care of myself, and "It" brought me back to sanity. At the moment of that experience, so clear, so powerful, I made a decision to turn my life and my will over to that power.

I went to a meeting that night, and almost every day since. I see my sponsor twice a week. I read every day. I am even chairing a meeting. Shortly after that day, I received a surprise email from an old co-worker I hadn't spoken to in years. She said she's been thinking of me and asked if we could meet to catch up. We met for lunch. She caught me up on her life. She had gotten married, had a baby, and her husband had gotten sober. I shared with her that I had as well. She said she was very proud of me.

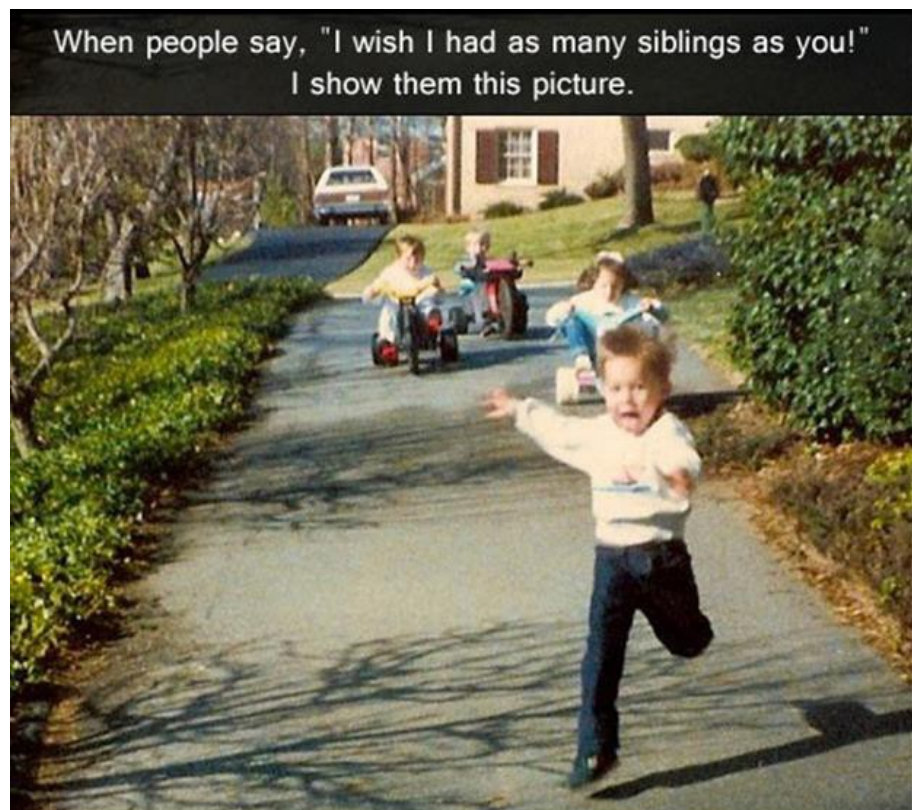
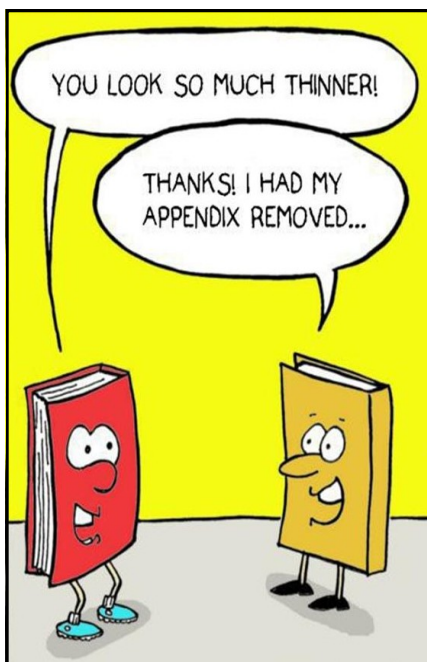
We chatted about work. I told her I had

been looking for a job, and was having a hard time. She grinned widely and said, "My sister-in-law just had a position come open that you would be perfect for." Within one week, I made it through two interviews and was hired for the job of my dreams, making more money than I ever have, for a company that I admire.

This past weekend, I celebrated the 4th of July at my in-laws lakehouse. As I was getting ready to leave, my mother-in-law pulled me aside and said, "Don't take this the wrong way, but you seem more happy and peaceful than I have ever seen you." She knew nothing about this story or that I am in the program. On June 14, I was given a choice. I was at a crossroads. If I had chosen to ignore the divine intervention and drink, I probably wouldn't have met up with my old co-worker, I wouldn't have been fit to make it through two interviews, and I would have lost the love of my life. Thank you God, my Universal Spirit, for protecting me.

—Nina H., Chicago, Ill.

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AA MEETING FOR CORRECTIONS

CCA at 5115 Harding Place is bringing back AA meetings. They need our help to make this happen. In June we will be taking meetings into the RDAP program on Tuesday and/or Wednesday from 6:30—7:30. The first class has 60 WOMEN and 130 MEN. We would like at least 10 men and 5 women to volunteer so they can each take a week of the month.

Call Charlie B with questions: 615.554.9085

Orientation Schedule:

- ♦ May 17, 2016
- ♦ July 12, 2016
- ♦ September 13, 2016
- ♦ November 1, 2016

Reggie Hebron

Treatment Counselor

CCA Metro-Davidson County Detention Facility
5115 Harding Place

MEETING CHANGES

NEW / MOVES / CHANGES / ADDITIONS / CANCELLATIONS

37013	New	Safe Place Antioch - Antioch United Methodist 41 Tusculum Rd Sat 5p
37013	Add	60 Minutes - Fri 8p OD & Sun 5p OD
37040	Cancel	Road of Happy Destiny - 2p Sunday
37064	Change	Church of the City - Meeting in the Small White House
37066	Change	Came to Believe - Tues now 5:30p
37067	Change	Recovery Road - address is 2010 Quail Hollow
37067	Add	Recovery Road - Wed 6:30p OD
37069	Change / Move	Womans AA now Every Woman Has a Story - 1213 Country Rd.
37076	Change	Hermitage Group - Sun is now 7p
37087	Cancel	Any Lengths - 10p Friday
37115	Cancel	Serenity House - 8p Sunday
37160	Change	Shelbyville Keep it Simple - AP Bldg 206 Madi- son St
37122	Add	Key To Sobriety - Tues & Thurs Noon
37128	Move	Camels - Salem Creek Church of Christ - 2525 Salem Creek Dr
37190	New	Woodbury Sunday Morning - Stone River Hos- pital - 324 Doolittle Rd.
37206	Add	East Side Sunlighters - 7:30a Tues & Thurs
37206	Add	Spiritual Warfare - Woodland Pres Ch - 211 N. 11th St - Fri p OD - OS 1st half of mo.
37208	Add	Recovery of Hope - Sun 6:30p OD/Lit
37209	Move	West Nashville - All Saints Southern Episcopal 4513 Park Ave
37209	Cancel	West Nashville - Tues 8p
37209	Cancel	Next Right Thing
37209	Cancel	Design for Living
37209	Cancel	Made A Decision
37209	Cancel	WANGL - Mond
37210	Add	Young Timers - Thu 8p OD
37210	Cancel	Young Timers - Sat 8p
37210	Cancel	The Spiritual Giants
37210	Cancel	Unity Group - Wed & Sat
37214	Add	Shade Tree - Fri 7p OD/YP
37220	New	Hand in Hand - Crieveewood United Meth - 451 Hogan Rd - 6:30p OD/Wmn
37232	Move	Recovery Basement - Vanderbilt Medi Center 1211 21st Ave - Student Center Room 208
37355	Cancel	Manchester Noon Fellowship
37394	Move	Viola Serenity - 9586 Viola Road, Viola

<i>CENTRAL OFFICE OFFICERS</i>	<i>NAME</i>	<i>PHONE #</i>
Chairperson	Drew T	615.440.3991
Central Office Manager	Charles C	615.973.9898
Central Office Bookkeeper	Donna C	615.832..1136
Vice Chairperson	Travis D	615.642.1027
Secretary	Jennifer S	615.218.0883
Treasurer	Garrett D	615.957.7674
Public Information/Cooperation with the Professional Community	Al C	615.587.1616
Special Needs	Reanate M	615.625.8483
Corrections	Charlie B	615.554.9085
Treatment Facilities	Jennifer S	615.415.4177
Events Chair	Tina H	615.351.0501
Archives	John M	615.803.0211
Sobriety Dinner	Cathy M	615.500.0863

FIRST TUESDAY OF EVERY MONTH:

District 30 Meeting
When: 6:30pm – 7:30pm
Where: 5925 O'Brien

SECOND MONDAY OF EVERY MONTH:

Intergroup Meeting
When: 5:45pm – 6:45pm
Where: Central Office 417
Welshwood

STEERING COMMITTEE

When: Monday July 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

D	R	L	Q	P	Y	E	N	Q	C	H	E	C	H	V	I	H	S	Z	Q	F	S	K	Z	W
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find the STEP SIX CAPITALIZED words below.

LUST—INTENSE LONGING

GLUTTONY—OVERINDULGENCE OVERCONSUMPTION

GREED—PURSUIT of MATERIAL POSSESSIONS

SLOTH—ABSENCE of INTEREST or HABITUAL DISINCLINATION to EXERTION

WRATH—UNCONTROLLED FEELINGS of ANGER RAGE and even HATRED

ENVY—SAD or RESENTFUL COVETOUSNESS

PRIDE—ABSENCE of HUMILITY

Powerless, But Free

AROUND THE tables of AA, I have sometimes heard people state they are powerless over everything. I am beginning to understand what they mean.

If we are in a situation where we think we have been wronged and we continue to have hateful thoughts about the other person, we become captive of our own imagination. That leads to deep, cancerous despair, physical, emotional, and spiritual. However, if we work on the assumption of powerlessness, not only will we be freed to start another of life's projects, but we may not have landed in the situation in the first place.

When we admit we are powerless over things, we then have the freedom to admit that we may be wrong. When alcoholics think they are all-powerful, then their egos will not allow them to use anything but their own willpower. That is an angry, lonely, and miserable way of doing things and eventually leads to their downfall. I speak from experience.

Of course, it has occurred to me that I could be a *little* bit powerful, but then I remember the many times I tried to control my drinking. Step Four really made me see that all my life I been powerless over everything. When I made a searching and fearless moral inventory of myself and then told another person about it in Step Five, it made me see how my own power had been used against me.

Nobody had ever told me that there would always be greater and lesser people than I in the world, and with my disease of alcoholism, I wouldn't have listened to them anyway. I was determined to use my own power to get on. When that didn't work, I used my fury and anger. The only trouble was, as my fury and anger and consequent sick character were swimming against the harmony of life, a

thing called fear wrapped its tentacles around my neck and started to throttle me.

When I first joined AA, I couldn't understand how admitting I was an alcoholic would help me stop drinking--until I did admit it and felt the shackles fall away. I now find it is pretty similar with life in general. If, when I have a goal, I can remind myself that I am powerless over the outcome, I am then free to strive toward this goal no matter what interruptions get in the way.

After studying the principles of our program and then going out and using them to the best of my ability, I understand this: It is mostly when I forget I am powerless that things start to go wrong--when I refuse to admit that I made a mistake, refuse to listen to someone's constructive advice, or act like a bull in a china shop.

When I was drinking, I often used the expression "Over my dead body!" Well, the way I used to drink, that nearly became a reality. Oddly enough, when I stop being "all powerful" and give other people room to move, I also give myself more room and am more easily able to make a touchdown.

Now, I understand that life doesn't have to be one long competition after another. I don't have to lay my life on the line every day. In fact, the very act of accepting that I am powerless over everything allows me to clear my mind of the fear of not being able to reach perfection, and so to concentrate on the order of the moment and be a successful human being instead of the center of the universe.

*Anonymous—Bangkok - Oct 1983
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THE VOICE ON THE TAPE

After almost two decades, she stumbles upon the woman who saved her life

From January 2004

THAT voice, I thought. That's the woman on the tape! I was sitting in a noon meeting that I had not attended in three months. I had been the secretary but had had to give it up because of a conflict with work. A friend of mine was visiting from out of town and my sponsor was there also. We were celebrating my friend's 15 years of sobriety with friendship, conversation, a meeting, lunch and a trip to the ocean.

The woman whose voice I recognized was sitting in front, sharing on gratitude--the topic picked by the speaker that day. I had goose bumps as I listened to her; I began to

shake, and my heart pounded in my chest. I wracked my brain trying to remember if she had said her name. Yes! She had. It was Sandy. The name matched the memory that was slowly materializing in my mind.

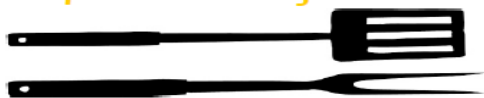
What I was about to experience was a sobriety dream come true. I had always wanted to meet the woman to whom that voice belonged and thank her for saving my life.

In 1987, I was trying one more time to get sober. I had just been blessed with my first DUI (two more were to follow) and a sober uncle of mine had given me the tape of an AA speaker, a woman he had heard in 1986. The tape had a black and red label with the name Sandy and a date written across it. I listened to it a few times but was frightened by

(Continued on page 8)

Drunks in the Park

4th Annual Family Picnic



SATURDAY
June
11
2016

2:00 PM - 6:00 PM

PINKERTON PARK
405 Murfreesboro Rd.
Franklin, Tennessee 37064



What to Bring:

- Your family
- Your instrument



Questions:
Jean B - 615-516-4585
jeanb123@gmail.com

ALCOHOLICS ANONYMOUS

Is there going to be a modern language version of the BIG BOOK????

Did we retire "Three Talks to Medical Societies"?

What happened with Area 64's Floor Action?

Get answers to these and more questions about what went down at the 2016 AA General Service Conference in New York.

DISTRICT 30 POST-CONFERENCE REPORT

Tuesday, July 5 at 6 p.m.

Led by **Tony S., Area 64 Delegate**

5925 O'Brien Ave., Nashville

ALL ARE WELCOME TO ATTEND!

More Info:

Tyler D., District 30 DCM
615-840-4608

PLUS:



Complimentary stuffed-crust
PIZZA PIZZA & Soft Drinks

FFTB: Free Food Tastes Better

Feeling Frisky?

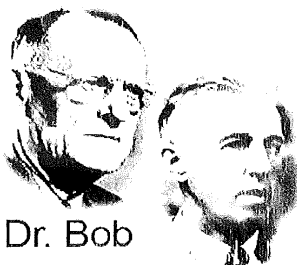
BRING DESSERT TO SHARE



FOUNDER'S DAY

Hosted by District 13

JUNE 11th, 2016 11am - 4pm



Dr. Bob

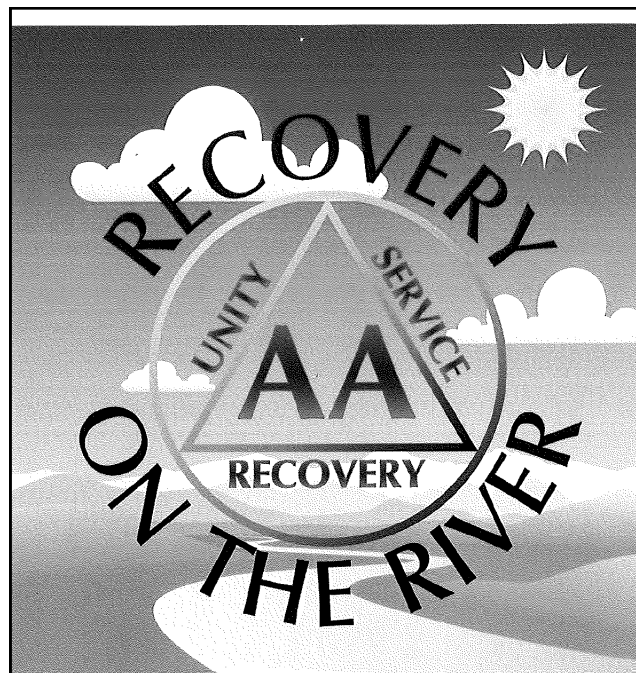
Bill W.

First Baptist Youth Center
155 East Main St.
Gallatin, TN 37066

There will be fish, french fries, and onion rings provided. Please bring a side dish to share. There will also be air hockey, basketball, corn hole, and a few other games. Old Timer speakers will be sharing their experience, strength, and hope.

Speakers:

- Jacky W.
- Jimmy M.
- Lewis S.
- Listen K.



Area 64 3rd Quarter Assembly

July 22nd - July 24th, 2016

The Riverview Inn

50 College Street

Clarksville, TN 37040

www.theriverviewinn.com

931.552.3331 or 1.877.48.River

Call Dee M., Host Committee Chair for more info at: 281.682.4692

Room rate \$89 per night

Cut-off date June 22nd 2016 - Registration Code - Area 64
Please make reservations directly with Hotel for Block Room Rate
Limited number of pet friendly rooms \$10 extra

THE VOICE ON THE TAPE

(Continued from page 6)

some of the similarities in her story and mine, especially the part about playing Russian Roulette with a handgun and "pulling the trigger and hearing the click" and how "it was the loneliest sound because it meant one more time I had to live."

At that time in my life, that was how I was living. I would put a bullet, just one, in my .38 and go drink. When I reached "that point," I would leave whatever dive I was drinking in and drive around. (I still had a car at that time.) At some desolate spot, I would pull over, reach under the seat, pull out my gun, hold it to my head, close my eyes, and squeeze the trigger. Click. I would spin the cylinder, slam it closed, and try again. Click. I did this for a year and a half. One time it went off. The details of that scenario are not important for this story, but what I know today is there is no reason for me to be alive, except that I am supposed to be.

Sobriety was not to be mine for another year. Somehow, through all my insanity and the loss of everything--because it did get worse--I managed to keep that tape of Sandy's story.

For the first six months of my sobriety, I listened to it every day, sometimes two and three times a day. I kept thinking, If this woman made it, maybe, just maybe, I can. I listened to it until I quit shaking. I listened to it until I found a sponsor. I listened to it until I had the courage to stop listening and start talking.

Although I have had many angels in my sobriety, none was as powerful as the one whose voice I heard coming from a borrowed tape recorder for six months. Throughout the years I have played that tape for every woman I have sponsored. I have dreamed of the moment, my entire sobriety, of what was about to happen after the noon meeting on March 26, 2003.

After the meeting I turned to my sponsor and my friend and said, "I have to talk to that woman." They did not know what was happening, but they followed me down the aisle between the rows of chairs to where Sandy was leaning over, picking up her purse. I touched her arm. She

did not look anything like I had pictured. She was shorter than I had imagined. She had red hair, and she was dressed all in purple.

She turned to me and smiled with a bit of a question in her eyes. I had never seen her before, and I'm sure she had never been to the meeting when I was the secretary. So, she had no idea who I was. "I recognized your voice," I managed to choke out. "I have one of your tapes. You saved my life."

Much to my surprise, she grabbed me and hugged me. I cried in her arms and told her the story of my first six months of sobriety. And I thanked her for saving my life. She reminded me of one of the promises and started to cry as well. "They do come true," she said. "No matter how far down the scale we have gone, we will see how our experience can benefit others. You will never know how much I needed to hear that I have made a difference in someone's life."

My sponsor and friend were witnesses to all of this, making it even more special. They, too, had tears in their eyes. My friend, who was celebrating 15 years, exclaimed, "Well, this will keep me sober another 30 years at least!" I kept telling Sandy, "You saved my life. All of my sobriety I have wanted to thank you, and here you are!"

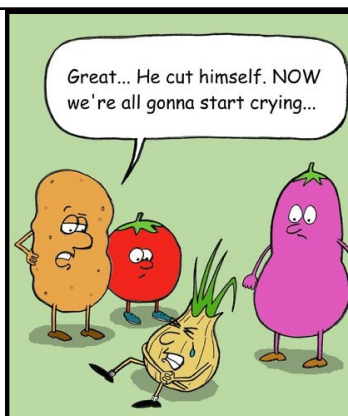
The day wound down. My sponsor, my friend, and I enjoyed a wonderful lunch and great recovery conversation. The ocean was spectacular, and my friend headed for home with renewed spirit for her own sobriety. After she left, I dragged out one of my boxes of AA speaker tapes. I probably have over 100 tapes. I was going to find Sandy's tape. I hadn't listened to it in years, but I knew it was in one of two boxes. I opened the first box and sighed. The tapes were piled on top of each other with no order to them, no neat little rows. I knew I was in for a long afternoon. I reached in and pulled out the first tape my fingers touched. I turned it over: The tape had a black and red label on it and the name Sandy was written across it with a date.

GAY B.—Seaside, Calif. - Nov 2010

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"Why dwell on what you can't do? ...

Why not concentrate on what you *can* do and do it?"



"The rewards of asking for help - increased humility, connection, and trust - are well worth the effort."

GROUP/MEETING	Dist	Apr	YTD
11TH STEP	30	-	-
21st AVENUE	30	37	49
24 HOUR	32	-	250
60 MINUTES	64	-	-
ANONYMOUS CONTRIBUTIONS	0	201	273
ANY LENGTHS	13	-	-
BACK ROOM	35	606	1,854
BACK TO THE BIG BOOK	12	-	42
BELLEVUE WINNERS & BEG	35	-	50
BRENTWOOD FULL MOON	33	-	-
BY THE BOOK -DICKSON	15	-	54
CAME TO BELIEVE	33	387	387
CAMELS		-	-
CELEBRATE SERENITY		-	-
CHICKEN PLUCKERS MEN'S	33	-	-
CLARKSVILLE	14	-	-
CLUB 62 UNITY	32	-	30
COLUMBIA	40	20	80
COMFORT ZONE	15	-	-
COMMUNICATIONS	30	-	100
COOL SPRINGS NEWCOMERS	33	-	100
CUMBERLAND UNITY	13	-	-
DAILY REPRIEVE	13	-	-
DAVIDSON ROAD	30	-	1,800
DICKSON AA	15	-	920
DOWNTOWN LUNCH BUNCH	32	62	268
DROP THE ROCK		-	-
DRUNKS IN THE PARK	33	249	599
EAST NASHVILLE 86'ers	34	-	169
E. NASHVILLE MEN'S STAG	34	-	500
EAST NASHVILLE WOMENS	31	-	-
EAST SIDE SATURDAY		325	620
EASY DOES IT (MT JULIET)	31	-	-
EVERY NIGHT AT 6	32	-	-
FAIRFIELD GLADE	9	132	132
FAIRVIEW	33	-	100
FAYETTEVILLE	40	-	20
FIRST THINGS FIRST	34	66	291
FIVE & FIVE	30	-	1,891
FRANKLIN 12&12	33	-	-
FRANKLIN 4TH BB STUDY	33	-	-
FRANKLIN	33	-	1,200
FRANKLIN MEN'S	33	-	-
FRANKLIN ROAD WOMEN'S	33	-	100
FREE TO BE	31	436	436
FRIDAY NIGHT PRIME TIME	33	-	-
G.O.D. (OF DRUNKS)	40	-	-
GALLATIN AA		-	-
GLADEVILLE GRATITUDE	13	-	-
GOODLETTSVILLE A.A.	34	-	150
GRATEFUL ALIVE	33	-	-
GRATITUDE	11	-	60
GRATITUDE - MANCHESTER		-	-
HAPPY DESTINY	34	50	50
HAPPY HOUR- COOKEVILLE	9	-	-
HAPPY HOUR - LEWISBURG	40	5	20
HARDING ROAD	30	-	150
HENDERSONVILLE BB	34	-	50
HERMITAGE	31	-	200
HIGH NOON	34	550	1,105
HILLSBORO ROAD	32	-	200
HOPE PARK AA LIT STUDY	30	-	-
JOELTON	34	-	50
KEEP IT SIMPLE BELLEVUE d35	33	36	49
KEY TO SOBRIETY	31	-	-
LADIES NIGHT OUT	34	-	-
LAFAYETTE NEW HOPE	13	-	50
LAMBDA	32	-	-
LATE LUNCH BUNCH	33	500	1,000
LAWRENCEBURG	41	-	-
LET IT HAPPEN	35	-	-

GROUP/MEETING	Dist	Apr	YTD
LEWISBURG UNITY	41	25	25
LIFE SAVERS	30	-	-
LINDEN	41	-	100
LIVE & LET LIVE	9	-	65
LIVING BY THE PRINT SAT	30	-	100
LIVING BY THE PRINCIPLES	30	488	488
MADISON STREET		-	50
MANCHESTER NOON		60	60
MIDDAY BREAK	32	-	-
MONDAY NIGHT		-	-
MT JULIET FELLOWSHIP	31	-	200
MURFREESBORO	12	15	45
MUSIC ROW	30	30	30
MUSTARD SEED	32	-	200
NOW	30	-	-
NEW BEGINNINGS(Dist 12)	12	20	40
NEW DAY	13	-	-
NEW LIFE H-VILLE	34	-	45
NIPPERS CORNER	32	-	-
NO NONSENSE	32	-	-
NORTHSIDE , CLARKSVILLE	14	50	100
ONE DAY AT A TIME	31	-	900
ONE STEP CLOSER	33	-	-
OUT TO BREAKFAST	30	-	143
OUT TO LUNCH BUNCH	14	-	-
P.O.P.	34	-	75
PORTLAND UNITY	13	-	10
PRIMARY PURPOSE	34	-	159
PRIMETIMERS	33	-	-
PULASKI	40	15	60
REBOS (SOBER)	34	-	434
RIDGETOP BASICS	34	-	-
ROAD OF HAPPY DESTINY	14	-	20
ROBERTSON COUNTY	14	-	-
RUTS	40	-	-
SAFE HARBOR (D14)	14	-	-
SAFE PLACE		-	53
SANGO SOLUTIONS		-	20
SATURDAY NIGHT ALIVE	11	-	30
SEARCH FOR SERENITY	34	-	-
SEARCHERS	34	-	270
SEEKING SANITY	31	506	994
SERENITY (12)	12	50	200
SHADE TREE	31	-	660
SHELBYVILLE	11	-	-
SMITH COUNTY FRIENDSHIP	13	-	-
SMYRNA GRATITUDE	12	217	890
SUNDAY NIGHT BUNCH	32	-	-
TCYPAA	32	-	-
THE STRAGGLERS	33	-	-
THE THREE LEGACIES	34	-	-
THE UNITED	13	-	250
TRINITY	11	-	-
TRUDGING THE ROAD	33	-	-
TURNING POINT	33	-	-
VALLEYVIEW-ASHLAND CITY	15	-	-
WANGL	30	-	-
WAVERLY	15	-	45
WAVERLY-BELMONT	32	-	-
WEEKENDERS	34	-	100
WEST MEADE	30	-	40
WEST NASHVILLE	35	-	36
WESTMINSTER	30	-	750
WINNERS	41	91	384
WOMEN IN THE SOLUTION	11	50	210
WOMEN'S FREEDOM	30	-	533
WOMEN'S OPEN DOOR	30	-	288
WOMENS SPEAKER	30	-	-
YOUNG TIMERS	32	-	-
Grand total:		5,279	24,549

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Middle Tennessee Intergroup Association
Statement of Activities - Actual and Budgeted - Schedule 1
For the Four Month and Year Ended April 30, 2016

	April 2016			YTD 2016		
	Actual	Budget	Budget Variance	Actual	Budget	Budget Variance
Income						
Net Literature Sales	3,008.85	3,539.42	(530.57)	11,032.46	14,157.68	(3,125.22)
Group Donations	5,335.91	5,000.00	335.91	25,799.62	20,000.00	5,799.62
Individual Donations	238.36	341.67	(103.31)	1,006.37	1,366.68	(360.31)
Messenger Donations	24.00	15.00	9.00	36.00	60.00	(24.00)
Website Donations	-	208.33	(208.33)	-	833.32	(833.32)
Special Events	-	500.00	(500.00)	-	2,000.00	(2,000.00)
Interest	3.09	1.75	1.34	12.00	7.00	5.00
Total Income	8,610.21	9,606.17	(995.96)	37,886.45	38,424.68	(538.23)
Expenses						
Casual Labor	200.00	200.00	-	800.00	800.00	-
Payroll	3,478.62	4,975.08	(1,496.46)	17,903.79	19,900.32	(1,996.53)
Bad Debts	-	-	-	-	-	-
Legal & Professional	860.00	350.00	510.00	3,415.00	1,400.00	2,015.00
Rent	993.50	1,000.00	(6.50)	3,926.50	4,000.00	(73.50)
Printing	-	166.67	(166.67)	54.00	666.68	(612.68)
Payroll Taxes	399.18	380.58	18.60	1,369.66	1,522.32	(152.66)
Repairs & Maintenance	50.00	83.34	(33.34)	200.00	333.36	(133.36)
Equipment Rental	120.27	103.34	16.93	429.27	413.36	15.91
Telephone & Fax	448.66	450.00	(1.34)	1,795.81	1,800.00	(4.19)
Answering Service	195.00	233.33	(38.33)	1,011.00	933.32	77.68
Postage	215.82	283.33	(67.51)	583.08	1,133.32	(550.24)
Office Supplies	173.90	208.33	(34.43)	473.86	833.32	(359.46)
Computer & Technology	43.65	258.83	(215.18)	249.60	1,035.32	(785.72)
Intergroup Expense	-	125.00	(125.00)	-	500.00	(500.00)
Insurance	-	166.67	(166.67)	1,244.00	666.68	577.32
Special Events	-	321.67	(321.67)	-	1,286.68	(1,286.68)
Travel	-	291.67	(291.67)	-	1,166.68	(1,166.68)
Depreciation	7.92	8.33	(0.41)	31.68	33.32	(1.64)
Total Expenses	7,186.52	9,606.17	(2,419.65)	33,487.25	38,424.68	(4,937.43)
Net Income	1,423.69	-	1,423.69	4,399.20	-	4,399.20

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



BACKROOM

Anne F	05.20.05
Cynthia S	05.10.96
David E	05.08.00
Esmeralda S	05.06.02
Jennifer B	05.07.10
Jerry H	05.12.04
Jonathan B	05.18.08
Karen D	05.10.88
Kim P	05.01.11
Ryan F	05.29.14
Shirley F	05.30.11
Steve L	05.01.03
Tracy T	05.01.94

DONELSON YET

Sue P	06.27.94
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HIGH NOON

Adam F	06.12.10
Andy N	06.03.12
Brenda H	06.06.05
Chad M	06.26.81
JK G	06.13.82
John B	06.04.11
Josh B	06.04.11
Levi C	06.06.15
Mark G	06.21.11
Roland Z	06.07.12
Thomas R	06.26.10

LOVE & LAUGHTER

Barry S	06.03.66
Butch Q	06.03.83
Gary P	06.01.89
JJ	06.02.11

NEW DAY

Jayne Z	06.16.10
Russell P	06.28.00

ONE DAY AT A TIME

Chris C	06.16.13
Clinton D	06.25.14
Cory L	06.22.13
Daniel H	06.16.12
Jonathan M	06.08.12
Mark Y	06.27.14
Matt C	06.06.15
Michael U	06.28.14
Noel B	06.06.12
Robby C	06.16.10
Sandy G	06.18.12
Sarah P	06.06.11
Susie R	06.22.10
Thomas C	06.06.12

SEARCH FOR SERENITY

Alan J	06.10.91
Mary Ann E	06.01.94

SEEKING SANITY

Alason B	06.20.11
Betty S	06.20.13
Clorinda S	06.14.80
Dave H	06.30.14
Gary C	06.20.07
Jeff B	06.27.13
John W	06.11.08
Kirsten K	06.17.15
Lisa W	06.04.89
Lynn M	06.08.06
Stephen T	06.14.85
Tammy M	06.02.12

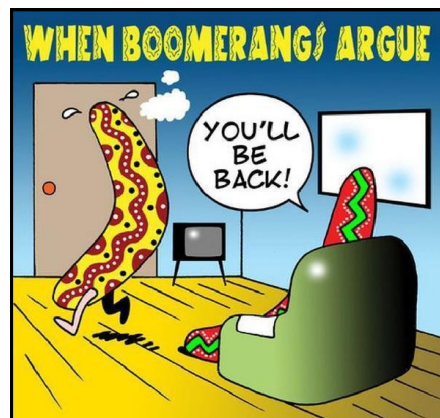
SMYRNA GRATITUDE

Charlotte W	06.08.91
Dawn L	06.28.08
Jack H	06.14.91
Kristi S	06.21.09
Marilyn S	06.27.03
Mark H	06.12.87
Michael M	06.03.96
Nathan S	06.04.09
Shannon SB	06.24.10
Stephen S	06.27.03

WOMEN'S SPEAKER

Jennifer S	06.25.11
Jennifer W	06.26.12
Jen D	03.22.15

missed in March



JUNE ANNIVERSARIES



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